

Take Step 1 to a Healthier You



The Quest Diagnostics Blueprint for Wellness® health screening provides important information about your heart, blood sugar, iron, calcium, PSA level (men only) and more. It is:

- **Quick**—one blood sample and a few measurements
- **For HealthFlex participants and spouses** (active and Medicare companion plans)
- **Easy way to earn \$100 HealthCash*** per person (active plans only)
- **No out-of-pocket cost**

You must preregister to take advantage of this new opportunity.

- By phone: **1-866-908-9440**. Employer group: “**United Methodist Church**” or “**HealthFlex**”
- Online: **www.gbophb.org**. Log into **HealthFlex/WebMD** and choose “**Quest Diagnostics**” under **HealthFlex Vendor Links** (left column). Registration key: **umc2011**

** HealthCash incentive applies only to participants and spouses in a HealthFlex EPO, PPO, out-of-area (OOA) plan or the consumer-driven health plan (CDHP). Must be enrolled in Virgin HealthMiles.*

Three Steps for Wellness through HealthFlex

Step 1: Blueprint for Wellness

April 1 – July 31

Step 2: HealthQuotient (HQ)

August 1 – September 30

Step 3: Take Action

After the HQ



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve

Get Started: Step 1 to Better Health

Blueprint for Wellness Screening:

April 1 – July 31



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve

1901 Chestnut Avenue
Glenview, IL 60025-1604
1-800-851-2201
www.gbophb.org



Take the Blueprint for Wellness screening*



Earn \$100 HealthCash (active plans only)



Share the results with your doctor

** May be offered on-site during annual conference or an employee health event—or take it at a local Quest Diagnostics facility.*



Registration Details:

on other side

More Information/FAQs:

online at www.gbophb.org;
log into **HealthFlex/WebMD**