Wespath

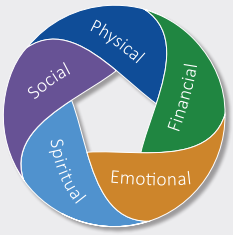
**Do Your Blueprint for Wellness and Health Check**
**January 1 through August 31**

Earn **$100***

Avoid **HIGHER DEDUCTIBLE IN 2027**

Blueprint for Wellness screening

Health Check online health assessment




**Thank you for offering a Quest Diagnostics Blueprint for Wellness (BFW) screening during Annual Conference or an employee wellness event. An on-site event makes the screening more convenient for your clergy, lay employees and spouses in HealthFlex.**

## Plan Sponsor Information and Checklist

The following guidelines will help you prepare for your BFW on-site event. If you have questions, please contact your conference/plan sponsor relationship manager or the well-being staff at Wespath—**wellnessteam@wespath.org**.

BFW screenings for primary participants and covered spouses are paid for by the HealthFlex plan when scheduled through Quest Diagnostics. HealthFlex participants can register online or by phone.

**Online**

- Log in to Personify Health® at **login.personifyhealth.com** or via the app. Not registered for Personify Health? Sign-up today at **join.personifyhealth.com/wespath**.
- Select the **Benefits** tab on the Personify Health home page, then search for **Quest Blueprint for Wellness® Screening**.

**By Phone**

- Dial **1-855-623-9355** to speak with a Quest Diagnostics customer service representative.
- Identify the program name as **Wespath2026**.

## Important Details

### Why Does HealthFlex Offer this Screening to Participants?

Screenings are an important way to identify areas for improvement, so health concerns can be addressed before they become more serious. By enabling early detection when conditions are most treatable, screenings help keep our participants healthier and promote improved well-being.

### BFW Screening through Quest Diagnostics

The Quest Diagnostics screening program was chosen because it:

- Allows flexible access for all eligible participants, including those unable to attend on-site events such as Annual Conference or an employee event;
- Offers administration, including assistance with registration and scheduling, and full support for on-site events;
- Provides thorough individual and aggregate health information, including information about biometrics such as blood pressure, height and weight and waist circumference;
- Facilitates an economy of scale for screening, which promotes stewardship of HealthFlex plan resources while providing excellent services to participants.

### Eligibility

All primary participants and spouses **enrolled in HealthFlex** can take the BFW screening and earn the $100* incentive. If you are not offering availability for spouses to take BFW at your on-site event, encourage them to schedule at a Quest Diagnostics facility.

**Exception:** Plan sponsors can choose to make Blueprint for Wellness available to Medicare participants enrolled through Via Benefits® at an additional cost. *HealthFlex incentives apply only to HealthFlex participants.*

### BFW Screening—Before or After the Health Check?

The order in which the BFW and Health Check are completed doesn't matter. BFW results will be uploaded automatically into Health Check.

### Incentive—$100

- The incentive applies only to primary participants and spouses in HealthFlex active plans who complete the screening between **January 1 and August 31** and are enrolled in the Personify Health program at the time of screening.
- The primary participant and the covered spouse are *each* eligible for incentives for BFW.
- The incentive will be credited by Personify Health within 5-10 business days.

Participants can refer to the HealthFlex Well-Being Program *Frequently Asked Questions* on the **wespath.org website** for more information.

## Checklist and Timeline for On-Site Screenings

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| **2 Months or More Prior** | • Determine desired date, time and location of your event. Fill out the Screening Event Survey sent to you by Wespath.<br>• Reserve the necessary space for the event (see suggested room layout on page 4). Please note that the number of tables required for biometrics and blood draws will depend on the number of people you expect to participate.<br>• Encourage screening participation by sending communications to eligible participants about the event. |
| **2 Weeks Prior** | Quest Diagnostics scheduler closes. You may want to send a final registration reminder to participants prior to the scheduler closing. |
| **4 – 7 Days Prior** | Quest Diagnostics sends an e-mail to you with specific details for your event, including:<br>• Number of participants registered<br>• Confirmation of event location and time<br>• Number of Quest Diagnostics staff members (“examiners”) for your event and their arrival time<br>• List of supply boxes and equipment to be delivered<br><br>Boxes and supplies are delivered to your event location (or alternate location, if requested previously). Please do not open the boxes when they arrive. The clerical kit is now included inside the supply box. |
| **1 Day Prior/ Event Set-up** | Make sure your supply boxes (unopened) are at the event site, in the designated room. Set up the following items:<br>• One table and two chairs *for each Quest Diagnostics examiner*. Larger tables can be shared by two examiners.<br>• Registration/check-in table—*staffed by someone from the conference/employer*.<br>• Several extension cords and power strips (necessary for biometric/phlebotomy stations and laptop computers).<br>• Snack table. (Please provide healthy snacks and beverages for fasting participants to partake after their screenings, such as fruit, granola bars and water.)<br>• Extra black pens.<br><br>The lead examiner will contact you via phone prior to the first event. |
| **Day(s) of Event** | Meet with Quest Diagnostics staff approximately one hour before your event start-time.<br>Please ensure that someone from your staff is on-site to greet the Quest staff when they arrive and direct them to the event area. |
| **After the Event** | After your last screening, the Quest Diagnostics staff will pack up the equipment to be shipped back to Quest via FedEx. The FedEx pickup will be scheduled in advance. You do not need to contact FedEx. |

## BFW—Suggested Room Layout

### 1 Registration Station

- Have a staff member to greet participants, help them sign in, and provide them with a requisition form (preprinted, except for walk-ins).
- Be sure that walk-ins are enrolled in a HealthFlex plan, or part of a Via Benefits.

**Recommended:** Ask HealthFlex participants if they are enrolled in Personify Health (necessary to receive the $100 incentive); help them enroll on-site if necessary.

### 2 Waiting Area

- Have an area for participants to verify the information on their requisition forms.
- Walk-ins must complete a blank requisition with their unique participant ID—the last nine numbers on the individual's HealthFlex medical card, beginning with "00."

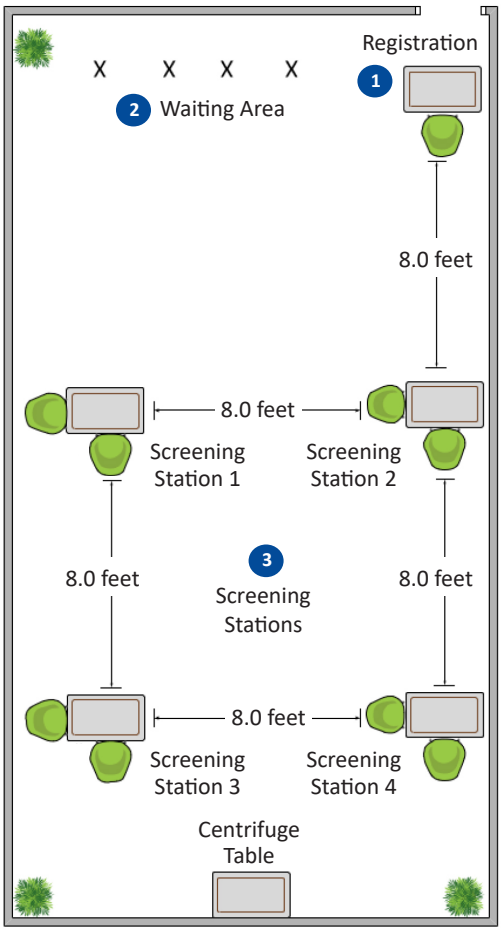
  Covered spouses should use the same ID as the participant with an "S" following the nine-digit number.
- Have individuals return to the registration station to check that the requisition form is filled out accurately and completely, and signed and dated. You may choose to have more than one staff member at this table if appropriate, depending on the volume of people at the event.

### 3 Screening Stations

- Examiners will measure each individual's height, weight, blood pressure and waist circumference, and will record these confidentially at one station. At another station examiners will collect a blood draw specimen and prepare for shipment to a Quest Diagnostic lab. They will also keep the participants' requisition forms.

## Event Location Safety Details

**Venipuncture Onsite Event Layout**




**Note:**
This room layout is for suggestion only. Based on your available space and room size, you may consider using two adjacent rooms: one for registration and waiting area, and a separate room that offers more privacy for screening stations.

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## Recommended

Consider having the following items available at the registration table or near the waiting area in order to help make participants aware of multiple aspects of the HealthFlex well-being program:

1. Two or three laptop computers with internet access and instructions for signing up for the Personify Health program. (HealthFlex participants and spouses must be enrolled in Personify Health at the time of screening to receive the $100* incentive.)
2. The **Congratulations for Taking Blueprint for Wellness handout** from the HealthFlex toolkit. Encourage participants to complete the Health Check.

* Incentive rewards are provided in "Rewards Cash," the "rewards currency" for HealthFlex—you must be enrolled in Personify Health to earn and redeem Rewards Cash. Rewards Cash is delivered straight to your Personify Health account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.