

**Congratulations
for Taking Blueprint
for Wellness®**

Next Steps to Continue Improving Your Well-Being

Take the Health Check Now and Earn 35 Wellness Credits!

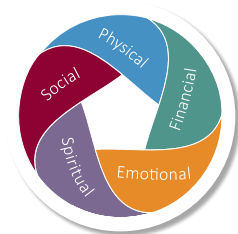
The Health Check online questionnaire is a fast and easy way to evaluate how personal health factors and lifestyle habits may raise your risk for conditions like heart disease or diabetes. To complete the Health Check and earn 35 Wellness Credits, log into Virgin Pulse® and click on the Health tab. When you complete 150 Wellness Credits, you'll earn \$150*.

Blueprint for Wellness Results Available Soon!

You will receive an e-mail from Quest Diagnostics in a few days when your results are ready to view online. You can then log into your Virgin Pulse account via the app or at virginpulse.com/login. Click the Benefits tab and search Quest Blueprint for Wellness, then click **"START NOW"** to view your results.

You will also receive a comprehensive report called MyGuide to Health in the mail within three weeks of completing your screening.

This screening does not replace a checkup—please share your BFW results with your physician or other primary care provider.



Get the Facts—Incentives FAQs Online

HealthFlex wellness incentives and programs support improved well-being across physical, emotional, social, spiritual and financial dimensions. Find more information in the [HealthFlex Well-Being Programs FAQs](#).

* Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information. Participation in HealthFlex well-being programs is voluntary.

SCREENING DATES!

January 1– August 31



**Blueprint for Wellness
Screening**
\$100*



Health Check
Avoid a higher
deductible next year

You Just Earned \$100!

You must be enrolled** in the **Virgin Pulse program** to receive the **\$100** incentive for Blueprint for Wellness. Enroll today join.virginpulse.com/wespath.

Be active all year in Virgin Pulse and other great well-being programs like Wellness Credits.

** If you're already in Virgin Pulse, you don't need to re-enroll.