



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!



1901 Chestnut Avenue
Glenview, Illinois 60025-1604



Take Steps Towards a Healthier You!

HealthFlex Well-Being Programs to Help You
Live Your Best Life



2025 HealthFlex
Well-Being Programs

HealthFlex Well-Being Programs At Your Fingertips

HealthFlex offers a variety of programs you can access through Personify Health® 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 Personify Health.



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 Personify Health

To access Personify Health, log in to your account at login.personifyhealth.com or via the Personify Health app.

New to Personify Health?

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



Scan the QR code to learn more about the well-being programs in Personify Health.

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 Personify Health account. If you are new to Personify Health, redeem a FREE Max Go activity tracker by clicking **Store** in your profile.

AVOID
HIGHER
DEDUCTIBLE

EARN
\$100*

EARN
UP TO
\$310*

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.

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.

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 **Personify Health**.
- Earn \$160***
Earn **Personify Health Points** by tracking your activity and healthy habits to **earn up to \$40*** per quarter.



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

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 2026 deductible)	35
Submit a success story on Personify Health	20
Complete two Personify Health coaching calls	50
Complete a Journey step	5
You’ve earned \$150!	

How to Earn Personify Health Points

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

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

Learn more ways to earn Personify Health Points and Wellness Credits by clicking on **Rewards** in your **Personify Health 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 “Rewards Cash,” the “rewards currency” for HealthFlex—you must be enrolled in Personify Health to earn and redeem Rewards Cash. Rewards Cash is delivered straight to your Personify Health 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.*