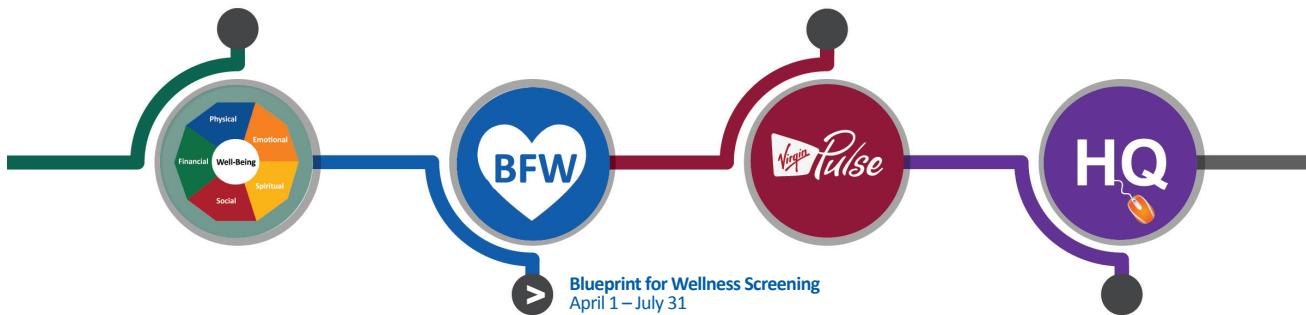




## Blueprint for Wellness Is Coming

### Earn \$100 PulseCash\* and Up to 120 Wellness Points



### Take the Quest Diagnostics Blueprint for Wellness Screening

April 1 through July 31

No cost to you!

Participants and spouses in HealthFlex plans can **each** earn **\$100 PulseCash\***—and up to **120 Wellness Points** depending on results.

*Participation in HealthFlex wellness programs is voluntary.*

### Registration Required!

You must register to take your Blueprint for Wellness screening at a Quest Diagnostics facility and avoid out-of-pocket costs.\*\*



- **Phone**  
**1-855-623-9355**

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

- **Online**  
[wespath.org](http://wespath.org) > HealthFlex/WebMD  
Select "Quest Blueprint for Wellness"

\* Must be enrolled in Virgin Pulse at time of screening to earn PulseCash.

\*\* If there is no Quest Diagnostics facility within reasonable driving distance, you may still receive the \$100 PulseCash and Wellness Points incentives by submitting a *Physician Results Form* (fully completed by your PCP)—deadline **July 31**. Call Wespath Benefits and Investments at **1-800-851-2201** or your plan sponsor for the form. Completing these tests at the same time as your wellness exam is encouraged to avoid paying out-of-pocket costs.

### Blueprint for Wellness (BFW) Highlights

- **Screening** open to participants and spouses in HealthFlex.
- **Incentives**—\$100 PulseCash and up to 120 Wellness Points. Both participant and spouse in HealthFlex can earn incentives.
- **Wellness Points**—earn 20 Points for each of six health measures that meet the American Heart Association's recommended range or are improved over your 2016 Blueprint for Wellness results. Six qualifying health measures = 120 Wellness Points total.  
*If you missed Blueprint for Wellness in 2016, you're still eligible for Wellness Points and you'll have a baseline next year.*
- **No cost to you**—you must register to avoid out-of-pocket costs.
- **Location**—take the screening at a local Quest Diagnostics facility. Select a location during registration.
- **Fast overnight** for the most accurate results. Ask your doctor or other primary care provider (PCP) if it's safe for you to fast.
- **Confidential results mailed directly to you.** Share with your PCP.

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended or improved measures due to an underlying medical condition. Requests for a reasonable alternative may be made by:

- E-mail—[incentiverequest@wespath.org](mailto:incentiverequest@wespath.org)
- U.S. mail—Wespath Benefits and Investments  
Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025

We will work with you (and your PCP, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

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.