



Wespath

BENEFITS | INVESTMENTS

HEALTH CHECK

Health Check is designed to help you focus on your personal health. As you answer the questions, think clearly about your lifestyle choices.

At the end, you'll get your health summary. It's full of ideas for those healthy changes you've always wanted to make.

START NOW

HEALTH CHECK

Get a Health Score based on the healthy choices you make each day! Answer questions about your nutrition, activity, sleep and healthy habits to see where you stand and how you can improve to be the best you.

START NOW

HEALTHFLEX PROGRAMS

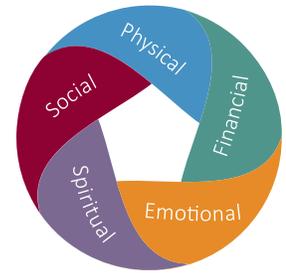
For Your Well-Being

Learn more at wespath.org

Welcome to Your Well-Being Programs

Far more than health coverage—HealthFlex includes a comprehensive focus on well-being, with programs that encourage healthier living along physical, emotional, spiritual, social and financial dimensions.

You won't pay extra for most of these programs—in fact, you can actually earn incentive dollars for many of the activities!



5 Dimensions of Well-Being

Exciting Changes to Your HealthFlex Well-Being Programs

Starting in 2021 HealthFlex will begin offering your full suite of top-notch well-being programs through Virgin Pulse™—giving you access to everything, all in one place.

With one sign-on, take your Health Check (previously HealthQuotient), schedule your Blueprint for Wellness, engage with health coaching, accumulate Wellness Credits (previously Wellness Points) and continue to be active and earn daily points toward your Pulse Cash² rewards. Also experience new Virgin Pulse Journeys—tailored experiences to help you meet personal well-being goals.

Earn up to \$410 in incentives. This “Pulse Cash” is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations.

Same Great Program, New Name

Your Well-Being Programs haven't changed, but some of them have a new name! Log in to your Virgin Pulse account and explore:



HealthQuotient → **Health Check**, a similar digital health assessment with the same incentive reward of avoiding a higher HealthFlex deductible.



Wellness Points → **Wellness Credits** through Virgin Pulse. Receive \$150 Pulse Cash for earning 150 Credits for activities that improve your well-being in all dimensions.



WebMD Health Coaching → **Health Coaching** through Virgin Pulse. You will still receive guidance from qualified, certified professionals to meet your well-being goals.



Digital Health Assistants are now **Journeys**[®], multi-week guided courses tailored to your personal well-being goals.

Same Great Program, Same Name



Blueprint for Wellness[®] (BFW)



Diabetes Prevention Program



Employee Assistance Program (EAP)



WW (WeightWatchers[®])

Award-Winning Well-Being Programs

Wespath's commitment to well-being has been recognized by the National Business Group on Health Best Employers for Healthy Lifestyles[®] award, and Crains Chicago's Healthiest Employers.



Same great programs, now accessed through **Virgin Pulse!**



Virgin Pulse

Virgin Pulse is now the place for all of your HealthFlex Well-Being Programs. Continue to track your activity and healthy habits to earn up to \$160 in Pulse Cash from January 1 – December 31, 2021



Blueprint for Wellness® (BFW)
Complete the biometric screening and receive \$100 Pulse Cash.
January 1 – August 31, 2021



HealthQuotient is now **Health Check**, a similar digital health assessment with the same incentive of avoiding a higher HealthFlex deductible the following year.
January 1 – August 31, 2021

Wellness Points through WebMD are now **Wellness Credits** through Virgin Pulse. Receive \$150 Pulse Cash for earning 150 Credits for activities that improve your well-being in all dimensions. January 1 – December 31, 2021



Digital Health Assistants are now **Journeys**, multi-week guided courses tailored to your personal well-being goals. January 1 – December 31, 2021



WebMD Health Coaching is now **Health Coaching** through Virgin Pulse. You will still receive guidance from qualified, certified professionals to meet your well-being goals.
January 1 – December 31, 2021



Diabetes Prevention Program—
Online program for those at risk for diabetes, heart disease.
January 1 – December 31, 2021



Employee Assistance Program (EAP)—
Contact the EAP for confidential counseling related to work, relationships, family life and more. (Eight EAP sessions at no cost.)
January 1 – December 31, 2021

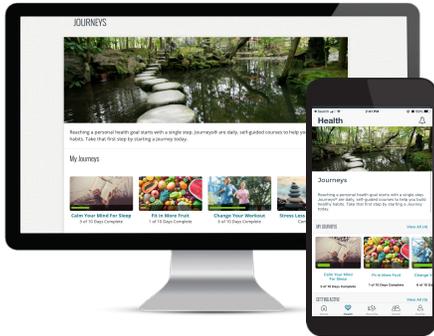


WW (WeightWatchers®)—
HealthFlex offers a 50% subsidy on WeightWatchers membership fees for local meetings and WeightWatchers OnlinePlus.
January 1 – December 31, 2021

²Pulse Cash is the “rewards currency” for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

Learn More!

This brochure presents a snapshot of HealthFlex programs to enhance your well-being. To learn more, access your Virgin Pulse account and then explore your new platform.



How to Access Virgin Pulse:

To access **Virgin Pulse**, log in to your account at virginpulse.com/login or via your app.

New to Virgin Pulse?

Visit join.virginpulse.com/wespath from your web browser to register. Subsequent visits and all well-being information can then be accessed via the web or the mobile app.

Other Features to Enhance Well-Being



Take advantage of additional resources offered by Wespath.

- **Dimensions newsletters and bulletins** offer quick tips on topics like prediabetes, walking and improved connectedness, as well as success stories for inspiration.



- **EY Financial Planning Services¹** supports financial well-being with confidential consultation about budgeting, saving for retirement, managing debt and more.



- **Health Team** is Wespath's dedicated customer service group for HealthFlex participants.

¹ EY services are available at no cost to active participants and surviving spouses with an account balance in Wespath-administered plans, and to terminated and retired participants with an account balance of at least \$10,000. Costs for these services are included in Wespath's operating expenses that are paid for by the funds it administers.

These programs are aligned with John Wesley's forward-thinking commitment to healthy living.



Wespath

BENEFITS | INVESTMENTS

Caring For Those Who Serve

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wespath.org



“Those who read or write much should learn to do it standing; otherwise it will impair their health.”

—John Wesley

John Wesley painting—source: the Methodist Collection, Drew University, Madison, N.J.

Participation in well-being programs is voluntary.