



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



Take the Health Check Now!
Deadline—August 31

Take the Health Check for Savings and Better Well-Being



Better Well-Being

The Health Check online health assessment identifies common concerns around nutrition, sleep, activity, stress and more. Based on your Health Check results, Virgin Pulse® has the ability to provide personalized recommendations for coaching, Journeys® and other HealthFlex well-being programs that can help you achieve your goals. Health coaching is provided by Virgin Pulse at no extra cost to you.



Savings

Take the Health Check 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 Health Check to avoid paying extra.



Quick—Easy—Confidential!

Complete the Health Check in 15 minutes or less. If you did the Blueprint for Wellness® biometric screening, your health data is uploaded automatically into your Health Check—for faster, more accurate data entry.

Health Check is confidential! Your church, annual conference, employer and HealthFlex cannot see your Health Check results and other health information, and Virgin Pulse and its health coaches are bound by federal HIPAA laws on patient privacy.

Participation in HealthFlex well-being programs is voluntary.

Health Check At-a-Glance

WHO

Participants and spouses in HealthFlex

WHAT

Health Check online health assessment (administered by Virgin Pulse)

WHEN

January 1 – August 31

WHY

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

HOW

Take by computer, tablet or smartphone

WHERE

www.virginpulse.com/login or the Virgin Pulse mobile app.

* Households with family coverage in the H3000 plan in 2023 who did not complete Health Check in 2022 will have their individual out of pocket maximum increased by \$500 (to \$6,500), in order to accommodate the higher family deductible. This only applies to the H3000 family coverage.