



HealthFlex Mini-Summit—March 2021



Wespath

BENEFITS | INVESTMENTS

2021 Wellness Update

Introduction: Jodi Benacka, Well-Being Manager



About Jodi:

- Experienced wellness and fitness professional
- Personal investment in well-being
- Excited about supporting the United Methodist Church participants!

jbenacka@wespath.org



847.866.5199

Same Great Program, New Names



HealthQuotient → **Health Check**, a similar digital health assessment with the same incentive reward of avoiding a higher HealthFlex deductible.



Wellness Points → **Wellness Credits** through Virgin Pulse. Receive \$150 PulseCash for earning 150 Credits for activities that improve your well-being in all dimensions.



WebMD Health Coaching → **Health Coaching** through Virgin Pulse. You will still receive guidance from qualified, certified professionals to meet your well-being goals.



Digital Health Assistants are now **Journeys**, multi-week guided courses tailored to your personal well-being goals.



Same Great Program, New Names



Health Check

January 1 – August 31

A digital **health assessment**
with the same incentive reward of
avoiding a higher 2022 deductible

Same Great Program, New Names



Wellness Credits

January 1 – December 31

Get **\$150** Pulse Cash for earning
150 Credits for activities that
improve your well-being

Same Great Program, New Names



Health Coaching

January 1 – December 31

Receive guidance from qualified, certified professionals to **meet your well-being goals**

Same Great Program, New Names

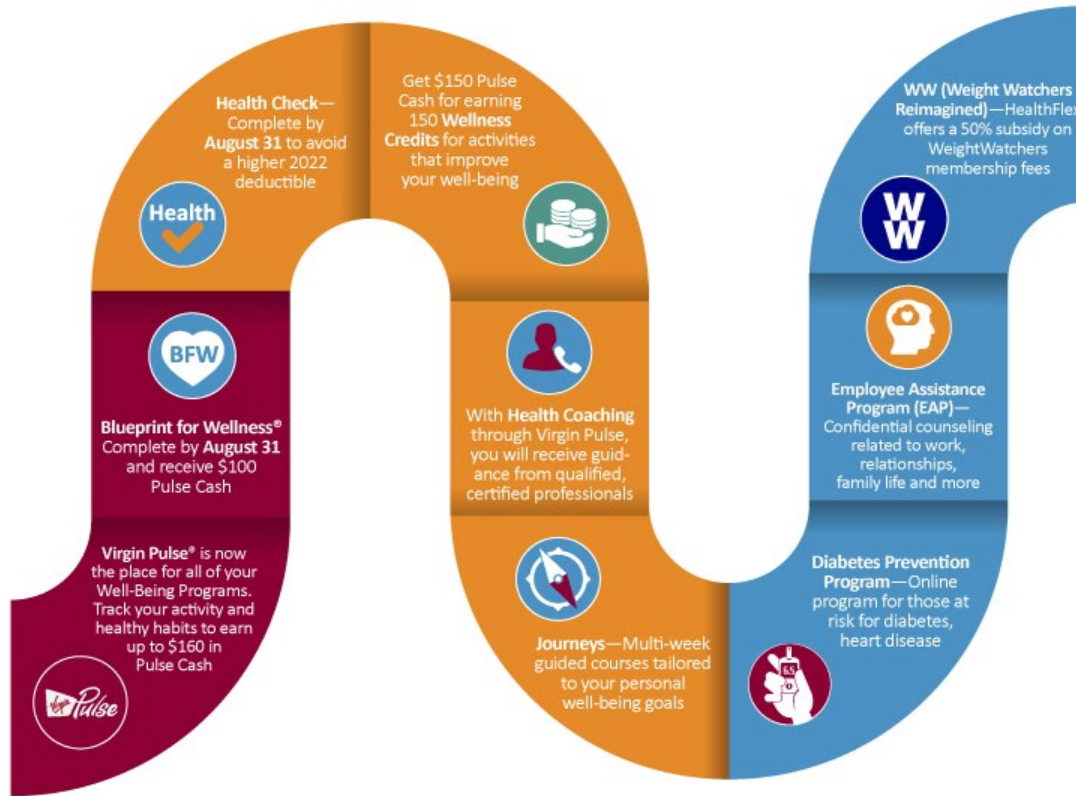


Journeys

January 1 – December 31

Multi-week guided courses tailored
to your **personal well-being goals**

Road Map to Your Well-Being Programs

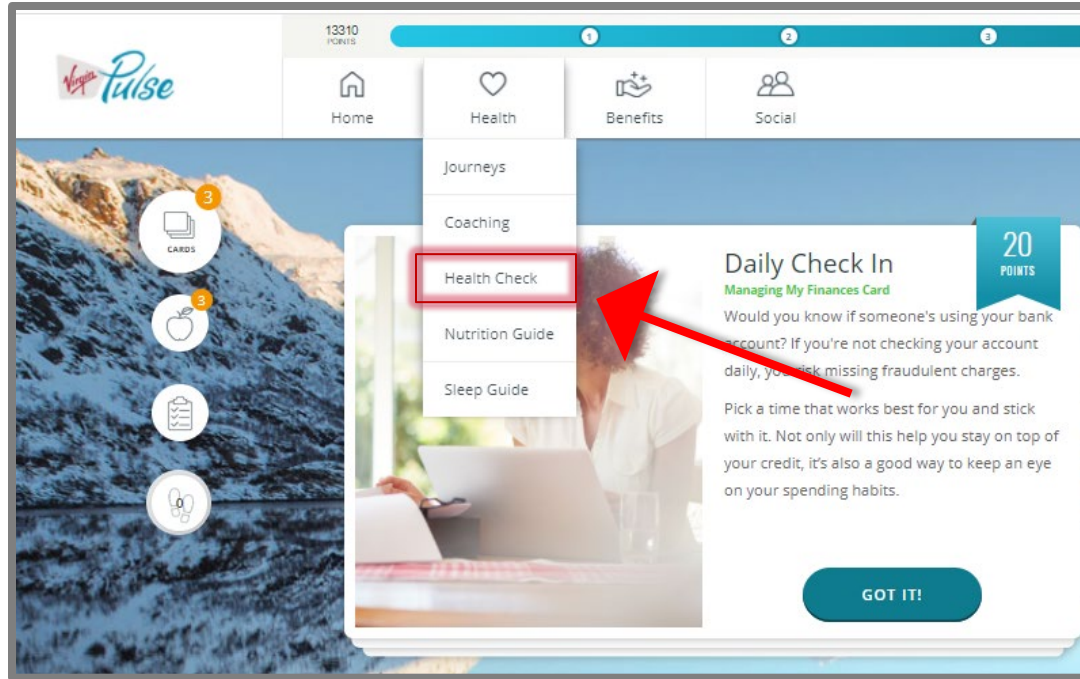


Blueprint for Wellness (Quest)

- Onsite
- Local
- Quest lab
- At-home screening kit
- Physician form



Health Check



Virgin Pulse Health Coaching

Coaching Topics

- **Lifestyle Management**
 - Eat healthy, be tobacco free, weight management, sleep well, stress reduction, get active
- **Navigate Health Situations**
 - Anxiety and depression, chronic pain, digestive health, heart health, diabetes, infertility, insomnia and sleep, lung health, medicine support, pregnancy, substance support



Easy to Schedule

Appointments can be scheduled or canceled through your Virgin Pulse account online or through the app

Virgin Pulse Online Journeys

- Content covers lifestyle and condition topics, certified and regularly reviewed for accuracy, tone, and readability
- Participants develop literacy and mastery at their own pace and in **small bites**
- Variety of lifestyle and health topics, promoting positive behavior change by engaging the member in small steps-based healthy habit formation

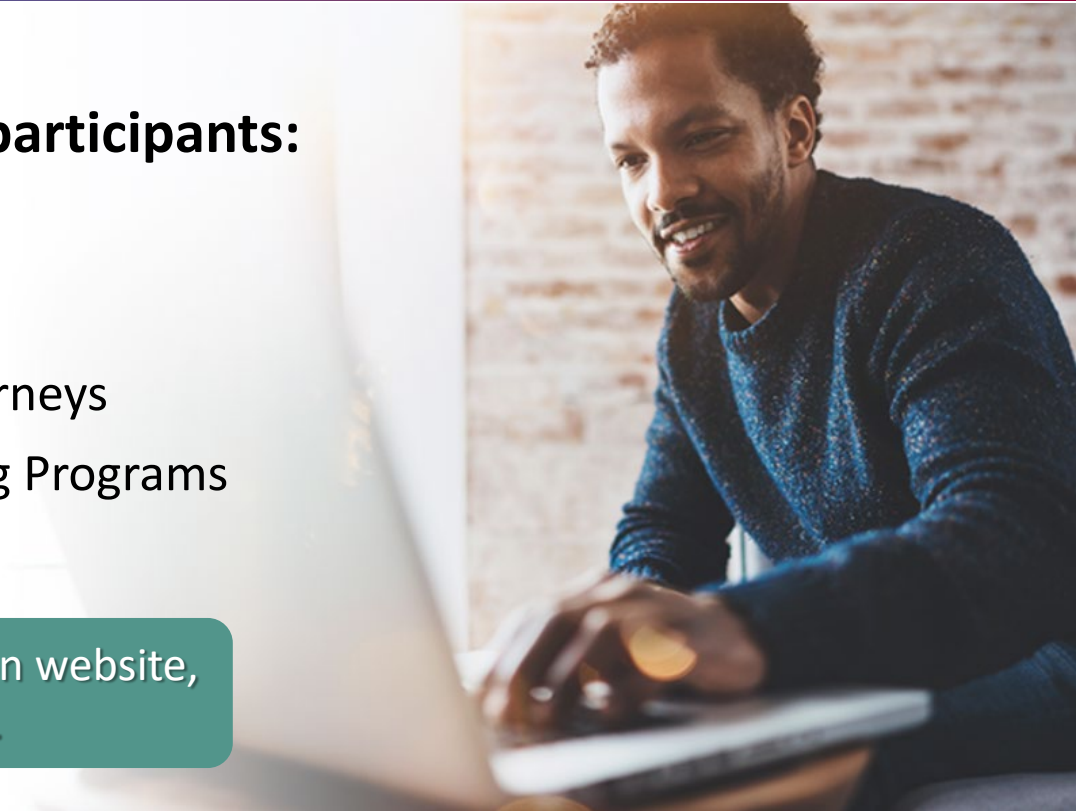


Brief Demo Videos

Available to share with your participants:

- Accessing the Health Check
- Accessing Health Coaching
- Accessing digital well-being Journeys
- Accessing HealthFlex Well-Being Programs through Virgin Pulse

Attach to emails, newsletters, post on website, share on social media, etc.



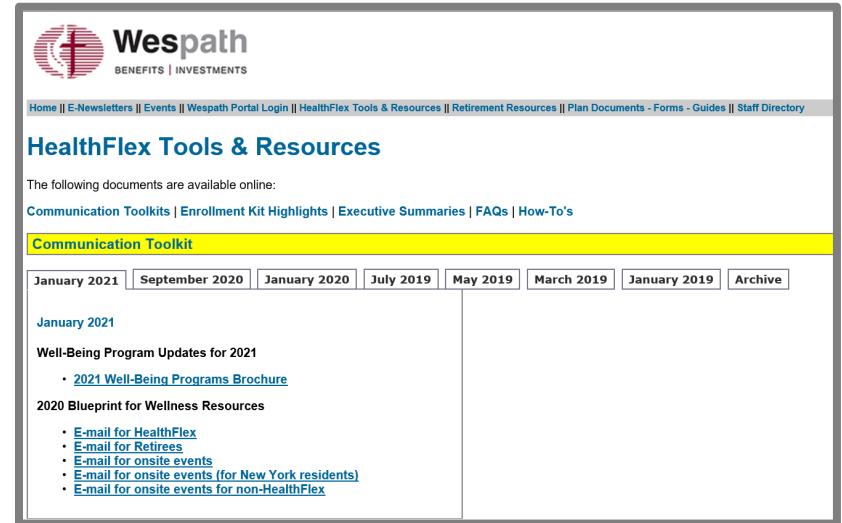
Who Do you Call?

Participant issues	<ul style="list-style-type: none">• Health Team (first line of defense) healthteam@wespath.org 1-800-851-2201• Escalations or trends: Jodi Benacka
Well-being strategy and collaborations	<ul style="list-style-type: none">• Jodi Benacka jbenacka@wespath.org• Todd Creviston tcreviston@wespath.org
Well-being data or analysis	<ul style="list-style-type: none">• Shelly Brooks-Sanford sbrooks-sanford@wespath.org
Other questions / or not sure	<ul style="list-style-type: none">• Wellnessteam@wespath.org

Resource Reminder

Visit the Extranet for easy-to-use communication resources for a variety of needs:

- Virgin Pulse Materials
- 2021 Well-Being Program Updates
- Blueprint for Wellness Resources, and
- Archived HealthFlex Express newsletters (with attachments)



The screenshot shows the Wespath website's "HealthFlex Tools & Resources" page. At the top left is the Wespath logo with the tagline "BENEFITS | INVESTMENTS". A navigation bar contains links for Home, E-Newsletters, Events, Wespath Portal Login, HealthFlex Tools & Resources, Retirement Resources, Plan Documents - Forms - Guides, and Staff Directory. The main heading is "HealthFlex Tools & Resources". Below this, it states "The following documents are available online:" and lists "Communication Toolkits | Enrollment Kit Highlights | Executive Summaries | FAQs | How-To's". A yellow banner highlights the "Communication Toolkit" section. Below the banner is a navigation bar with buttons for "January 2021", "September 2020", "January 2020", "July 2019", "May 2019", "March 2019", "January 2019", and "Archive". The "January 2021" button is selected. The content area shows "Well-Being Program Updates for 2021" with a link to "2021 Well-Being Programs Brochure". Below that is "2020 Blueprint for Wellness Resources" with links for "E-mail for HealthFlex", "E-mail for Retirees", "E-mail for onsite events", "E-mail for onsite events (for New York residents)", and "E-mail for onsite events for non-HealthFlex".

portal.wespath.org > Extranet

What Is On the Horizon for 2021?



- **Exploring additional emotional health supports**
- **Using data to understand our participants**
 - Clergy Well-Being Survey—
results this summer
 - Direct participant research
 - Health Check and
Blueprint for Wellness data

2021 Wellness Grants

- \$2,500
- Designed to improve the well-being of participants/families
- Up to 5 grants awarded each year
- Application deadline: April 30
- Be willing to share your efforts with your peers



Questions





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