



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

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 (BFW) 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 (*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: wespath.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**

Note: You must be enrolled in HealthFlex and Virgin Pulse to earn and redeem PulseCash.
The IRS considers cash wellness incentives as taxable income. Please consult your tax adviser.

Depending on your results,
you can earn up to
120 Wellness Points on your way
to \$150 more in PulseCash.

Blueprint for Wellness details:
wespath.org > **HealthFlex/WebMD**
Select **2017 Incentives FAQs**



Blueprint for Wellness Screening

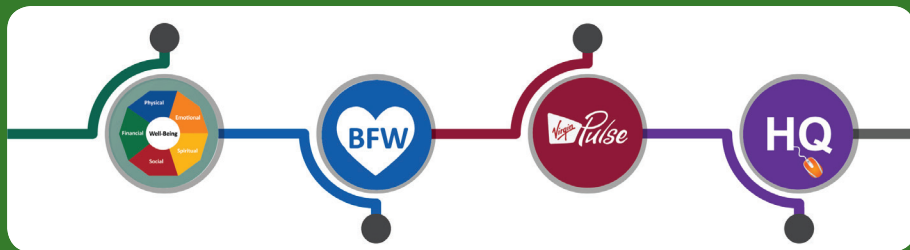
April 1 through July 31

Earn \$100 PulseCash / Earn up to 120 Wellness Points

Register at [wespath.org](https://www.wespath.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—registration is strongly recommended.

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



Participation in HealthFlex wellness programs is voluntary.

Wespath Benefits and Investments is the new name for the General Board of Pension and Health Benefits—it invokes John Wesley, and indicates a health and wholeness path to follow for those we serve. While our name has changed over the years, our commitment to helping participants achieve well-being aligned with the principles of The United Methodist Church has remained the same.

Wespath Benefits and Investments

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