



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

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 improve your well-being and 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 2017 medical plan 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 family deductible
- **Confidential**—your church, conference, employer, insurer and HealthFlex cannot see your HQ information

Participation in HealthFlex wellness programs is voluntary.



Deadline—September 30

www.wespath.org > Log in to [HealthFlex/WebMD](#)

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

More details: [2016 Incentives FAQs](#)

General Board of Pension and Health Benefits has been renamed **Wespath Benefits and Investments**.