



Wespath

BENEFITS | INVESTMENTS



Take the Health Check for Savings and Better Well-Being



Savings

Take the Health Check 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 Health Check to avoid paying extra.



Better Well-Being

The Health Check online health assessment identifies common concerns around nutrition, sleep, activity, stress and more. Based on your Health Check results, Personify Health® has the ability to provide personalized recommendations for health coaching, Journeys® and other HealthFlex well-being programs that can help you achieve your goals. Health coaching is provided by Personify Health at no extra cost to you.



Quick—Easy—Confidential!

Complete the Health Check in 15 minutes or less. If you did the Blueprint for Wellness® biometric screening, your health data is uploaded automatically into your Health Check—for faster, more accurate data entry.

Health Check is confidential! Your church, annual conference, employer and Wespath cannot see your Health Check results and other health information, and Personify Health and its health coaches are bound by federal HIPAA laws on patient privacy.

Health Check At-a-Glance

WHO

Participants and spouses in HealthFlex

WHAT

Health Check online health assessment (administered by Personify Health)

WHEN

January 1 – August 31

WHY

Avoid paying extra; improve your well-being; explore health coaching and other wellness resources

HOW

Take by computer, tablet or smartphone

WHERE

The **Personify Health app** or **login.personifyhealth.com**. Go to the **Health** tab.

Participation in HealthFlex well-being programs is voluntary.

** Households with family coverage in the H5000 plan in 2026 who do not complete Health Check in 2025 will have their deductible and individual out-of-pocket maximum increased so the deductible and out-of-pocket max are the same amounts.*