

HealthFlex Well-Being Programs At Your Fingertips

HealthFlex offers a variety of programs you can access through Virgin Pulse® that focus on your overall well-being. Whether you're looking to improve or maintain your well-being, there's something to help you reach your personal goals.



Health Coaching

Receive guidance from qualified, certified professionals to meet your well-being goals through Virgin Pulse.



Chronic Disease Prevention and Diabetes Management Programs

Can help you reduce your risk for developing Type 2 diabetes or heart disease; or help you with optimal diabetes management if diagnosed with Type 1 or Type 2 diabetes.



Employee Assistance Program (EAP)

Provides a variety of confidential support services around emotional well-being, including eight free counseling sessions per concern per family or household member per year.



MDLIVE® Behavioral Health

Allows you to video chat with a licensed therapist or board-certified psychiatrist with reduced wait times.



WW (Weight Watchers®)

A nationwide program—supports goals to lose weight and develop healthy habits. Receive 50% off membership fees.

How to Access Virgin Pulse?

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

New to Virgin Pulse?

Visit join.virginpulse.com/wespath from your web browser to register.



Scan the QR code to learn more about the well-being programs in Virgin Pulse.

Earn Up to \$410* in 2023 and More!

When you participate in the HealthFlex well-being programs, you (and your covered spouse) can each **earn up to \$410*** in 2023, and **avoid paying extra** on next year's HealthFlex deductible. To get started, log into your Virgin Pulse account. If you are new to Virgin Pulse, redeem a FREE Max Buzz activity tracker by clicking **Store** in your profile.



January 1 – August 31

The **Health Check** online questionnaire gauges your overall well-being in areas of stress, sleep, physical activity, nutrition and more.

You and your spouse, if covered by HealthFlex, must both complete the Health Check to avoid a higher deductible in 2024. Click on the **Health tab** in your **Virgin Pulse account** to get started.



January 1 – August 31

The **Quest Blueprint for Wellness®** is a blood draw that screens for common health risks such as diabetes and heart disease. It includes several measurements such as blood glucose, cholesterol, blood pressure and more.

To register:

- Log into your **Virgin Pulse account** and find **Quest Blueprint for Wellness** under the **Benefits** tab.
- Or
- Call: **1-855-623-9355** and mention employer group "**HealthFlex**" or "**United Methodist Church**."



January 1 – December 31

- **Earn \$150***
Through **Virgin Pulse** you can **earn 150 Wellness Credits for \$150*** when you complete activities that improve your overall well-being.
- **Earn \$160***
Track your activity and healthy habits in **Virgin Pulse** to **earn up to \$40*** per quarter.



Wellness programs are voluntary. 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 email (incentiverequest@wespath.org), or U.S. mail (Wespath Benefits and Investments Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025). Wespath will work with you (and your primary care provider, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

** Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. 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. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.*

Small Steps—Big Rewards

How to Earn Wellness Credits

You can **earn 150 Wellness Credits for \$150*** annually. Below is a sample of activities you can complete to earn Wellness Credits.

Earn Wellness Credits Based on Your Area of Focus	Wellness Credits
EMOTIONAL WELL-BEING	
Employee Assistance Program (EAP) offers eight free confidential counseling sessions, with an option to text with a therapist through Talkspace.	15
PHYSICAL ACTIVITY	
Complete a private Virgin Pulse live coaching call to explore your health obstacles and goals.	Up to 150
IMPROVED DIET	
Try an "eat for health" self-guided Journey in Virgin Pulse to help you select the right combination of foods and plan meals.	Up to 45
IMPROVED SLEEP	
Try a "sleeping-well" self-guided Journey in Virgin Pulse to calm your mind and get back to sleep.	Up to 45
LIVING WITH CHRONIC CONDITIONS	
Participate in the Omada Diabetes Management or Chronic Disease Prevention programs to reduce your risk of heart disease, diabetes or other chronic illnesses.	150

How to Earn Virgin Pulse Points

You can earn up to \$40* each quarter (\$160 annually) through Virgin Pulse Points. Register a personal fitness device and track your activity and healthy habits daily.

- Browse healthy recipes and track daily calories through the Virgin Pulse Nutrition Guide
- Track your steps or participate in a Virgin Pulse challenge
- Improve sleep through the Virgin Pulse Sleep Guide
- Learn yoga, mindfulness and meditation basics through RethinkCare

Learn more ways to earn Virgin Pulse Points and Wellness Credits by clicking on **Rewards** in your **Virgin Pulse account**.