



Center for Health

Schedule Your Blueprint for Wellness Screening!

Participant and Spouse* Each Earn \$100 and Up to 120 Wellness Points



About Blueprint for Wellness

Blueprint for Wellness involves one blood draw and a few measurements. It's provided at no cost—if completed during annual conference, a staff wellness event, or at a Quest Diagnostics location (*pre-registration required*).

Gain valuable information about your heart, kidney function, cholesterol and other health factors—then share with your doctor or other primary care provider (PCP). Results are confidential and will be uploaded to your HealthQuotient (HQ).

Register Now—Don't Miss Out!

Online: www.gbophb.org

Select “**HealthFlex/WebMD**”
under Account Login. Then select
“**Quest Diagnostics Blueprint for Wellness**”

Phone: 1-855-623-9355

Employer group:
United Methodist Church
or **HealthFlex**

** Participant and spouse in a HealthFlex plan. Must be enrolled in Virgin Pulse activity program at the time of screening to earn and redeem HealthCash.*

Earn up to
120 Wellness Points
for health measures on
your way to reaching
150 Wellness Points
and \$150 more in
HealthCash.

Blueprint for Wellness details:

www.gbophb.org
> **HealthFlex/WebMD**

Select **2016 Incentives FAQs**



General Board

Pension and Health Benefits

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Blueprint for Wellness Screening

April 1 through July 31

**Earn \$100 HealthCash
Earn up to 120 Wellness Points**

Register at www.gbophb.org
(HealthFlex/WebMD) or
1-855-623-9355

Watch for information from your plan sponsor about on-site screenings. Walk-ins are limited at annual conference or a staff event—pre-registration is strongly recommended.

Pre-registration is required to take the Blueprint for Wellness screening at a local Quest Diagnostics location.

Participation in HealthFlex wellness programs is voluntary.



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