



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



## Complete the HQ from Your Computer

Start at the Wespath Benefits and Investments (Wespath) website—[wespath.org](http://wespath.org). Select “**HealthFlex/WebMD**” at the bottom of your screen.

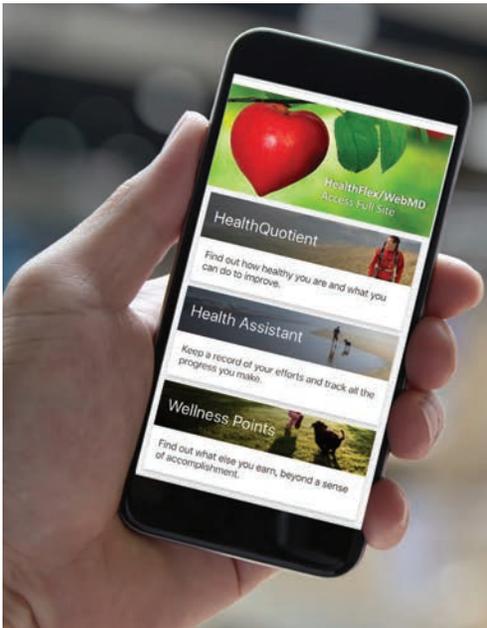
1. Log in to your HealthFlex/WebMD account. Call **1-866-302-5742** for help.
2. Select “**Take your HealthQuotient**” under your Action Plan (center of web page). Or go to **Health Tools** and select “**HealthQuotient**” under Assess My Health.
3. Complete the brief tutorial by selecting the right arrow. Or you can skip the tutorial and go right to the blue “**Take It Now**” link.
4. Begin the HQ. Fill in as much information as possible on each page. If you took the Blueprint for Wellness earlier this year, some health details (e.g., blood pressure and cholesterol levels) will be pre-populated into the questionnaire.
5. When you complete the questionnaire, the **Wrap Up** session will unlock.
  - Review your answers.
  - Continue to the last few questions in the Wrap Up.
6. Select “**Finish.**”
7. Congratulations! You’ve completed the HQ. Check your score and see how risks and your lifestyle may impact your health. You also will be notified if you are eligible for health coaching through WebMD.

**Please Note:** Your HQ score includes both modifiable and non-modifiable factors. Higher scores indicate greater well-being. If your HQ score isn’t as high as you would like, improvement is also important. You can raise your score by adopting health-focused habits. WebMD offers suggestions of ways to improve your well-being through lifestyle changes. Recommendations from the HQ follow evidence-based guidelines for the general population. Individuals with specific dietary, activity or health needs should discuss WebMD’s recommendations with their health care provider before making a change.

8. Note your “Completed” date (next to **Your Health Score**).

(over)

## Complete the HQ from Your Smartphone or Tablet



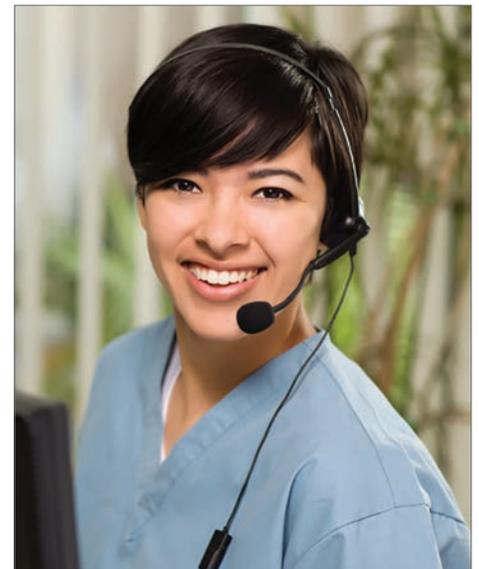
### WebMD Mobile App—Wellness at Your Side<sup>sm</sup>

1. Download **WebMD’s Wellness at Your Side<sup>sm</sup>** mobile app. Open the app
2. Tap **“Use Your Connection Code Instead”**
3. Enter **HEALTHFLEX**
4. You are taken to your WebMD login page. Login with your **username and password** (only required first time)
5. Select **HealthQuotient**

## Health Coaching

You must complete the HealthQuotient to qualify for health coaching. WebMD health coaches can help you make healthy choices. Health coaching is confidential and offered at no cost to participants and spouses in HealthFlex active plans.

Call **1-866-302-5742** or read about the Health Coaching program on the HealthFlex/WebMD website (under **Health Tools**, select **“Health Coach Program”**).



*Participation in HealthFlex well-being programs is voluntary.*