



Dear John Doe,

It's easy to avoid a higher HealthFlex deductible in 2023: All you need to do is complete the Health Check questionnaire. The Health Check is quick and easy to do—so act now!

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.

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 coverage<sup>1</sup> in 2023.

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.

*<sup>1</sup>Households 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.*

a general agency of The United Methodist Church



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