*Use the language to create an email or publish in a newsletter.*

Don’t forget to complete the Health Check online assessment and the Blueprint for Wellness® health screening by **August 31**. When you complete the Health Check you avoid a higher HealthFlex deductible in 2025 and when you complete the Blueprint for Wellness you earn $100\*.

**Health Check**

To take the Health Check, [**log into your Virgin Pulse® account through the website**](https://app.member.virginpulse.com/#/health-ui/) or app, select the “**Health**” tab and then choose “**Health Check**.”

If you have a spouse who also is covered by HealthFlex, you both must [**take the Health Check**](https://app.member.virginpulse.com/#/health-ui/) to avoid a higher deductible. The higher deductible will be $250 extra for individual coverage and $500 extra for family coverage in 2025.

**Blueprint for Wellness**

Schedule the Blueprint for Wellness by logging in to [**your Virgin Pulse account online**](https://app.member.virginpulse.com/#/benefits) or via the app, selecting the “**Benefits**” tab and searching for Quest Blueprint for Wellness Screening. Or call 1-855-623-9355 to register.

Here are a few important reminders about the Health Check and Blueprint for Wellness:

* You must be registered with Virgin Pulse to take the Health Check and registration also is required at the time of your Blueprint for Wellness screening to receive the $100. If you or your covered spouse have not yet registered for Virgin Pulse, [**sign up here**](https://a18814.actonsoftware.com/acton/ct/18814/s-03e8-2204/Bct/l-03f0/l-03f0:14e4/ct4_0/1/lu?sid=TV2%3AJAuRUaish).
* The $100 is awarded in your Virgin Pulse account, and can then be deposited into your bank account, cashed out as gift cards or donated.
* One more time: The deadline is **August 31**.

Please disregard this message if you and your spouse (if covered) have already taken the Health Check and Blueprint for Wellness this year.

*\* 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.*