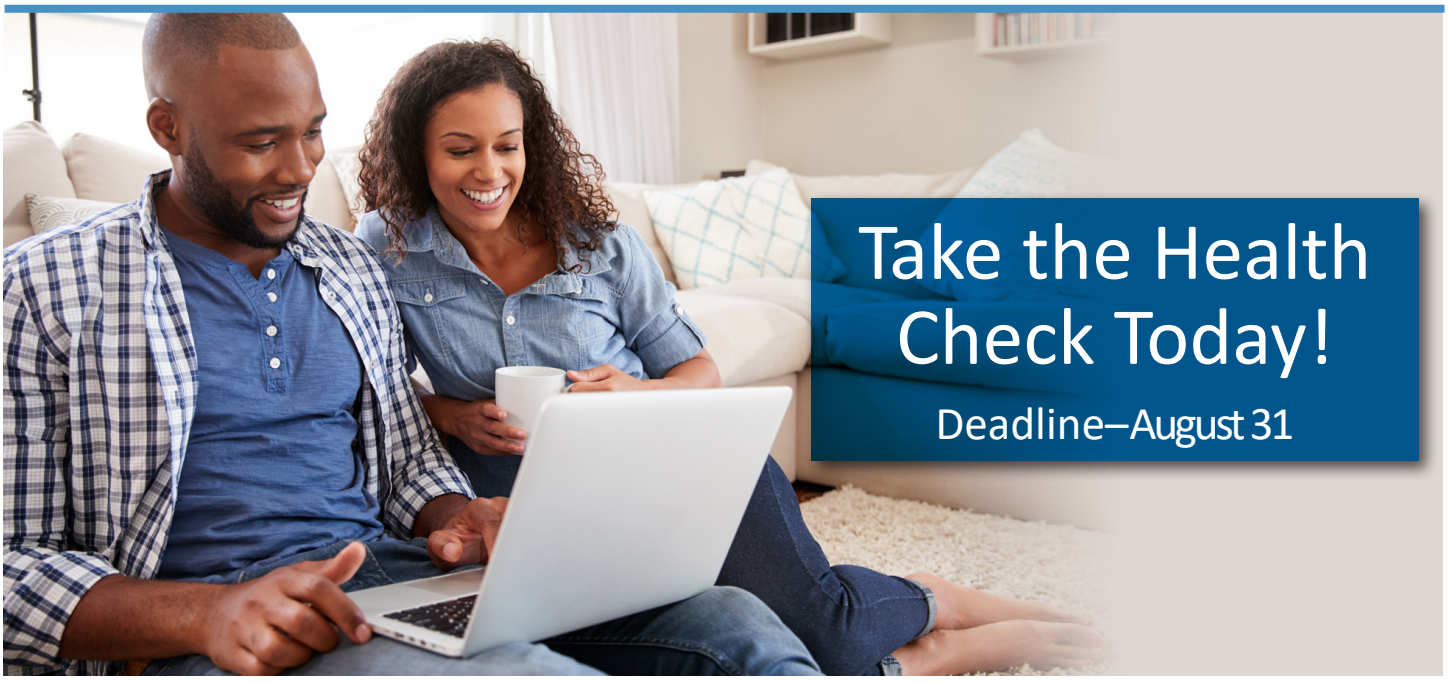
Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



Improve Your Well-Being and Save Money

Things to know about Health Check:

- **Online health assessment**—administered by Virgin Pulse®
- **Great way** to receive personalized information about Virgin Pulse health coaching, Journeys® and other HealthFlex well-being programs that can help you achieve your goals
- **Quick**—15 minutes or less—even faster if you took the Blueprint for Wellness® screening this year as results upload automatically into your Health Check
- **Cost-saving**—avoid paying extra on your 2024 HealthFlex deductible ($250 extra for individual deductible or $500 extra for family deductible*).
  Primary participant and covered spouse must both take the Health Check by August 31 to avoid higher deductible
- **Confidential**—your church, conference, employer and HealthFlex cannot see your Health Check information or other health details

More details:
Well-Being Program FAQs

Complete the Health Check from your computer, tablet or smartphone

1. Visit **www.virginpulse.com/login** and click the **Health** tab.
2. Complete the **Health Check** by answering the questions throughout.
3. Once complete, check your score and see how risks and your lifestyle may impact your health. Results will drive personalized recommendations to Virgin Pulse health coaching, Journeys and other HealthFlex well-being programs to help you achieve your well-being goals. You will earn 35 Wellness Credits for completing the Health Check and additional Wellness Credits toward $150 Pulse Cash** by working with a Virgin Pulse health coach.

* *Households with family coverage in the H3000 plan in 2024 who do not complete Health Check in 2023 will have their deductible and individual out-of-pocket maximum increased by $500 so the deductible does not exceed the individual out-of-pocket maximum.*

** *The IRS considers incentives taxable income. Please consult your tax adviser. Participation in HealthFlex well-being programs is voluntary.*

4260/122222