



Center for Health

# Celebrating Good Health for Your Clergy and Staff



*HealthFlex was recognized with the National Business Group on Health's highest award.*

**HealthFlex**—the health coverage plan offered through the Center for Health—was recently recognized with the National Business Group on Health's highest award: the *Best Employers for Healthy Lifestyles platinum award*.

**This is a shared achievement.** Thanks for making a commitment to physical and emotional wellness for your clergy and lay staff. Their well-being is invaluable to our organization and the entire United Methodist Connection.

From local churches, to annual conferences, to United Methodist-affiliated universities, conference centers and other employers—you're in a best-in-class league. We are among only 30 organizations nationwide receiving this honor—putting us in the same health-focused league as the Mayo Clinic, PepsiCo, American Express and Dell Inc.

## Healthier People—Healthier Church

Everyone's health affects a much wider circle: their family, congregation, community and the Church itself. Studies show that clergy struggle with obesity, diabetes, heart disease, stress and depression at rates higher than the general public. The Center for Health—in partnership with you—is committed to changing this through wellness programs and other resources for local churches and United Methodist organizations.

### Wellness Programs

Some of the most popular programs available to clergy and staff in the HealthFlex plan include:

- Virgin HealthMiles physical activity program
- Blueprint for Wellness biometric screenings
- WebMD health coaching by phone
- HealthQuotient (HQ) online health risk assessment
- Employee Assistance Program with emotional counseling and Work/Life Services

These wellness programs are associated with cost improvement and risk reduction for those who participate—making them worthwhile investments in health and well-being and the success of your congregation or organization.

Learn more about Center for Health programs at [www.gbophb.org/cfh](http://www.gbophb.org/cfh). Thank you for joining HealthFlex and the Center for Health on our shared journey to building a healthier United Methodist Church.

