

# Upper New York Conference

*Important information for health insurance participants who are Medicare-eligible  
& receiving an HRA*

## WALKING PROGRAM

- Participants can join or continue to participate in the Virgin Pulse walking program.
- New enrollees will receive their first pedometer free of charge.
- You have access to earn the \$160.00 in Pulse Cash for tracking activity and healthy habits. You can also still participate in challenges and earn points for that. You will NOT have access to the Health Check, Wellness Credits, Virgin Pulse Coaching or Journeys.
- To enroll, please go to [join.virginpulse.com/Wespath](http://join.virginpulse.com/Wespath) or call 1-800-830-4312 to register and enroll.

Benefit: Earn health cash for reaching quarterly goals, better health, lower blood pressure, lower cholesterol, increased strength and endurance and better sleep!

## BLUEPRINT FOR WELLNESS

Upper New York Conference will offer the Blueprint for Wellness to retirees and actives in Via Benefits.

- The Blueprint for Wellness (BFW) health screening evaluates more than 30 health factors with one blood sample and a few quick measurements. In fact, Blueprint for Wellness is more comprehensive than most screenings done by many doctors or other primary care providers (PCPs). Blueprint for Wellness results can help your doctor or other PCP assess your risk for diabetes, heart disease and more.
- You are NOT eligible for the \$100 incentive
- *Results are confidential and mailed directly to you.* Your church, annual conference, employer, insurance carrier and Wespath cannot see your test results. Please share the results report with your doctor or PCP.
- For the most accurate results, fast 8-12 hours before your screening. If you have a medical condition or take medications, ask your doctor or other primary care provider whether it's safe to fast.

**To Register and schedule your screening today, call: 1-855-623-9355**

to speak with a Quest Diagnostics customer service representative.

- Provide name and date of birth.
- Identify the Employer/ Group program name as United Methodist Church. The customer service representative will assist the participant or spouse in selecting the event or screening location of their choice.