



HealthFlex rewards your commitment to health and well-being. Participants who accumulate 150 Wellness Credits in Virgin Pulse® this year earn \$150 Pulse Cash—including spouses covered by HealthFlex.<sup>1,2</sup>

Here are five activities to help you earn the incentive:



**Increase contribution to UMPIP retirement account by 1% or more**

Between now and the end of the year, HealthFlex primary participants who increase their contribution to UMPIP by at least 1% will receive 10 more Wellness Credits than the standard 15. After you [submit the contribution election form](#) to your conference office or Wespath, log into the Virgin Pulse app, select the “[Rewards](#)” section (“[My Rewards](#)” on the Virgin Pulse website), scroll down to “[Increase Contribution to UMPIP by 1%](#)” and confirm you took action.



**Complete the [Health Check](#)**

The Health Check is an online questionnaire that gauges your stress, sleep, physical activity and nutrition. Take the Health Check by [clicking here](#). Or, in the Virgin Pulse app, go to the “[Health](#)” tab.



**Complete a [Virgin Pulse coaching call](#) (can earn up to 150 Credits)**

Meet with a Virgin Pulse health coach at no cost on a variety of lifestyle management topics such as eating healthy or getting active. A Virgin Pulse health coach also can help you navigate health situations such as anxiety and depression, diabetes or heart health. [Click here](#) to schedule an appointment. Or, in the Virgin Pulse app, go to the “[Health](#)” tab.



**Register or log in to [Benefits Access](#)**

While you’re there, review your contact information to make sure it is up to date. After you log in, access the “[Account Management](#)” section by clicking on your name in the upper right-hand corner.



**Complete a [Journeys® course](#) (can earn up to 45 Credits)**

Journeys are self-guided courses for a variety of topics that are designed to help you build healthy habits. [Click here](#) to find the Journeys course that is right for you. Or, in the Virgin Pulse app, go to the “[Health](#)” tab.

Make sure [you’ve signed up for Virgin Pulse](#) or you’ll miss out. Participants and covered spouses must be enrolled at the time the incentive is awarded!

Pulse Cash is deposited to your Virgin Pulse account, and can be cashed out as gift cards, deposited into your bank account or donated. To redeem your Pulse Cash, log into the [Virgin Pulse website](#), click “[My Rewards](#)” and then click “[Spend](#).”

See how many Wellness Credits you’ve earned and learn about additional opportunities to earn Credits in [Virgin Pulse](#)—log in and click “[My Rewards](#)” (“[Rewards](#)” on the app).

<sup>1</sup>Participation in wellness programs is voluntary. Spouses may not be eligible for some point earning activities.

<sup>2</sup>Pulse Cash is considered taxable income. Consult your tax advisor.

a general agency of The United Methodist Church



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Our address is 1901 Chestnut Avenue, Glenview, IL 60025

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