



Live Your Life to the Fullest

Caring for your health and well-being should be more than just an annual checkup.

HealthFlex well-being programs are designed to help you live your best life—and **earn up to \$410 annually**—by being proactive in caring for your health.

HealthFlex well-being programs offer something for everyone with a variety of wellness areas to focus on including:

- Emotional well-being
- Physical activity
- Improved diet
- Improved sleep
- Living with chronic conditions
- And more!

Get started today and make this your healthiest year yet!



Take Steps Towards a Healthier You!
HealthFlex Well-Being Programs to Help You
Live Your Best Life



**2024 HealthFlex
Well-Being Programs**

HealthFlex Well-Being Programs At Your Fingertips

HealthFlex offers a variety of programs you can access through Virgin Pulse® that focus on your overall well-being. Whether you're looking to improve or maintain your well-being, there's something to help you reach your personal goals.



Health Coaching

Receive guidance from qualified, certified professionals to meet your well-being goals through Virgin Pulse.



Chronic Disease Prevention and Diabetes Management Programs

Can help you reduce your risk for developing Type 2 diabetes or heart disease; or help you with optimal diabetes management if diagnosed with Type 1 or Type 2 diabetes.



Employee Assistance Program (EAP)

Provides a variety of confidential support services around emotional well-being, including eight free counseling sessions per concern per family or household member per year.



MDLIVE® Behavioral Health

Allows you to video chat with a licensed therapist or board-certified psychiatrist with reduced wait times.



WW (Weight Watchers®)

A nationwide program—supports goals to lose weight and develop healthy habits. Receive 50% off membership fees.

Access Virgin Pulse

To access Virgin Pulse, log in to your account at virginpulse.com/login or via the Virgin Pulse app.

New to Virgin Pulse?

Visit join.virginpulse.com/wespath from your web browser to register.



Scan the QR code to learn more about the well-being programs in Virgin Pulse.

Earn Up to \$410* and More!

When you participate in the HealthFlex well-being programs, you (and your covered spouse) can each **earn up to \$410*** this year, and **avoid paying extra** on next year's HealthFlex deductible. To get started, log into your Virgin Pulse account. If you are new to Virgin Pulse, redeem a FREE Max Buzz activity tracker by clicking **Store** in your profile.

AVOID
HIGHER
DEDUCTIBLE

January 1 – August 31

The **Health Check** online questionnaire gauges your overall well-being in areas of stress, sleep, physical activity, nutrition and more.

You and your spouse, if covered by HealthFlex, must both complete the Health Check to avoid a higher deductible in the following year.



EARN
\$100*

January 1 – August 31

The **Quest Blueprint for Wellness®** is a blood draw that screens for common health risks such as diabetes and heart disease.



EARN
UP TO
\$310*

January 1 – December 31

- **Earn \$150***
You can **earn 150 Wellness Credits for \$150*** when you complete activities that improve your overall well-being through **Virgin Pulse**.
- **Earn \$160***
Earn **Virgin Pulse Points** by tracking your activity and healthy habits to **earn up to \$40*** per quarter.



Small Steps—Big Rewards

How to Earn Wellness Credits

You can **earn 150 Wellness Credits for \$150*** annually. Below is just one way you can earn your Wellness Credits for the year.

ACTION	WELLNESS CREDITS
Take the Blueprint for Wellness® screening and have two “ideal” or “improved” health markers	40
Complete the Health Check online health questionnaire (and avoid a higher 2025 deductible)	35
Submit a success story on Virgin Pulse	20
Complete two Virgin Pulse coaching calls	50
Complete a Journey step	5
You've earned \$150!	

How to Earn Virgin Pulse Points

You can earn up to \$40* each quarter (\$160 annually) through Virgin Pulse Points. Register a personal fitness device and track your activity and healthy habits daily.

- Browse healthy recipes and track daily calories through the Virgin Pulse Nutrition Guide
- Track your steps or participate in a Virgin Pulse challenge
- Improve sleep through the Virgin Pulse Sleep Guide
- Learn yoga, mindfulness and meditation basics through RethinkCare

Learn more ways to earn Virgin Pulse Points and Wellness Credits by clicking on **Rewards** in your **Virgin Pulse account**.

Wellness programs are voluntary. 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 email (healthteam@wespath.org), or U.S. mail (Wespath Benefits and Investments Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025). Wespath will work with you (and your primary care provider, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

** 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.*



Scan the QR code to learn more about well-being incentives and how you can earn up to **\$410** this year!