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.

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 health 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.

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.

* 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.