



**Wespath**

BENEFITS | INVESTMENTS

# Well-Being Program Updates

HealthFlex Summit | October 2024



# Agenda



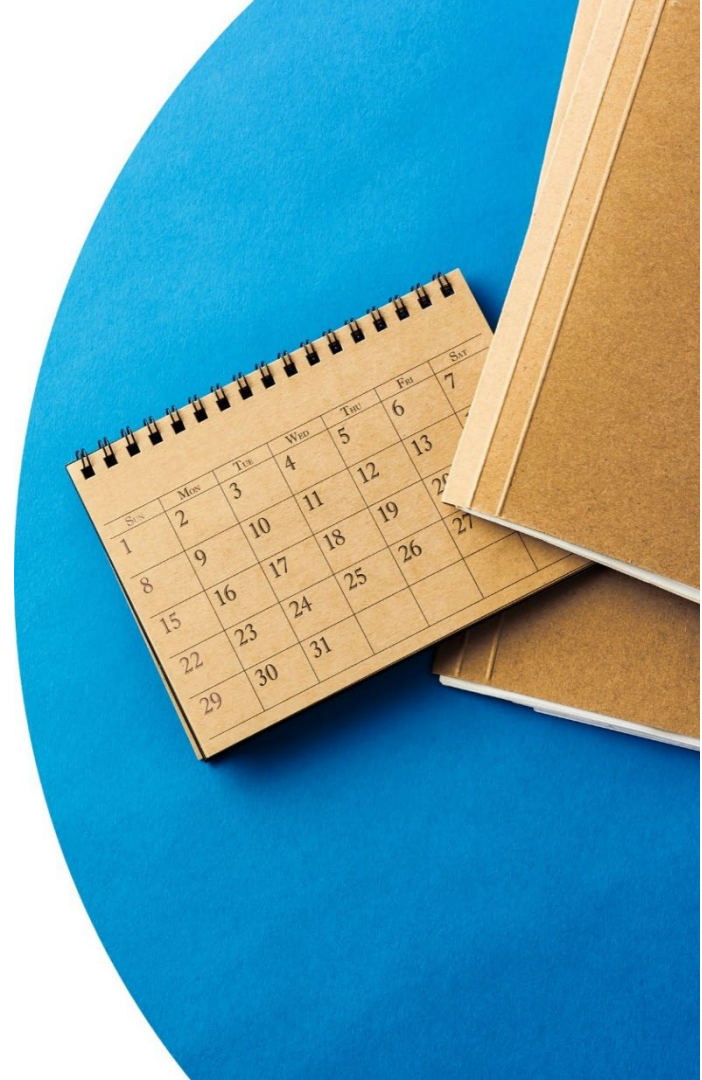
Personify Health Update



Rebrand Timeline and Resources



Health Check, BFW and Wellness Credits Participation



Coming Soon!

Virgin Pulse is  
becoming  personify<sup>TM</sup>  
HEALTH

Launching January 1, 2025

# Key Takeaways:



## What is changing:

- The Virgin Pulse name and logo will change to Personify Health
- New registration and login links
- Pulse Cash will be named Rewards Cash

## What is not changing:

- Same member experience
- Members will not be required to register again or download a new app
- Incentive earning opportunities will not change and Rewards Cash will roll over

## How you can prepare:

- Begin reviewing your conference website and resources that reference Virgin Pulse
- Watch for updated resources from Wespath through the *HealthFlex Express*

Log in at [login.personifyhealth.com](https://login.personifyhealth.com) or register at [join.personifyhealth.com/wespath](https://join.personifyhealth.com/wespath)

# Timeline



2024

**September 2, 2024**

*HealthFlex Express:*  
Announcement to  
plan sponsors

**September 30, 2024**

*HealthFlex Express:*  
Timeline details

**October 8, 2024**

E-mail to participants  
from Wespath

**October 9, 2024**

Transition logo on  
Virgin Pulse site  
and app

2024

(continued)

**December 2, 2024**

- Announcement card  
in Virgin Pulse
- E-mail to participants  
from Virgin Pulse

**Early December**

Handouts and web  
content updated and  
available for use

**December 27, 2024**

Reminder e-mail  
to participants from  
Virgin Pulse

2025

**January 1, 2025**

Launch of Personify  
Health

**January 2, 2025**

New Year's e-mail  
from Personify Health

# Rebranded Well-Being Resources

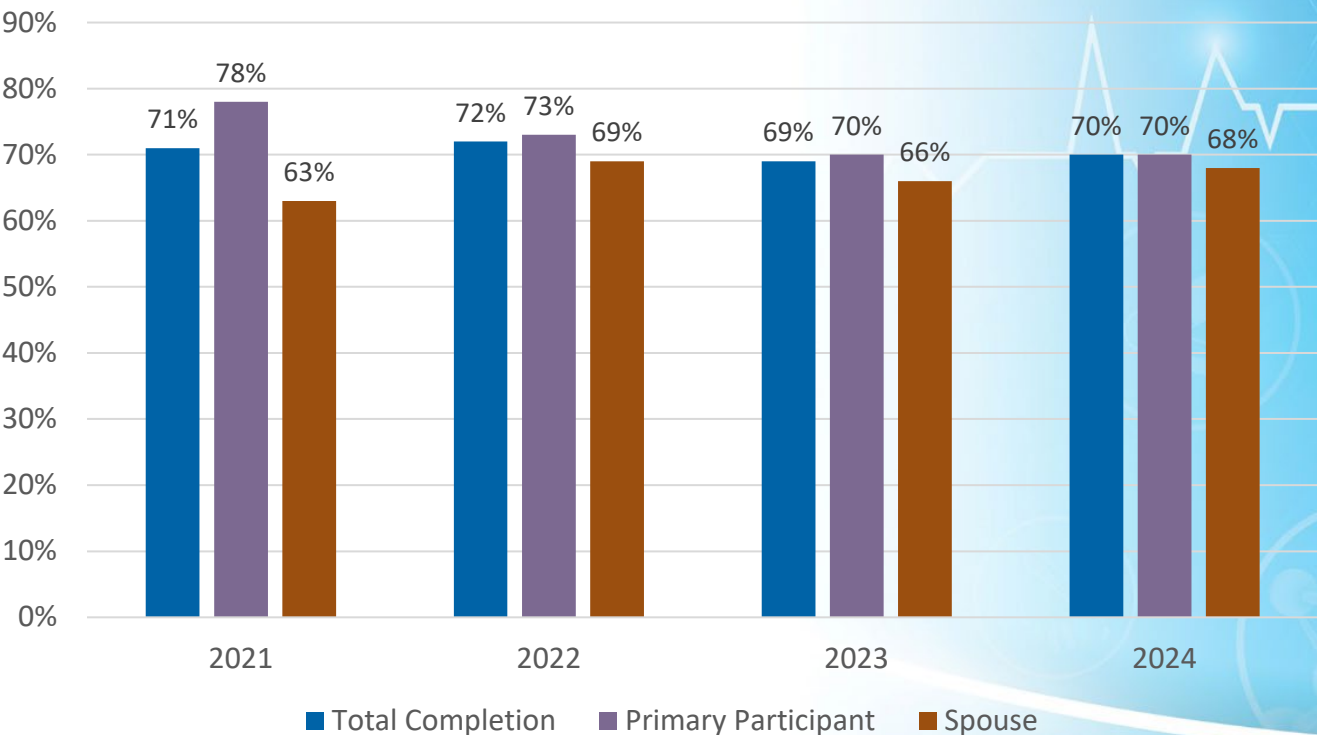


Save the QR code to  
view these resources

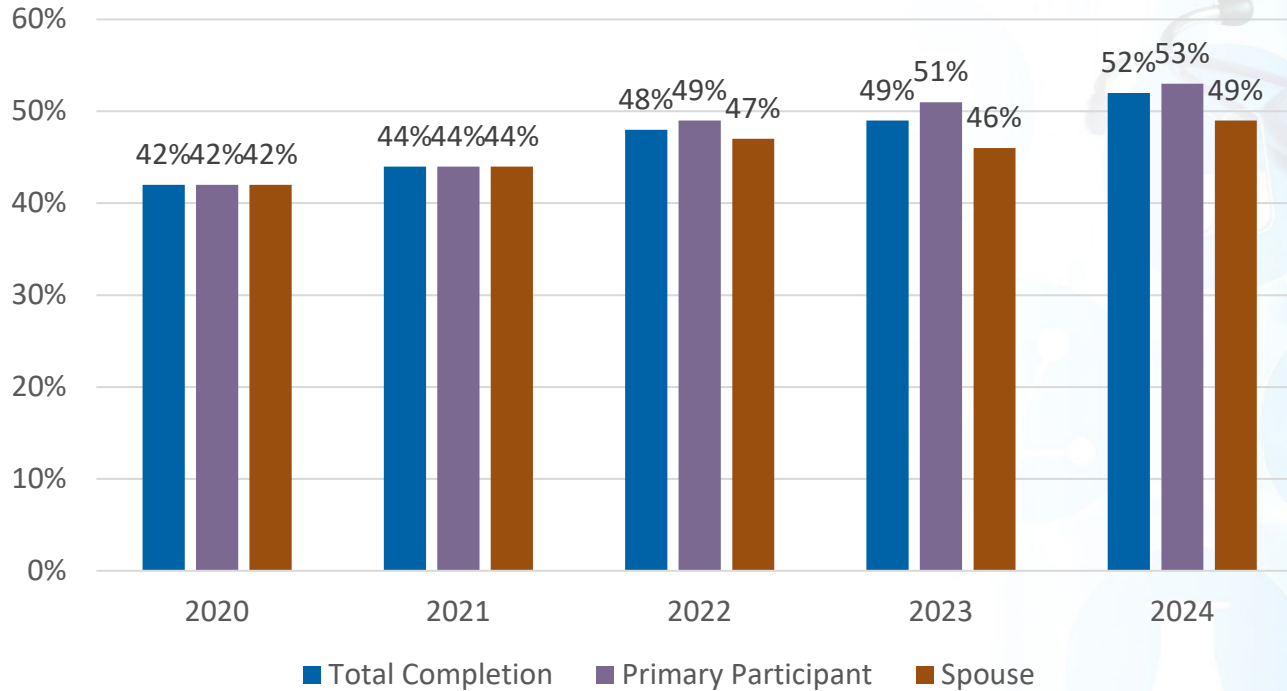
## Coming Early December



# Health Check Completions



# Blueprint for Wellness (BFW) Participation





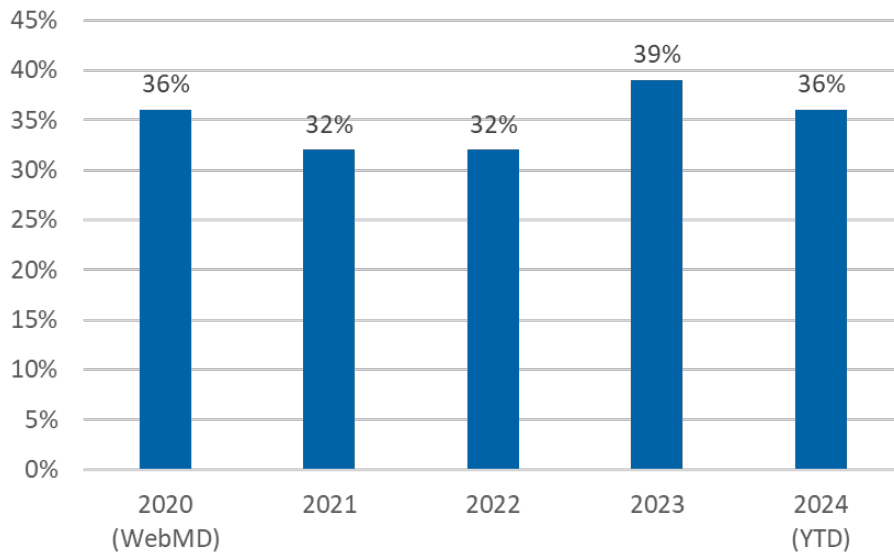
# Top Health Check and BFW Performers

Plan Sponsor	Percent Completing Health Check
New England	84%
Oregon-Idaho	84%
Dakotas	84%
North Georgia	82%
Wespath	81%
Mountain Sky	79%
Susquehanna	79%
Lake Junaluska	78%
Wisconsin	78%
Pacific Northwest	78%

Plan Sponsor	Percent Completing BFW
North Alabama	71%
Lake Junaluska	71%
Dakotas	71%
Mountain Sky	69%
Pacific Northwest	68%
Wisconsin	65%
Northern Illinois	65%
Indiana	65%
South Georgia	63%
Wespath	63%

# Wellness Credits

Percent Earning 150 Wellness Credits



Scan to download the  
Wellness Credit guide



# Action Items

- Promote Wellness Credits (last day to earn credits is December 31)
- Stay tuned for updated Personify Health resources

Reach out with questions!

**Earn 150 Wellness Credits through Virgin Pulse for \$150\***  
January 1 – December 31

Earning Wellness Credits is easy, fast, and HealthFlex participants and covered sponsors can do it with programs available through HealthFlex and Virgin Pulse. Mix-and-match actions from the list below to earn 150 Wellness Credits and \$150.

ACTION	WELLNESS CREDITS (EACH TIME)	MAXIMUM CREDITS
Complete Health Check by August 31 (and avoid a higher deductible in the following year)	25 (once)	25
Visit American Heart Association (AHA) guidelines in up to seven Blueprint for Wellness (BFW)™ measurement	7 possible rewards for 20 credits each	140
Register or log into Benefits Access	25 (once)	25
Complete a Virgin Pulse coaching call	25 (6 times)	150
Complete a Journey Step	5 (3 times)	15
Complete a Journey	15 (3 times)	45
Access the Employee Assistance Program (EAP) for emotional counseling	15 (once)	15
Access the EAP for Work/Life Services	15 (once)	15
Complete health* participation***	150 (once)	150
View a Success Story through Virgin Pulse	5 (4 times)	20
Submit a Virgin Pulse Success Story	20 (once)	20
Have your Success Story selected	15 (once)	15
Increase contribution to your retirement plan by 1%	15 (once)	15
Adopt a new spiritual practice for 1 month	25 (once)	25
Update, change beneficiary or contact information in Benefits Access	25 (once)	25
Register on EY Navigate	25 (once)	25
Complete the EY Financial Confidence Check-up	25 (once)	25
Meet with an EY Financial Planner for at least 5 minutes	20 (once)	20
Complete Saving Grace Curriculum		

\* Incentive credits are provided as "Pulse Cash," the "reward currency" for registered users that can be used in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is awarded as credit to your Virgin Pulse account and can be transferred to your checking account or added to your debit card. It can be used for a variety of rewards, including travel, dining, and more. \*\* The 40 credits can be used to redeem a variety of rewards, including travel, dining, and more. \*\*\* Users must complete the program and receive a "Success" message to receive the reward. See the program details on the Virgin Pulse app for more information.

**personify HEALTH**

**Enrolling in Personify Health**

**It's Easy to Enroll!**  
Sign up for Personify Health and stop the water you enroll and become active, the faster you'll start earning rewards. Better yet, the faster you'll have more energy, lower health risk, and greater ability to focus on your mission, job and family.

**Questions About Registration and Personify Health Program?**  
• Visit [www.personifyhealth.com](https://www.personifyhealth.com)  
• Call Personify Health: 1-800-820-4312

Personify Health is a registered trademark of Personify Health, Inc. All other trademarks are the property of their respective owners.

1. Visit [www.personifyhealth.com](https://www.personifyhealth.com) and select "Sign me up!" to enroll.
2. Read and accept the Membership Agreement & Privacy Policy, and click "Continue."
3. Enter the required Personal Information, then choose a password, and click "Continue."
4. If you have a device, go to **Devices & Apps** located under the profile picture icon in the upper right hand corner of the home page. Then select your brand of app or device to connect to Personify Health.
5. If you need an activity tracker, click on the **Personally Health Store** icon on the **Devices & Apps** page and order a Max Go at no cost. The full amount will be discounted at check out.
6. When your activity tracker arrives, activate it by following the instructions.
7. Start walking, running, dancing, playing, moving, etc. When worn properly, the activity tracker records every step on the road to well-being.
8. To use Personify Health in the future, you can download the Personify Health app or log in to your account at [www.personifyhealth.com](https://www.personifyhealth.com).

# QUESTIONS?





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