



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health



**Take the HQ Now to Save!**  
Deadline—September 30

## Take the HealthQuotient (HQ) for better well-being and savings

### Better Well-Being

Take the HQ for a healthier you. The HQ online health assessment identifies common concerns like high cholesterol, prediabetes and 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.

### Savings

Take the HQ to avoid paying extra on next year's Healthflex 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

### 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 and HealthFlex cannot see your HQ and other health information, and WebMD health 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, 2017**

#### 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 [2017 Incentives FAQs](#) on the HealthFlex/WebMD webpage.



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## Take the HQ Today! Get Started **Here** for Savings and a Better You!

HealthQuotient (HQ) is:

- **Online health assessment**—administered by WebMD
- **Great way** to access phone-based health coaches who can help you be your best
- **Quick**—15 minutes or less—even faster if you took the Blueprint for Wellness screening this year. (Blueprint for Wellness results upload automatically and securely into your HQ.)
- **Cost-saving**—avoid paying extra on your 2018 HealthFlex deductible (\$250 extra for individual deductible or \$500 extra for family deductible). Primary participant and covered spouse must *both* take the HQ by **September 30** to avoid higher deductible
- **Confidential**—your church, conference, employer and HealthFlex cannot see your HQ information or other health details

*Participation in HealthFlex wellness programs is voluntary.*



**Deadline—September 30**

[www.wespath.org](http://www.wespath.org) > Log in to **HealthFlex/WebMD**

For help logging in: **WebMD 1-866-302-5742**

More details: **2017 Incentives FAQs**

Use your computer, tablet or smartphone.