



# Wespath

BENEFITS | INVESTMENTS

Dates extended due to COVID-19



JANUARY 1 – SEPTEMBER 30

January 2020



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



**HealthQuotient (HQ)**  
Avoid a higher deductible

ALL YEAR

December 2020



**Wellness Points on WebMD Website**  
150 points = \$150 PulseCash



**Virgin Pulse® (VP) Rewards**  
Up to \$160 PulseCash

EARN PULSECASH/WELLNESS POINTS

**Take BFW!**  
January 1 through September 30

**Take the Quest Diagnostics  
Blueprint for Wellness Screening**  
No cost to you!



## Qcards

Qcard is a finger stick test that you order from Quest and complete in the comfort of your own home.

The list of included tests is slightly less comprehensive than the normal panel, but it covers all the necessary measurements to earn your \$100 incentive and wellness points for healthy or improved results.

You can still choose a local laboratory, on-site (if available) or physician form option if you are comfortable doing an in-person screening.

**Register:** You can register for patient service center, on-site, physician form or Qcards.

- **Phone**  
**1-855-623-9355**

Employer group:  
**HealthFlex or United Methodist Church**

- **Online**  
**wespath.org > Log In > HealthFlex/WebMD**  
Select **“Quest Blueprint for Wellness”** from gray bar

## Blueprint for Wellness (BFW) Highlights

- **Wellness Points**  
Earn 20 Points for each of seven health measures that meet the American Heart Association’s recommended range or are improved over your 2019 Blueprint for Wellness results. Seven qualifying health measures = 140 Wellness Points total. Participants and spouses in HealthFlex plans can *each* earn **\$100 PulseCash\***—and up to **140 Wellness Points** depending on results.

*If you missed Blueprint for Wellness in 2019, you’re still eligible for Wellness Points and you’ll have a baseline next year.*

- **Fast Overnight**  
For the most accurate results. Ask your doctor or other primary care provider (PCP) if it’s safe for you to fast.
- **Confidential Results Mailed Directly to You**  
Share with your PCP.

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](mailto:incentiverequest@wespath.org)
- U.S. mail—Wespath Benefits and Investments  
Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025

\* Must be enrolled in Virgin Pulse at time of screening to earn PulseCash.

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