



Wespath

BENEFITS | INVESTMENTS

Take BFW!
No Cost to You
January 1 through August 31



BFW Overview

WHAT: The BFW health screening includes a blood draw and a few measurements such as blood pressure and waist circumference.

WHY: Earn **\$100 Pulse Cash**.

WHEN: The deadline is **August 31**.

HOW: Complete at a Quest Diagnostics® lab, on-site event, or your primary care provider and then submit a physician form. Or via a **Self-Collection Kit**.

REGISTER:

- **Phone**

1-855-623-9355

Employer group:

HealthFlex or **United Methodist Church**

- **Online**

Log in to your **Virgin Pulse** account and find **Blueprint for Wellness** under the “**Benefits**” tab or through **Benefits Access** (for participants).

Blueprint for Wellness® (BFW) Details

- **Wellness Credits**

Earn 20 Wellness Credits for each of seven health measures that meet the American Heart Association’s recommended range or are improved over your previous year’s BFW results. Seven qualifying health measures = 140 Wellness Credits total. Participants and spouses in HealthFlex plans can *each* earn **\$100 Pulse Cash***—and up to **140 Wellness Credits** depending on results. Earn 150 Wellness Credits before the end of the year and receive an additional \$150 Pulse Cash.

If you missed the BFW last year, you’re still eligible for Wellness Credits for achieving healthy results, and you’ll have a baseline next year.

- **Fast Overnight**

Fasting overnight gives the most accurate results. Ask your doctor or other primary care provider (PCP) if it’s safe for you to fast.

- **Confidential Results E-mailed and Mailed Directly to You**

Share with your PCP.

- **Health Check**

Don’t forget to take the Health Check to avoid a higher deductible in 2024.

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

Participation in HealthFlex well-being programs is voluntary.

** The IRS considers wellness incentives as taxable income. Please consult your tax advisor.*