



HealthFlex Summit–October 2022



Wespath

BENEFITS | INVESTMENTS

Well-Being Update

Agenda

- Five Areas of Focus
 - Something for Everyone—
Persona Guide
- Participation Update
 - Virgin Pulse
 - Blueprint for Wellness
 - Health Check
 - Wellness Credits



Five Areas of Focus—Something for Everyone



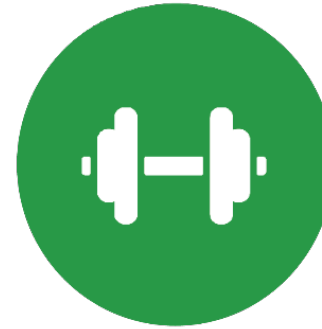
Emotional
Well-Being



Living with
Chronic
Conditions



Improved
Diet



Physical
Activity



Improved
Sleep

Persona Guide—Something for Everyone

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy; I also track sleep."

Goal:
Emotional Well-Being

There's something for everyone.

"I'm focused on physical activity and looking for energy, but also care about my overall well-being."

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy; I also track sleep."

Which focus area do you align with?

HealthFlex Well-Being Programs can help you earn rewards and work toward achieving personal goals! Pick your well-being focus area and make the most out of your own journey.

Earn up to \$410 in 2022 for prioritizing your well-being

- Accumulate 15,000 points per quarter to earn \$40 in Pulse Cash, for up to \$160 in Pulse Cash annually
- Accumulate 150 Wellness Credits and earn \$150 in Pulse Cash annually
- **BONUS:** Earn an extra \$100 in Pulse Cash just for completing the Blueprint for Wellness®

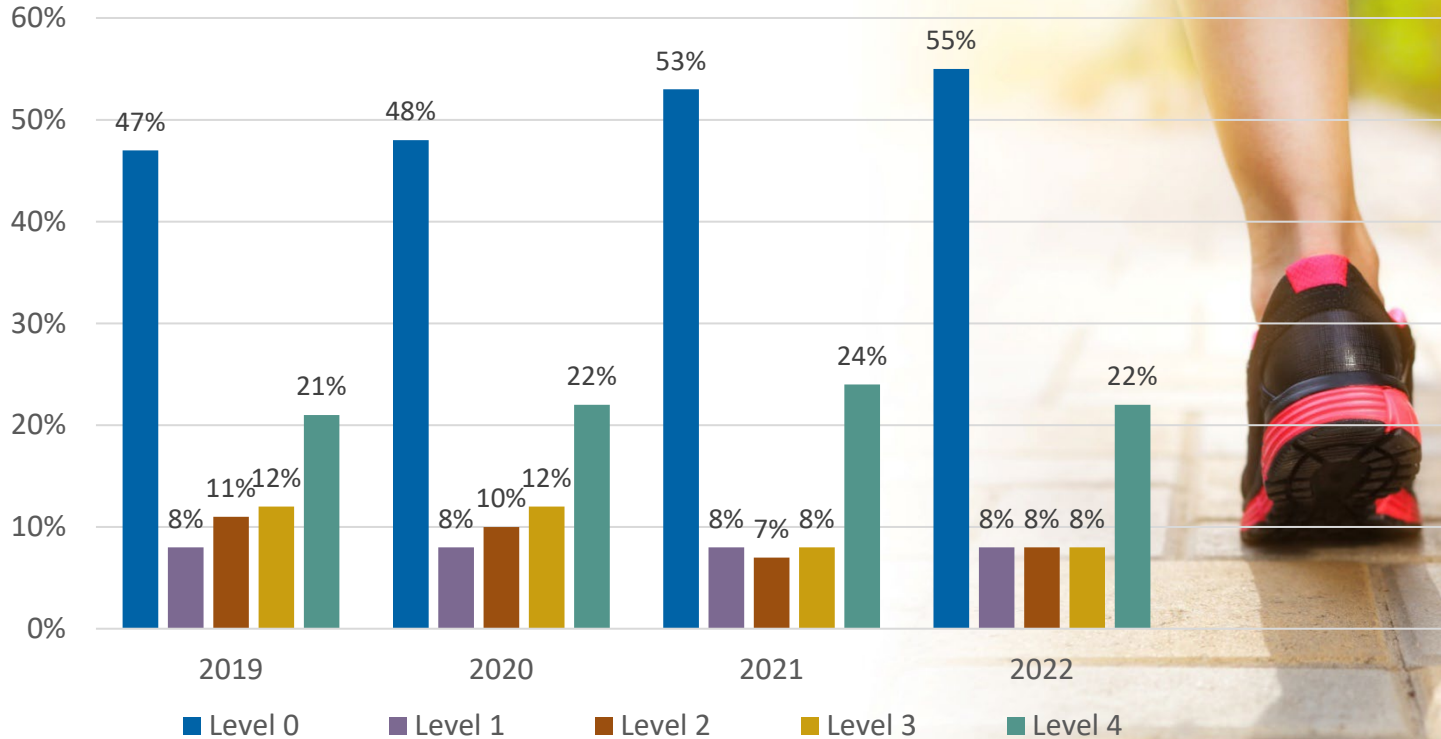
GOAL: Physical Activity		GOAL: Emotional Well-being	
Annual Wellness Credit Opportunities	Credits Earned	Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35	Complete the Health Check	35
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150	Access the EAP for Work/Life Services	15
Complete a journey (earn 15 credits each, 3x/year)	45	Access the EAP for Emotional Counseling	15
		Adopt a new spiritual practice for 1 month	15
		Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Quarterly Virgin Pulse Point Opportunities	220	Meet with an EAP Financial Planner for at least 5 minutes	25
General		Submit a success story	20
Set your interests (Suggestions: Getting Active, Eating Healthy, Sleeping Well)	400	Complete a journey (earn 15 credits each, 3x/year)	45
Set a Well-Being Goal (annual earning opportunity)	400		
Daily Actions		Program Total	220
Complete 2 Daily Cards, 30 days/month	3,600	Quarterly Virgin Pulse Point Opportunities	220
Track 3 Healthy Habits from Getting Active, 30 days/month	2,300	General	
Take 10,000 steps/day, 20 days/month	1,500	Set your interests (Suggestions: Reducing Stress, Anxiety, Depression, Grief and Loss, Alcohol Use)	400
Work out for 15 mins/day, 10 days/month	2,300	Set a Well-Being Goal (annual earning opportunity)	400
Physical Activity		Daily Actions	
Take 10,000 steps/day, 20 days/month	4,300	Complete 2 Daily Cards, 30 days/month	3,600
Take 10,000 steps/day, 20 days/month	1,500	Track 3 Healthy Habits from Reducing Stress, 30 days/month	2,900
Work out for 15 mins/day, 10 days/month	3,000	Physical Activity	
Challenges		Take 10,000 steps/day, 20 days/month	4,300
Join a personal challenge each month	300	Mental Well-Being	
Win the Promoted Healthy Habit Challenge each month	600	Complete a RefreshCare session, 10 days/month	300
Nutrition		Complete 2 RefreshCare programs each month	150
Daily calorie tracking, 10 days/month	600	Sleep	
Choose your eating type	250	Track sleep nightly, 30 days/month	1,200
Quarterly Total	18,850	Sleep >7 hours in a night, 20 days/month	3,000
		Choose your sleep profile	250
		Quarterly Total	18,200

More focus areas on the next page >

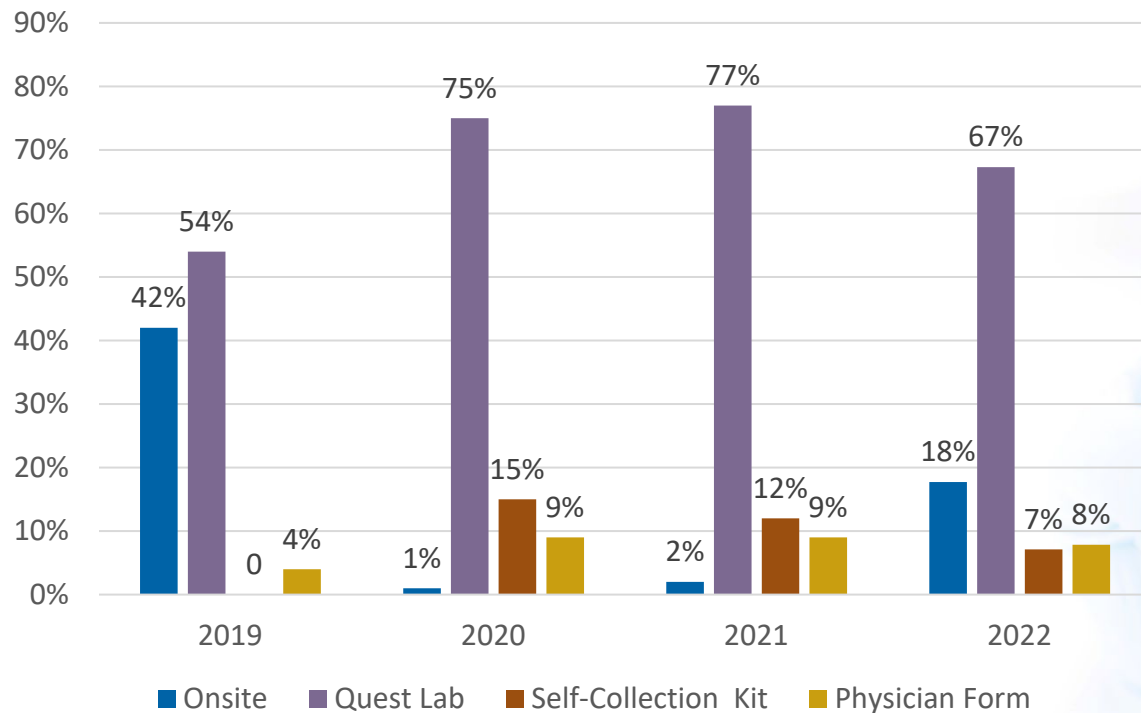
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Virgin Pulse

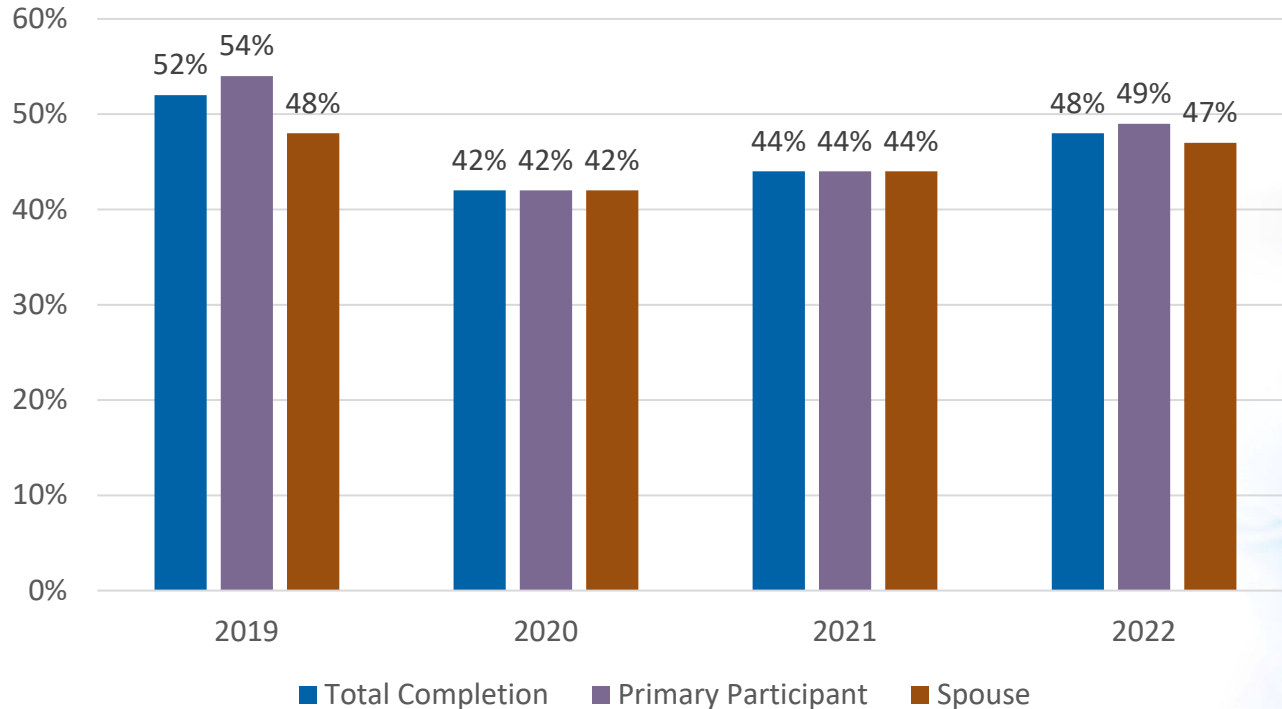
Virgin Pulse Participation Update



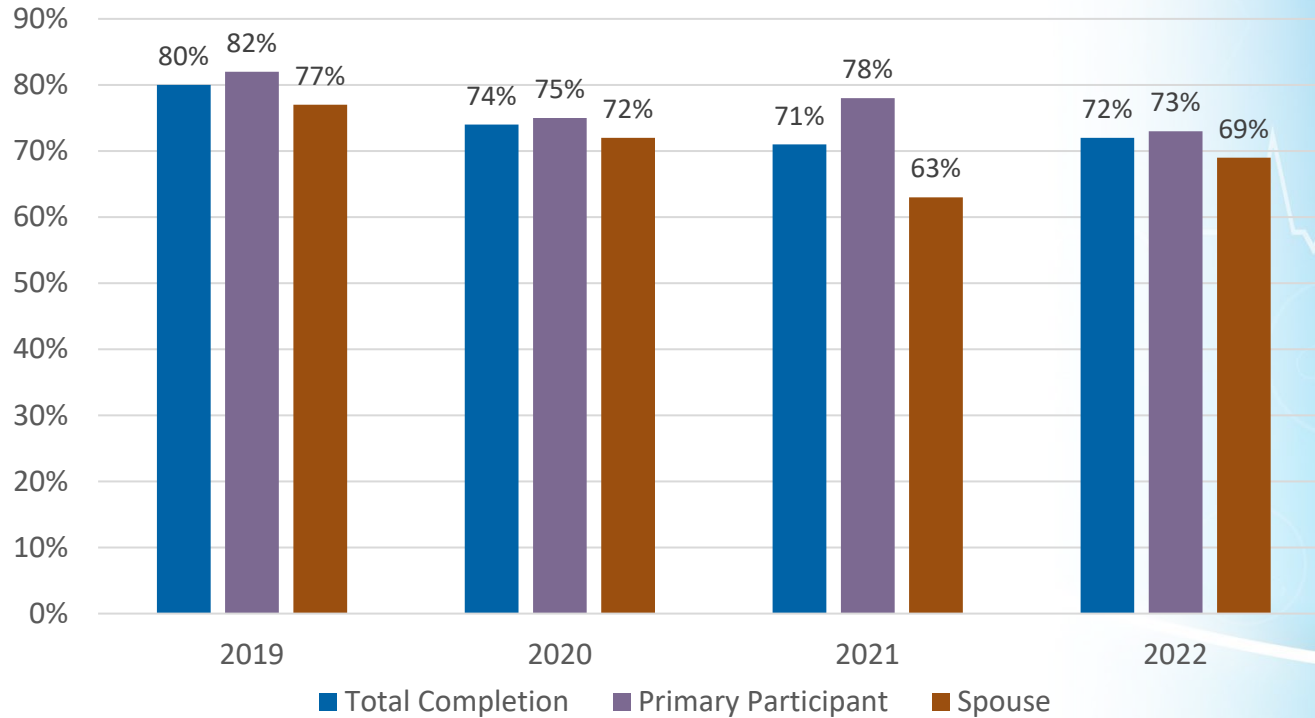
Blueprint for Wellness Screening Methods



Blueprint for Wellness Participation



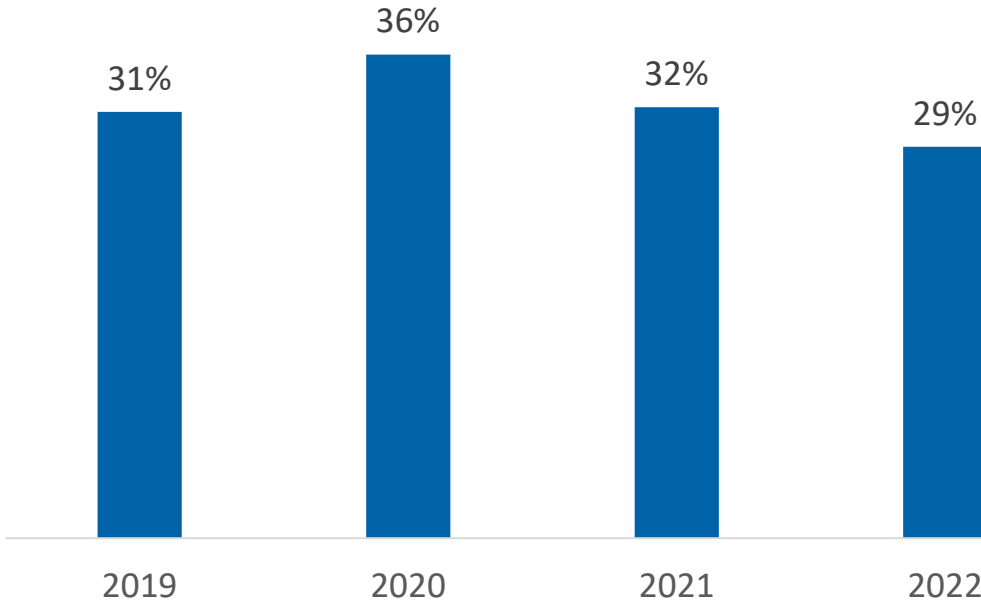
Health Check Completions



2019 and 2020: HealthQuotient completions.

Wellness Credits Completion

% Earning 150 Wellness Credits/Points



2019, 2020 and 2021: Full calendar year; 2022: Through Sept. 27.



Wellness Credits

BFW Results
7 measures
20 Credits each

Access EAP for
Work/Life Services
15 Credits

Meet with EY
Financial Planner
25 Credits

Omada Health
Participation
150 Credits

Virgin Pulse
Health Coaching
25 Credits per call

Access EAP for
Counseling
15 Credits

Register EY
Navigate
25 Credits

Journeys
15 Credits for each
(total of 45)

Increase
Contribution UMPIP
by 1%
15 Credits

Putting a Bow on Well-Being Programs

- Reminder: *There is something for everyone*
- Wellness Credits: *Earning opportunities for everyone*
 - 150 Wellness Credits = \$150
 - Deadline: December 31
- Emphasis on consistency, progress





Questions



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