



Wespath

BENEFITS | INVESTMENTS



JANUARY 1 – JULY 31

January 2020



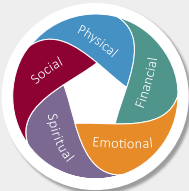
Blueprint for Wellness® Screening
\$100 PulseCash



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 early!
January 1 through July 31

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

Registration Required!

You must register to take your Blueprint for Wellness screening at a Quest Diagnostics facility and avoid out-of-pocket costs.**

- **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

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

** If there is no Quest Diagnostics facility within reasonable driving distance, you may still receive the \$100 PulseCash and Wellness Points incentives by submitting a *Physician Results Form* (fully completed by your PCP)—**deadline July 31**. This can be printed from your Quest account, which is accessible from HealthFlex/WebMD. Completing these tests at the same time as your wellness exam is encouraged to avoid paying out-of-pocket costs.

The IRS considers wellness incentives as taxable income. Please consult your tax advisor.

Participation in HealthFlex well-being programs is voluntary.

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
- U.S. mail—Wespath Benefits and Investments
Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025