



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health



## HQ Is Here; Take It Today!

Deadline for Savings—September 30

### Take the HealthQuotient (HQ) Now and Enjoy the Benefits

- Savings—avoid paying extra in 2017
- Better well-being

#### Savings

Take the HQ to avoid paying extra on next year's medical plan deductible.

- Individual deductible—**avoid paying \$250 extra**
  - Family deductible—**avoid paying \$500 extra**
- You and your spouse (if in HealthFlex) must *both* complete the HQ to avoid paying extra

#### Better Well-Being

Take the HQ for a healthier you. The HQ online health assessment identifies common concerns like high cholesterol or stress. After completing the HQ, you'll be eligible for phone-based health coaching—supportive guidance to help improve your well-being. Health coaching is provided by WebMD at no extra cost to you. You can access other helpful tools, too, through the HealthFlex/WebMD portal.

#### Quick—Easy—Confidential!

Complete the HQ in 15 minutes or less. If you did the Blueprint for Wellness biometric screening earlier this year, your health data is uploaded automatically into your HQ—for faster, more accurate data entry. If you missed Blueprint for Wellness, you can manually enter your information for the HQ.

HQ is confidential! Your church, annual conference, employer, insurance carrier and HealthFlex cannot see your HQ information, and WebMD coaches are bound by federal HIPAA laws on patient privacy.

*Participation in HealthFlex wellness programs is voluntary.*

### HQ At-a-Glance

#### WHO

Participants and spouses in HealthFlex

#### WHAT

HQ online health assessment  
(administered by WebMD)

#### WHEN

**August 1 – September 30, 2016**

#### WHERE

[www.wespath.org](http://www.wespath.org)\* Log in to  
"HealthFlex/WebMD" to get started

#### WHY

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

#### HOW

Take the HQ by computer, tablet or smartphone

#### MORE DETAILS

Read the [2016 Incentives FAQs](#) on the HealthFlex/WebMD webpage.

*\* General Board of Pension and Health Benefits has been renamed **Wespath Benefits and Investments**. Our new web address is [www.wespath.org](http://www.wespath.org).*