



Wespath

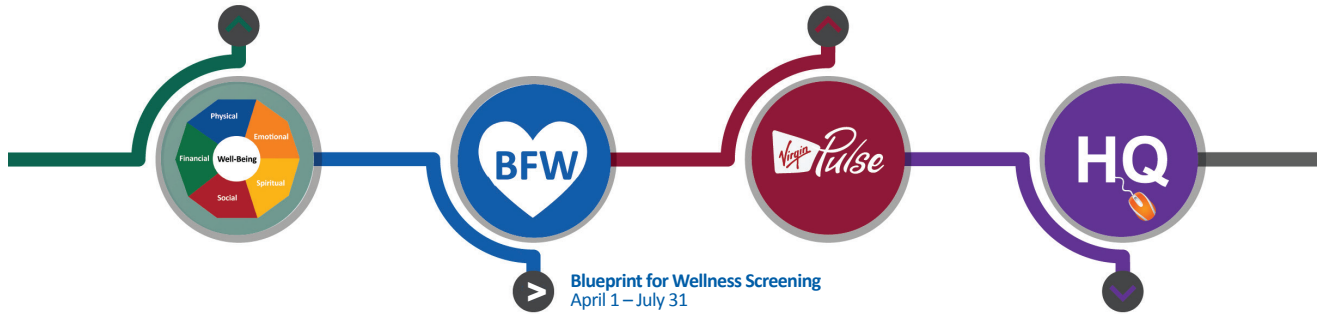
BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

Blueprint for Wellness Is Coming

Earn \$100 PulseCash* and Up to 120 Wellness Points



Event: _____

Date: _____

Time: _____

Location: _____

Register by: _____

Register!

Strongly recommended for on-site event; walk-ins are very limited.

Required for screening at Quest Diagnostics facility to avoid out-of-pocket costs.

Phone: 1-855-623-9355

Employer group: **HealthFlex** or **United Methodist Church**

Online: wespath.org > HealthFlex/WebMD

Select **"Quest Blueprint for Wellness"**

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended or improved measures due to an underlying medical condition. Requests for a reasonable alternative may be made by:

- E-mail: incentiverequest@wespath.org
- U.S. mail: Wespath Benefits and Investments
Attention: Incentive Request
1901 Chestnut Avenue, Glenview, IL 60025

We will work with you (and your primary care provider, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

Blueprint for Wellness (BFW) provides an opportunity to learn about your health, and earn **\$100 PulseCash*** and up to **120 Wellness Points** (depending on your screening results) on your path to 150 Points (and \$150 more in PulseCash). You'll also receive personalized data on 30 health factors.



Blueprint for Wellness Highlights

- **Incentives**—\$100 PulseCash* and up to 120 Wellness Points. Participant and spouse in HealthFlex can *each* earn incentives.
- **Convenient options**—take the screening at our on-site event or at a local Quest Diagnostics facility.
- **No cost to you if taken** at an on-site event or registered at a local Quest Diagnostics facility.
- **Wellness Points**—earn 20 Points for *each* of six health measures that meet the American Heart Association's recommended range (or for showing improvement vs. your 2016 Blueprint for Wellness results). Six health measures that meet the criteria = **120 Wellness Points total**. *If you didn't do Blueprint for Wellness in 2016, don't miss out in 2017!*
- **Fast the night before** for the most accurate results. Ask your doctor or other primary care provider (PCP) if it is safe for you to fast.
- **Confidential results mailed directly to you**. Share the results with your PCP.

Learn More!

wespath.org > **"HealthFlex/WebMD"**

The *2017 Incentives FAQ* includes details about registration, health measures and how to receive the screening incentive if you can't get to an on-site event or Quest Diagnostics facility.

Participation in HealthFlex wellness programs is voluntary.

The IRS considers cash wellness incentives as taxable income. Please consult your tax adviser.

Wespath Benefits and Investments is the new name for the General Board of Pension and Health Benefits—it invokes John Wesley, and indicates a health and wholeness path to follow for those we serve. While our name has changed over the years, our commitment to helping participants achieve well-being aligned with the principles of The United Methodist Church has remained the same.

* Must be enrolled in HealthFlex and in Virgin Pulse to earn PulseCash.