Take BFW!
January 1 through September 30

Take the Quest Diagnostics Blueprint for Wellness Screening
No cost to you!

Registration Required!
You must register to take your Blueprint for Wellness screening at a Quest Diagnostics facility and avoid out-of-pocket costs.**

- Phone
  1-855-623-9355
- Employer group:
  HealthFlex or United Methodist Church
- Online
  wespath.org > Log In > HealthFlex/WebMD
  Select “Quest Blueprint for Wellness” from gray bar

*  Must be enrolled in Virgin Pulse at time of screening to earn PulseCash.
**  If there is no Quest Diagnostics facility within reasonable driving distance, you may still receive the $100 PulseCash and Wellness Points incentives by submitting a Physician Results Form (fully completed by your PCP)—deadline September 30. This can be printed from your Quest account, which is accessible from HealthFlex/WebMD. Completing these tests at the same time as your wellness exam is encouraged to avoid paying out-of-pocket costs.

The IRS considers wellness incentives as taxable income. Please consult your tax advisor.
Participation in HealthFlex well-being programs is voluntary.

Blueprint for Wellness (BFW) Highlights

- **Wellness Points**
  Earn 20 Points for each of seven health measures that meet the American Heart Association’s recommended range or are improved over your 2019 Blueprint for Wellness results. Seven qualifying health measures = 140 Wellness Points total. Participants and spouses in HealthFlex plans can each earn $100 PulseCash*—and up to 140 Wellness Points depending on results.

  *  If you missed Blueprint for Wellness in 2019, you’re still eligible for Wellness Points and you’ll have a baseline next year.

- **Fast Overnight**
  For the most accurate results. Ask your doctor or other primary care provider (PCP) if it’s safe for you to fast.

- **Confidential Results Mailed Directly to You**
  Share with your PCP.

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended or improved measures due to an underlying medical condition. Requests for a reasonable alternative may be made by:

- E-mail—incentiverequest@wespath.org
- U.S. mail—Wespath Benefits and Investments
  Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025

Dates extended due to COVID-19