



The deadline to complete the Health Check online survey and avoid the higher deductible in 2022 is less than a month away. As of July 29, our records indicate you have not taken it.

To avoid the higher 2022 deductible—\$250 extra for individual coverage and \$500 extra for family coverage<sup>1</sup>—please complete the following two-step process before **August 31**. If you have a spouse who also is covered by HealthFlex, you both must register for Virgin Pulse and take the Health Check to avoid the higher deductible.

### **Step 1: Sign Up for Virgin Pulse®**

Our records indicate you have not signed up for Virgin Pulse as of July 29. [Click here to sign up.](#)

### **Step 2: Complete the Health Check**

After you [log into the Virgin Pulse website](#) or app, select the “**Health**” tab and then choose “**Health Check.**”

**Sign up for Virgin Pulse  
and take the Health Check**

The Health Check is quick and easy to complete. The personal information you enter is confidential.

If you completed the Health Check after July 29 and your covered spouse (if applicable) has also completed the Health Check, please disregard this e-mail and no further action is needed.

<sup>1</sup> Households with family coverage in the H3000 plan in 2022 who do not complete Health Check in 2021 will have their deductible and individual out-of-pocket maximum increased by \$500 so the deductible does not exceed the individual out-of-pocket max.

a general agency of The United Methodist Church



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Our address is 1901 Chestnut Avenue, Glenview, IL 60025

To contact Wespath Benefits and Investments, [click here](#).