



Big. Small. Long-term. Short-term. No matter what type of goals you have, there is a HealthFlex well-being program or resource that can help you achieve them.

To help you find the programs that are right for you, Wespath recently mailed a 2022 [well-being guide](#). The tri-fold brochure noted the five areas that HealthFlex will focus on in 2022 and beyond:



We want to make it easy to use the well-being programs that meet your needs. Not sure which well-being tools and programs can help you? [Click here for an explanation](#) of the many HealthFlex well-being resources and learn which of the focus areas they assist with.

No matter if you are beginning your wellness journey, already have a healthy foundation or are somewhere in the middle, our well-being incentive program can give you motivation, help create healthy habits and give your bank account a boost:

1. Health Check—The online assessment gauges your stress, sleep, physical activity and nutrition and evaluates how those risk factors can impact your overall well-being—**Complete in Virgin Pulse® by August 31 to avoid a higher deductible in 2023.**

2. Virgin Pulse Points—Receive points when you track healthy habits and steps, complete Whil™ sessions and much more—Earn up to \$40 Pulse Cash per quarter for up to **\$160 Pulse Cash** in 2022\*
3. Wellness Credits—Earn credits by completing Journeys®, talking to a Virgin Pulse Health Coach, using the Employee Assistance Program (EAP) and much more—Accumulate 150 Wellness Credits to earn **\$150 Pulse Cash**
4. Blueprint for Wellness®—The health screening involves a blood draw and a few measurements such as blood pressure and waist circumference—**Access registration information via Virgin Pulse** and complete by August 31 to earn **\$100 Pulse Cash**

## Watch and Learn

### *Well-Being Programs*

We have created a [series of videos](#), which were accessible in the brochure via a QR code, that demonstrate how to access many of the well-being programs through the Virgin Pulse app.

## First Aid for Mental Health

*March 10, 17 and 23, 24*

Wespath is offering live, virtual webinars to help participants understand mental health challenges with empathy, and without judgment. You don't need to be in HealthFlex to attend, so please share the [registration information](#) with family, friends and members of your congregation.

We hope our focus on five key areas, the how-to videos and the incentives programs will make it easier for you to take the next step in your well-being journey.

\*Wellness Programs are voluntary. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

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