Take the HealthQuotient (HQ) for Savings and Better Well-Being

Better Well-Being
The HQ online health assessment identifies common concerns like high cholesterol, prediabetes and stress. After completing the HQ, you’ll be eligible for health coaching—to help improve your well-being. Health coaching is provided by WebMD at no extra cost to you. Coaching is now available through secure messaging. Look for the link on your HQ results page.

Savings
Take the HQ and avoid paying extra on next year’s HealthFlex deductible.
- Individual deductible—avoid paying $250 extra
- Family deductible—avoid paying $500 extra
You and your spouse (if in HealthFlex) must both complete the HQ to avoid paying extra.

Quick—Easy—Confidential!
Complete the HQ in 15 minutes or less. If you did the Blueprint for Wellness® biometric screening earlier this year, your health data is uploaded automatically into your HQ—for faster, more accurate data entry.

HQ is confidential! Your church, annual conference, employer and HealthFlex cannot see your HQ and other health information, and WebMD and their health coaches are bound by federal HIPAA laws on patient privacy.

Take the HQ Now!
Deadline—September 30

Dates extended due to COVID-19

HQ At-a-Glance

<table>
<thead>
<tr>
<th>WHO</th>
<th>Participants and spouses in HealthFlex</th>
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<tbody>
<tr>
<td>WHAT</td>
<td>HQ online health assessment (administered by WebMD)</td>
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<tr>
<td>WHEN</td>
<td>January 1 – September 30, 2020</td>
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<tr>
<td>WHY</td>
<td>Avoid paying extra; improve your well-being; explore health coaching and other wellness resources</td>
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<tr>
<td>HOW</td>
<td>Take the HQ by computer, tablet or smartphone</td>
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<tr>
<td>WHERE</td>
<td>wespath.org—log in to “HealthFlex/WebMD” to get started, or use WebMD’s Wellness at Your Side™ mobile app. Connection code: HEALTHFLEX</td>
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MORE DETAILS
Read the 2020 Incentives FAQs on the HealthFlex/WebMD webpage.

Participation in HealthFlex well-being programs is voluntary.