



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



**Take the HQ Now!**  
Deadline—September 30

## Take the HealthQuotient (HQ) for Savings and Better Well-Being



### Better Well-Being

The HQ online health assessment identifies common concerns like high cholesterol, prediabetes and stress. After completing the HQ, you'll be eligible for health coaching—to help improve your well-being. Health coaching is provided by WebMD at no extra cost to you.



### Savings

Take the HQ and avoid paying extra on next year's Healthflex deductible.

- Individual deductible—**avoid paying \$250 extra**
- Family deductible—**avoid paying \$500 extra**

You and your spouse (if in HealthFlex) must *both* complete the HQ to avoid paying extra



### Quick—Easy—Confidential!

Complete the HQ in 15 minutes or less. If you did the Blueprint for Wellness biometric screening earlier this year, your health data is uploaded automatically into your HQ—for faster, more accurate data entry. If you missed Blueprint for Wellness, you can manually enter your information for the HQ.

HQ is confidential! Your church, annual conference, employer and HealthFlex cannot see your HQ and other health information, and WebMD and their health coaches are bound by federal HIPAA laws on patient privacy.

### HQ At-a-Glance

#### WHO

Participants and spouses in HealthFlex

#### WHAT

HQ online health assessment (administered by WebMD)

#### WHEN

August 1 – September 30, 2018

#### WHY

Avoid paying extra; improve your well-being; explore health coaching and other wellness resources

#### HOW

Take the HQ by computer, tablet or smartphone

#### WHERE

[wespath.org](http://wespath.org)—log in to “HealthFlex/WebMD” to get started, or use WebMD’s **Wellness at Your Side**<sup>sm</sup> mobile app

#### MORE DETAILS

Read the [2018 Incentives FAQs](#) on the HealthFlex/WebMD webpage.

*Participation in HealthFlex wellness programs is voluntary.*