



Wespath

BENEFITS | INVESTMENTS

BFW Is Coming! No Cost to You

Event: _____
Date: _____
Time: _____
Location: _____
Register by: _____



BFW Overview

WHAT: The BFW health screening includes a blood draw and a few measurements such as blood pressure and waist circumference. You'll receive personalized data on 30 health factors.

WHY: Earn \$100*

REGISTER: It is **strongly recommended** that you register for this event. Walk-ins are very limited. There are two ways to register:

- **Online:** Log in to your **Virgin Pulse®** account and find **Blueprint for Wellness** under the "Benefits" tab or through **Benefits Access** (for participants).
- **Phone:** 1-855-623-9355
Employer group:
HealthFlex or United Methodist Church

ALTERNATIVES: If you can't attend the BFW event, you can complete the BFW at a Quest Diagnostics® facility at not cost to you. Registration is required. The **Well-Being Programs FAQs** includes additional ways to complete the BFW if you can't get to this event or a Quest facility.

Blueprint for Wellness® (BFW) Details

• Wellness Credits

Earn 20 Wellness Credits for each of seven health measures that meet the American Heart Association's recommended range or are improved over your previous year's BFW results. Seven qualifying health measures = 140 Wellness Credits total. Participants and spouses in HealthFlex can *each* earn **\$100***—and up to **140 Wellness Credits** depending on results. Earn 150 Wellness Credits before the end of the year and receive an additional \$150*.

If you missed the BFW last year, you're still eligible for Wellness Credits for achieving healthy results, and you'll have a baseline next year.

• Fast Overnight

Fasting overnight gives the most accurate results. Ask your doctor or other primary care provider (PCP) if it's safe for you to fast.

• Confidential Results E-mailed and Mailed Directly to You

Share with your PCP.

• Health Check

Don't forget to take the Health Check to avoid a higher deductible in 2024.

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

- **U.S. mail**—Wespath Benefits and Investments

Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025

Participation in HealthFlex well-being programs is voluntary.

** Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers wellness incentives as taxable income. Please consult your tax advisor.*