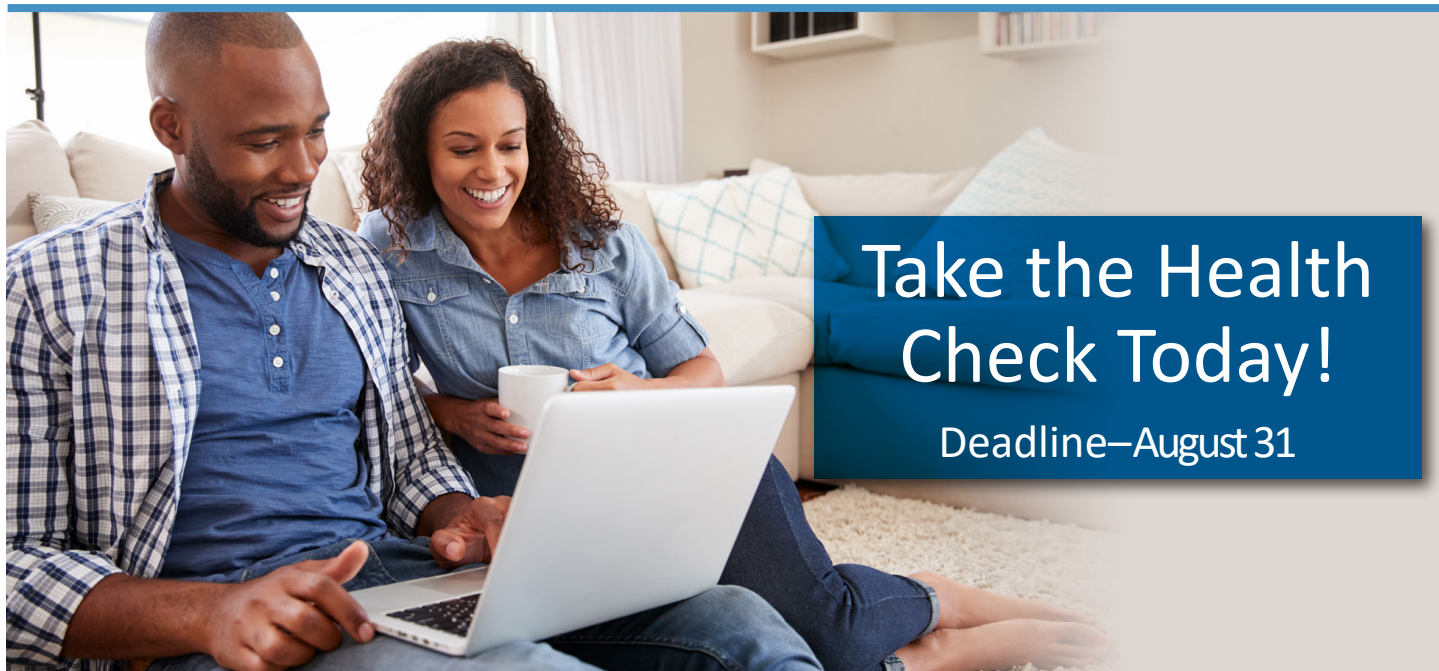




# Wespath

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 2025 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 Wespath cannot see your Health Check information or other health details

### Complete the Health Check from your computer, tablet or smartphone

1. Visit [www.virginpulse.com/login](http://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\*\* by working with a Virgin Pulse health coach.

\* Households with family coverage in the H5000 plan in 2025 who do not complete Health Check in 2024 will have their deductible and individual out-of-pocket maximum increased so the deductible and out-of-pocket max are the same amounts.

\*\* 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 wellness incentives as taxable income. Please consult your tax advisor.



More details:  
[Well-Being Program FAQs](#)