



Dear John Doe,

At Wespath we are big believers that our habits and attitudes influence our health and well-being.

To see how your daily habits can impact your health—and to learn about small changes that can make a big difference in your life—we encourage you to [complete the Health Check questionnaire today](#) if you have not already done so this year.

Take the Health Check

After you [log into the Virgin Pulse® website](#) or app, select the “**Health**” tab and then choose “**Health Check**.” The personal information you submit during the Health Check is confidential.

The Health Check asks questions like, how many hours of sleep do you get in a normal night? And, how confident are you that you can manage your stress? Based on your answers, you will receive a health score and a summary of high, medium and low risk areas. Click on the risk icons for helpful suggestions and to see your year-over-year progress if you took the Health Check last year.

As a bonus, when you complete the Health Check you **avoid a higher HealthFlex deductible in 2023**. If you have a spouse who also is covered by HealthFlex, you both must take the Health Check to avoid a higher deductible. The higher deductible will be \$250 extra for individual coverage and \$500 extra for family coverage¹ in 2023.

Take the Health Check

To complete the Health Check, you must be enrolled in Virgin Pulse. If you or your covered spouse have not yet registered for Virgin Pulse, [sign up here](#).

Please disregard this e-mail if you and your covered spouse (if applicable) have already taken the Health Check this year.

¹Households with family coverage in the H3000 plan in 2023 who do not complete Health Check in 2022 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.

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Our address is 1901 Chestnut Avenue, Glenview, IL 60025

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