



Wespath

BENEFITS | INVESTMENTS

JANUARY 2 – JULY 31

Blueprint for Wellness® Screening
\$100 PulseCash

HQ

HealthQuotient (HQ)
Save \$250 / \$500

PHYSICAL

EARN PULSECASH/WELLNESS POINTS

Blueprint for Wellness® Is Coming

Event: _____

Date: _____

Time: _____

Location: _____

Register by: _____

ALL YEAR

Wellness Points on WebMD Website
150 points = \$150 PulseCash

Virgin Pulse

Virgin Pulse® (VP) Rewards
Up to \$160 PulseCash

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.

- **Online**
wespath.org > HealthFlex/WebMD
Select “Quest Blueprint for Wellness”
- **Phone**
1-855-623-9355
Employer group:
HealthFlex or United Methodist Church

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.

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

Blueprint for Wellness Highlights

Blueprint for Wellness (BFW) provides an opportunity to learn about your health. You'll receive personalized data on 30 health factors and:

- **Incentives**—\$100 PulseCash* and up to 140 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 seven health measures that meet the American Heart Association’s recommended range (or for showing improvement vs. your 2018 BFW results). Seven health measures that meet the criteria = **140 Wellness Points total**. *If you didn't do BFW in 2018, don't miss out in 2019!*
- **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** to share with your PCP.

Learn More!

wespath.org > “HealthFlex/WebMD”

The *2019 Well-Being Programs 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 well-being programs is voluntary.
The IRS considers wellness incentives as taxable income. Please consult your tax advisor.