



**Wespath**

BENEFITS | INVESTMENTS

# Well-Being Program Updates

HealthFlex Summit | October 2023



# Agenda



Program Participation and  
Benefit Plans Summary Report



Resource Overview



Knowledge Check



# HealthFlex Well-Being Programs

## Assess Health Status and Risks



**Blueprint for Wellness® (BFW)**—Biometric screening to assess more than 25 key health indicators



**Health Check**—Online health assessment that measures lifestyle risks in areas of stress, sleep, physical activity, nutrition and more

## Improve or Maintain Well-being



**Virgin Pulse**—Find tools to support well-being and track other healthy habits to earn Pulse Cash



**Employee Assistance Program (EAP)**—Receive confidential and free support services around emotional well-being



**Health Coaching (Virgin Pulse)**—Receive guidance from certified professionals to meet your well-being goals



**Chronic Disease Prevention and Diabetes Management Programs**—Reduce risk for developing Type 2 diabetes or heart disease; help manage T1 or T2 diabetes



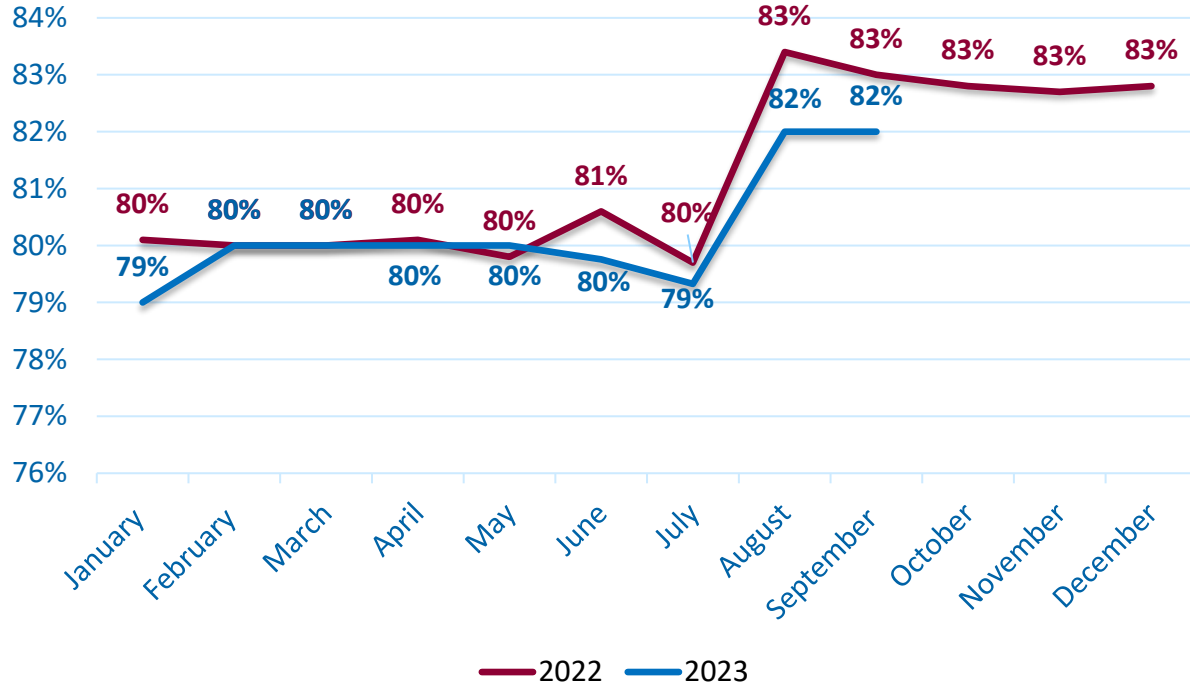
**MDLIVE® Behavioral Health**—Video chat with a licensed therapist or board-certified psychiatrist



**WW (Weight Watchers®)**—Supports losing weight by developing healthy habits

Log in to Virgin Pulse at [virginpulse.com/login](https://virginpulse.com/login) and click on the “Benefits” Tab

# Virgin Pulse Enrollment



# Benefit Plans Summary Report

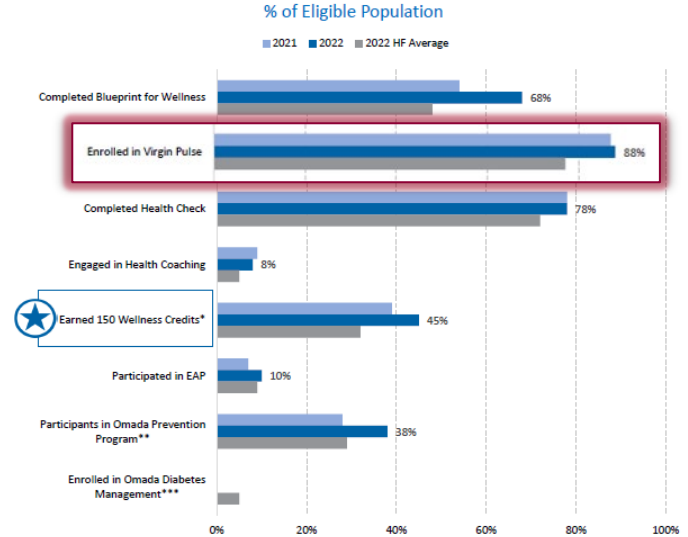
## Participant Engagement

### Well-Being Programs

The comprehensive well-being programs available through HealthFlex are designed to help participants achieve their desired health outcomes.

Many of these programs offer financial incentives for participating. Engaging in well-being programs demonstrates an understanding and use of available benefits, as well as progress and goal setting toward a desired future state.

#### Using Well-Being Programs

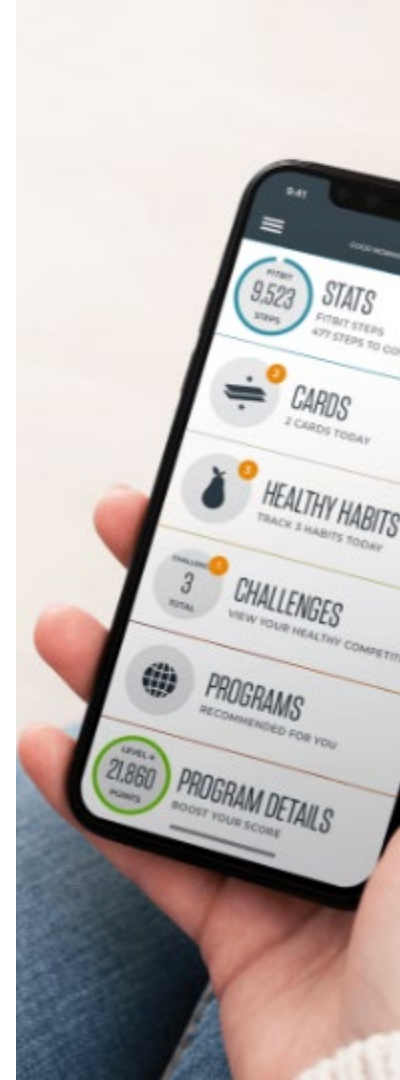
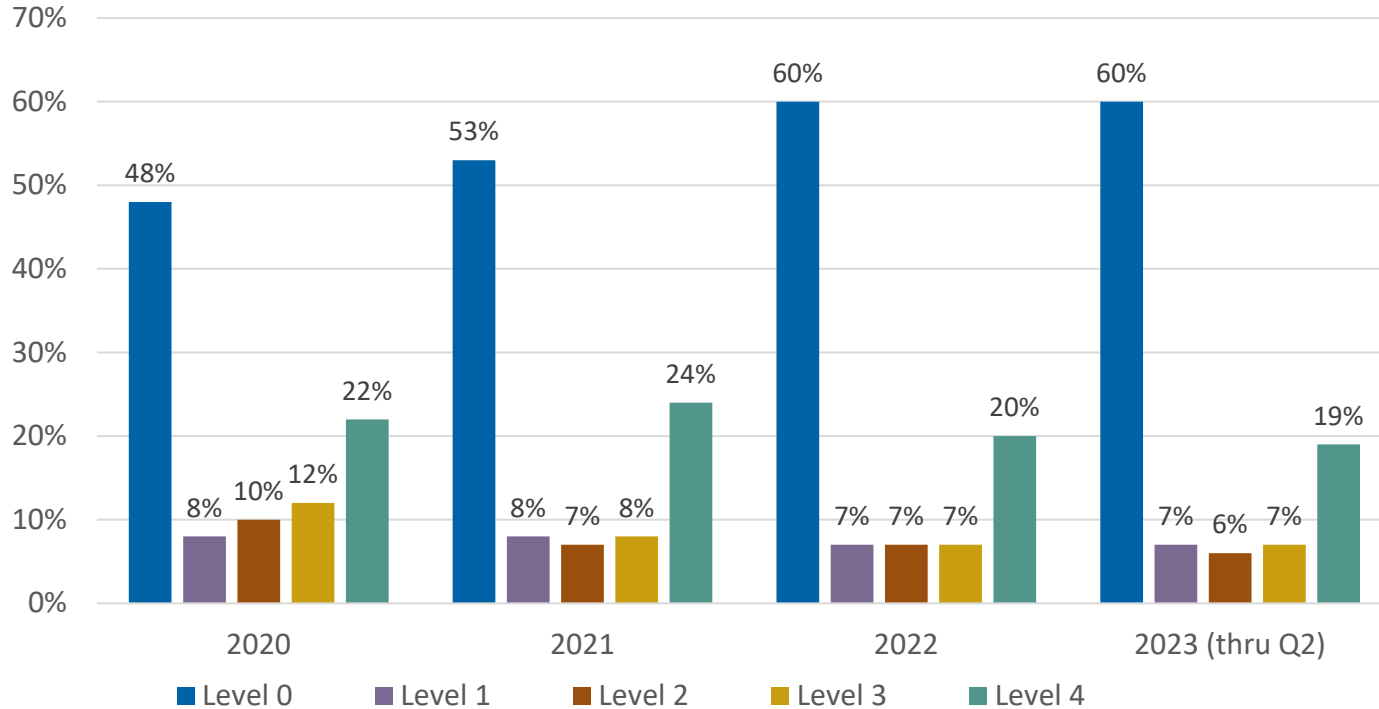


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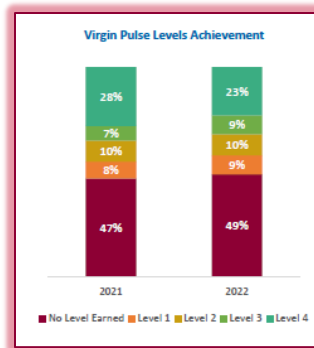
# Virgin Pulse Engagement



# Benefit Plans Summary Report

## Participant Engagement

Well-Being Programs (continued)



### Virgin Pulse Challenges and Incentives

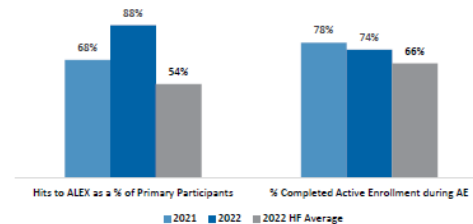
	2021	2022	UMC Average
Percentage participating in Virgin Pulse Challenges	38%	36%	29%
Total rewards earned*	\$38,235	\$38,140	\$43,437

\* Includes Pulse Cash for BPW and Wellness Credits

### HealthFlex

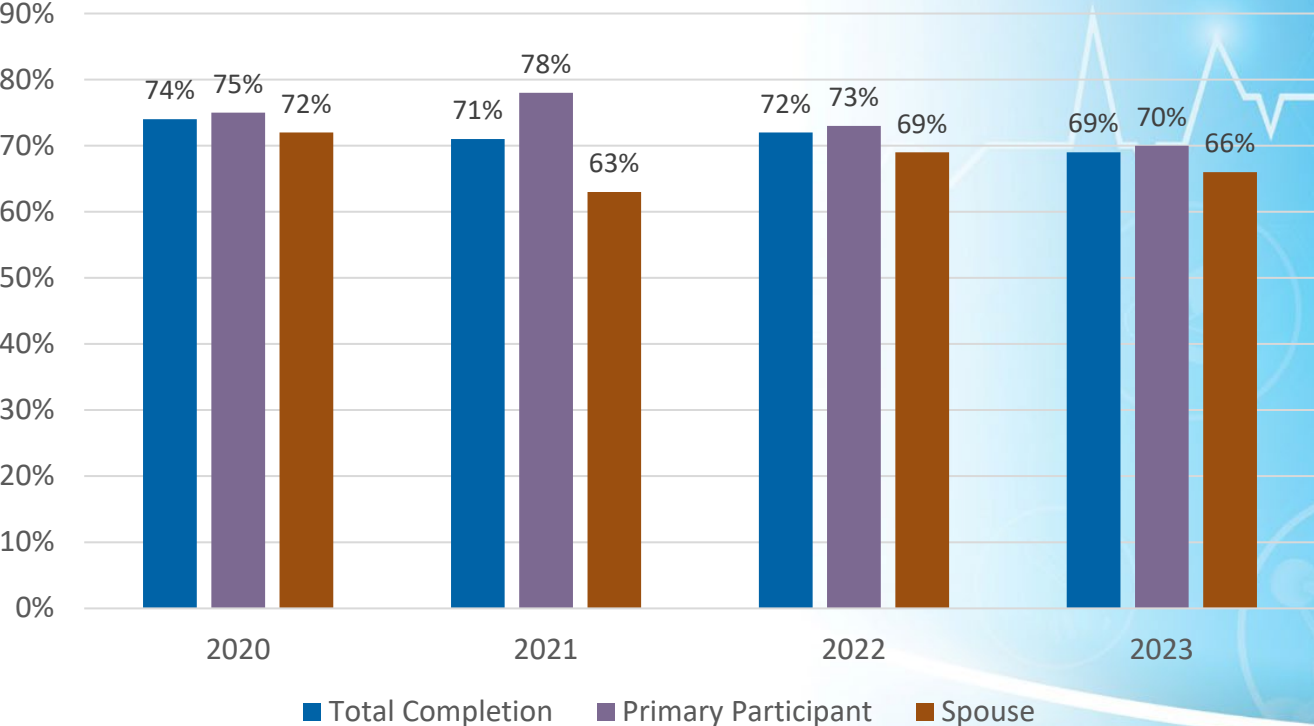
Wespath encourages engaged consumerism with how one selects and uses their health benefits. Choosing a plan or health account contributions encourages more personal accountability in the utilization of health care services. This includes using care wisely—getting regular preventive checkups, using the most cost-effective medications and being selective about where certain services are obtained (e.g. laboratory and radiology services, which are often the same quality regardless of location and cost). The use of the ALEX Benefits Counselor tool demonstrates engagement when selecting a plan during Annual Election and actively enrolling in benefits, instead of defaulting to prior year coverage or plan sponsor default selections.

### Plan Selection and Enrollment





# Health Check Completions





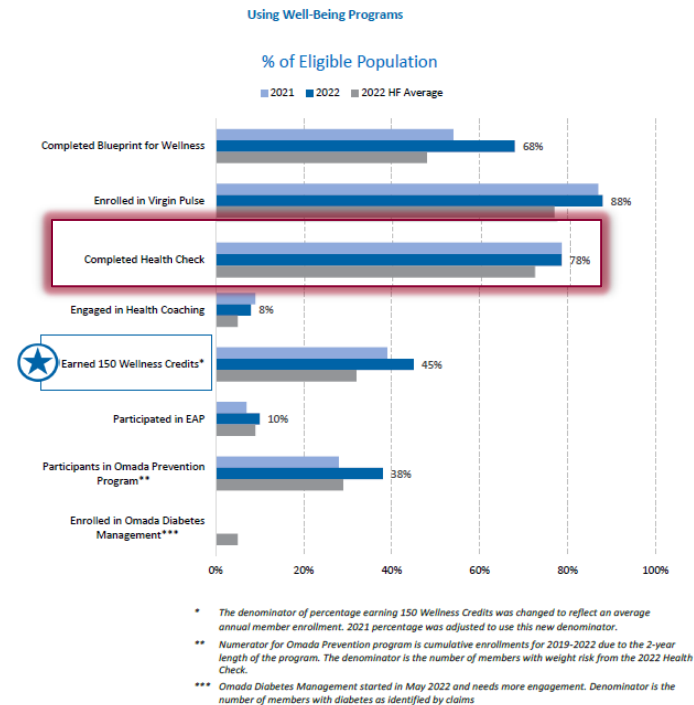
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## Participant Engagement

### Well-Being Programs

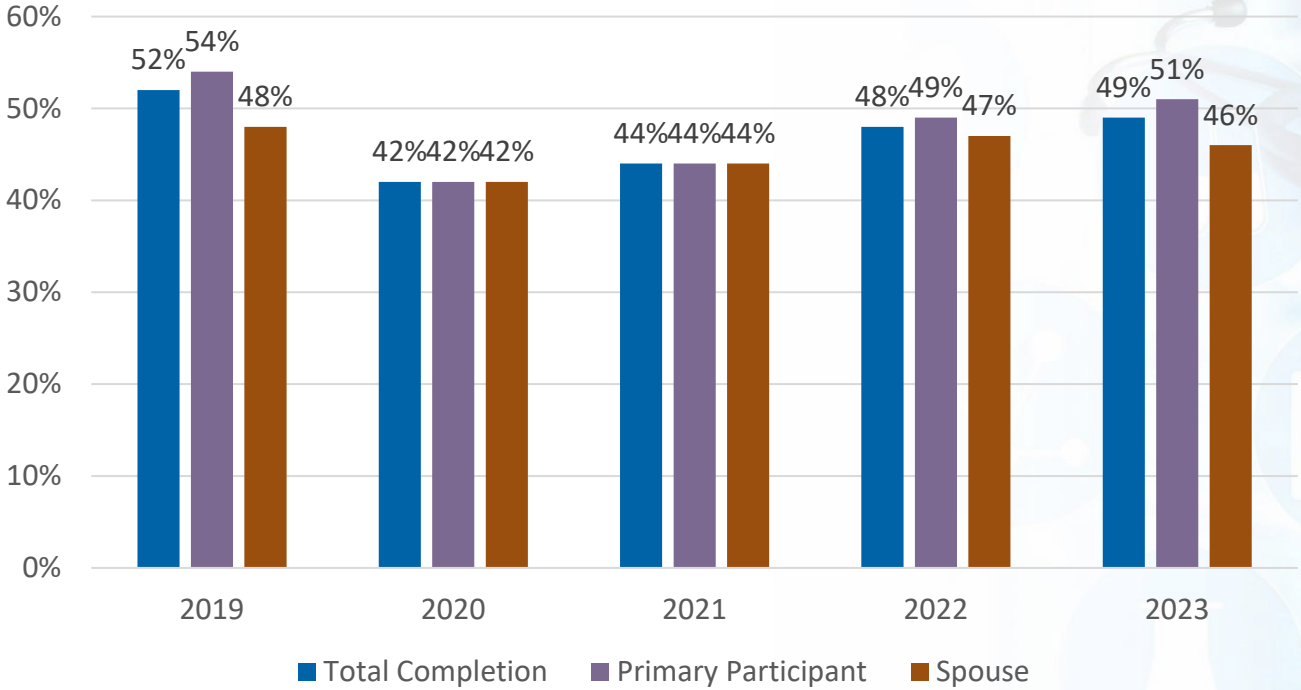
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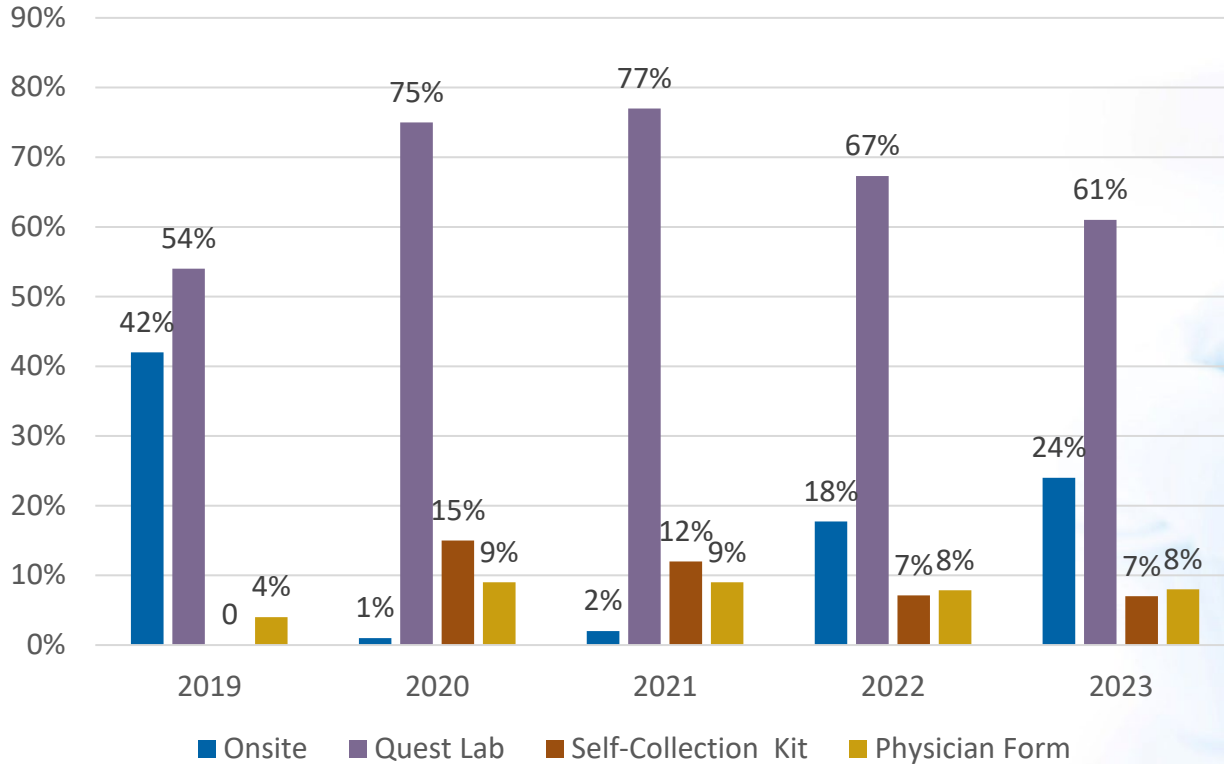


2022 HF Average: 72%

# Blueprint for Wellness Participation



# Screening Methods



# Benefit Plans Summary Report

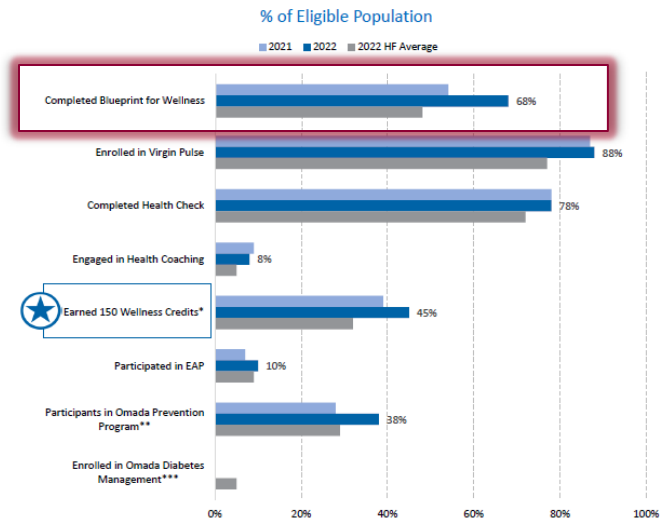
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#### Using Well-Being Programs



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2022 HF Average: 48%

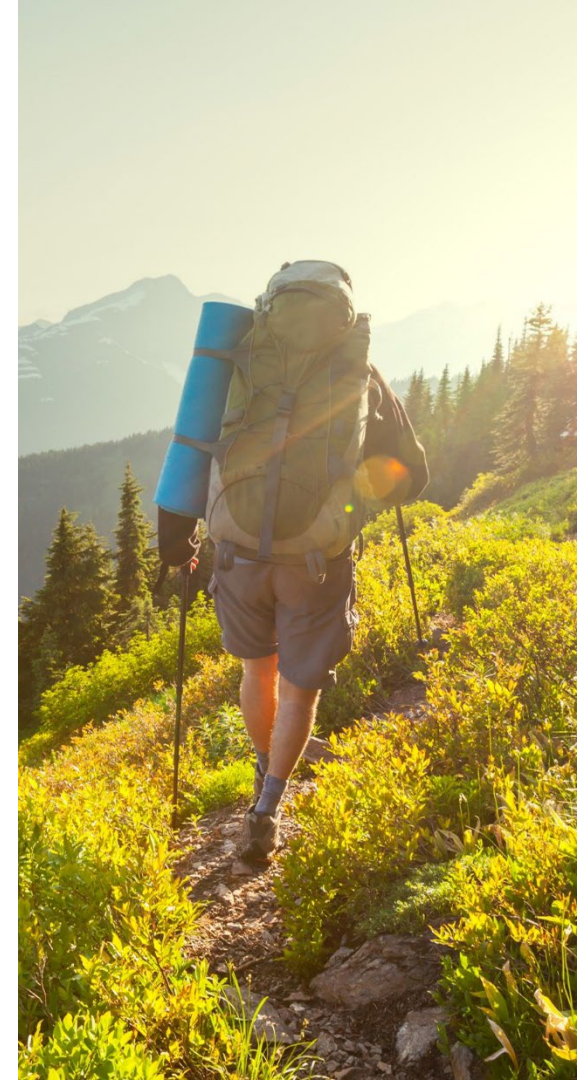
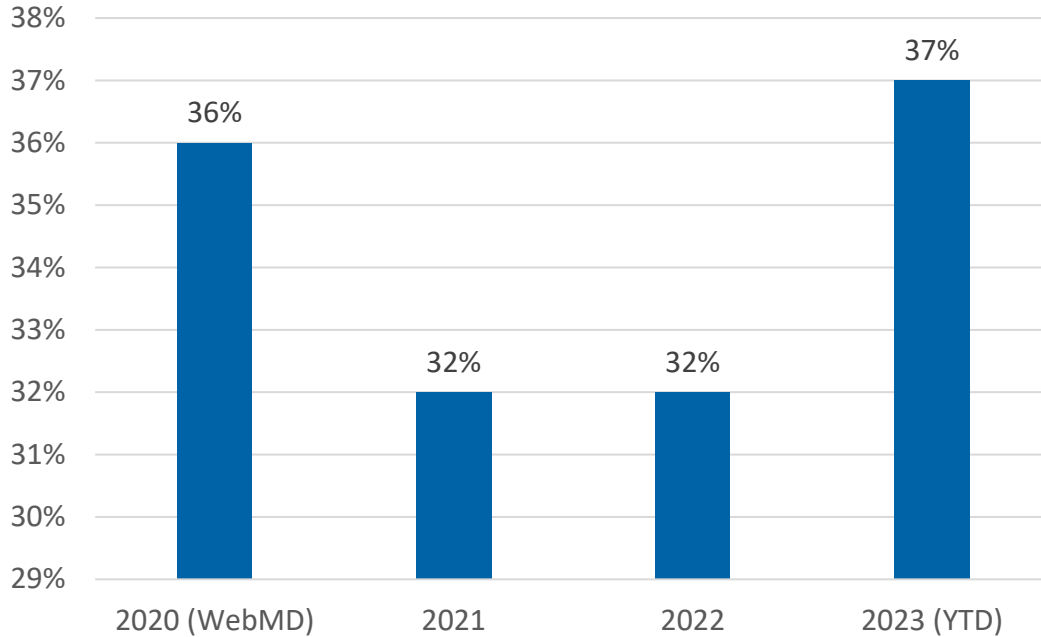
# Top Health Check and BFW Performers

Plan Sponsor	Percent Completing Health Check
Pacific Northwest	83.10%
Dakotas	81.46%
North Georgia	80.77%
New England	80.57%
Oregon-Idaho	79.56%
Mountain Sky	77.25%
Wisconsin	77.08%
Greater New Jersey	75.81%
South Georgia	73.13%
Susquehanna	72.62%

Plan Sponsor	Percent Completing BFW
Pacific Northwest	71.83%
Mountain Sky	70.37%
South Georgia	70.15%
North Alabama	65.75%
Northern Illinois	65.02%
Dakotas	63.58%
Wisconsin	62.13%
Indiana	61.45%
Greater New Jersey	60.70%
North Georgia	58.21%

# Wellness Credits

Percent Earning 150 Wellness Credits

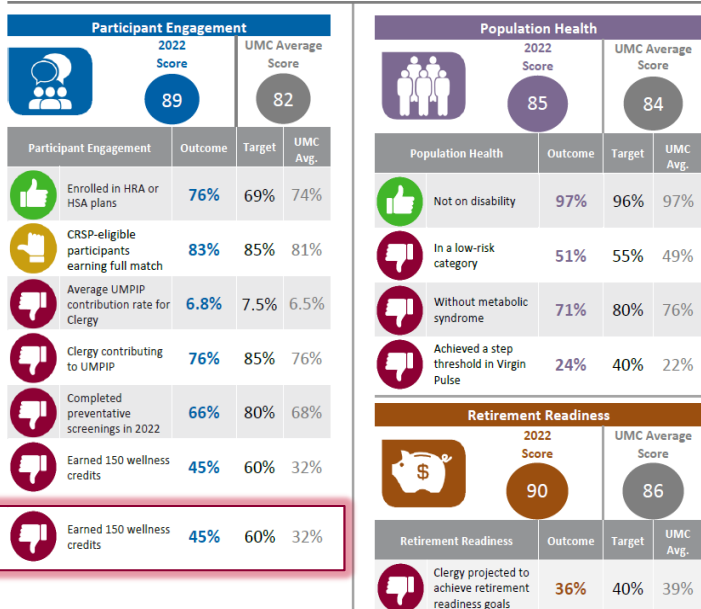


# Benefit Plans Summary Report

## Your 2022 Scoring Results

The following are key findings from the data used to compile Mountain Sky Conference's score and key actions to consider to help improve the score. We also offer more in-depth information and data related to Mountain Sky Conference's plans and programs within the report's detailed sections.

### Key Findings Summary

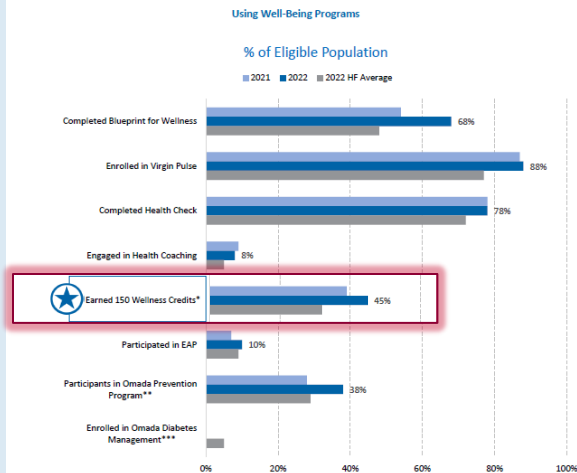


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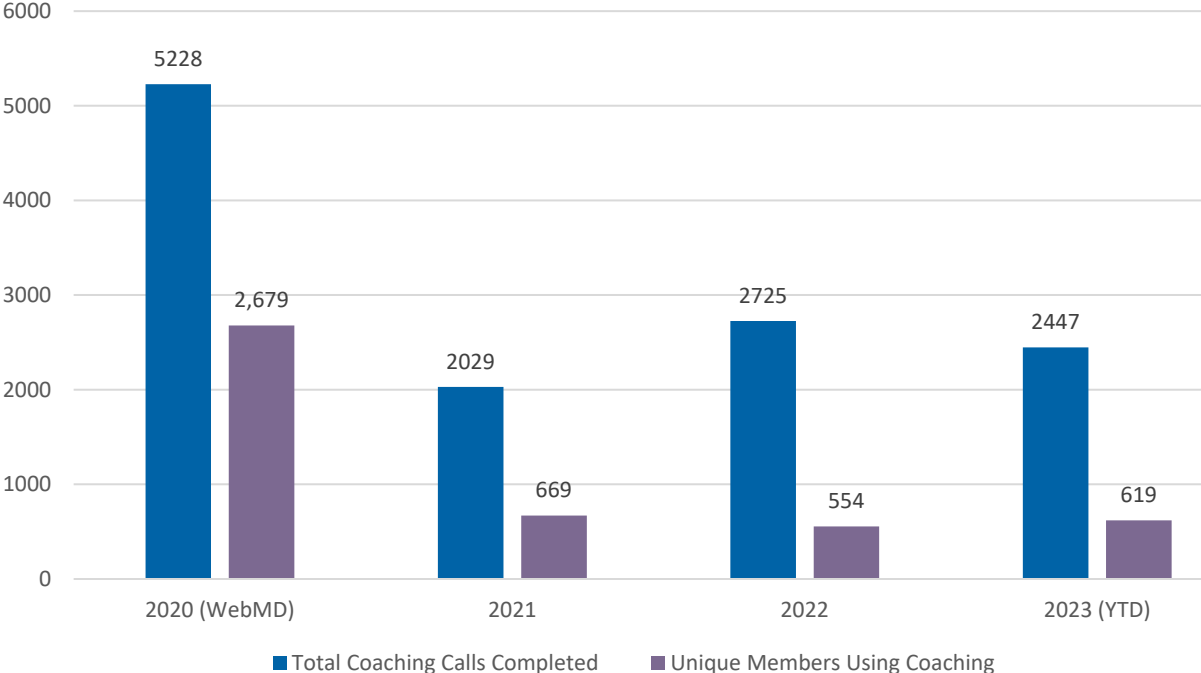
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# Virgin Pulse Health Coaching



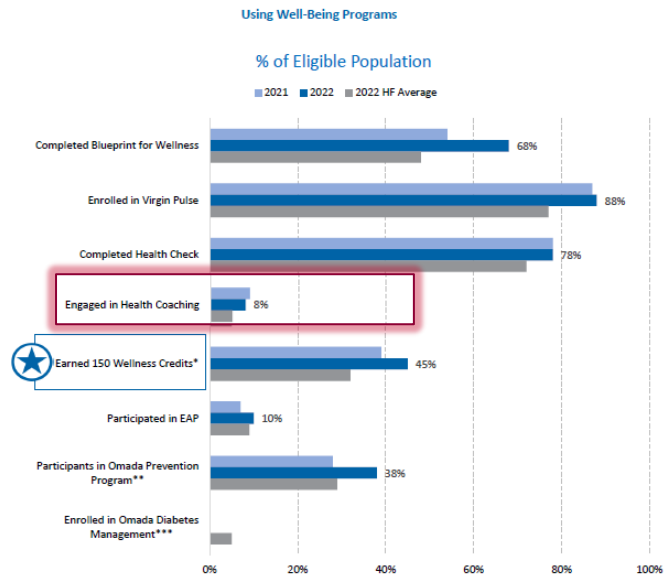
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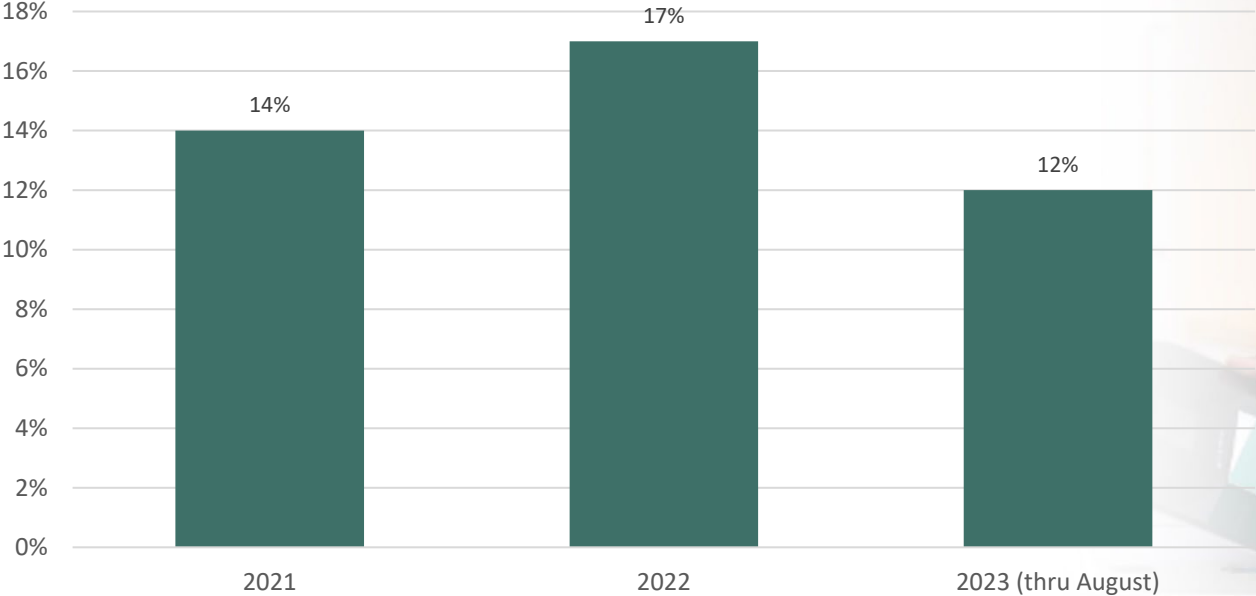
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# Omada Chronic Disease Prevention

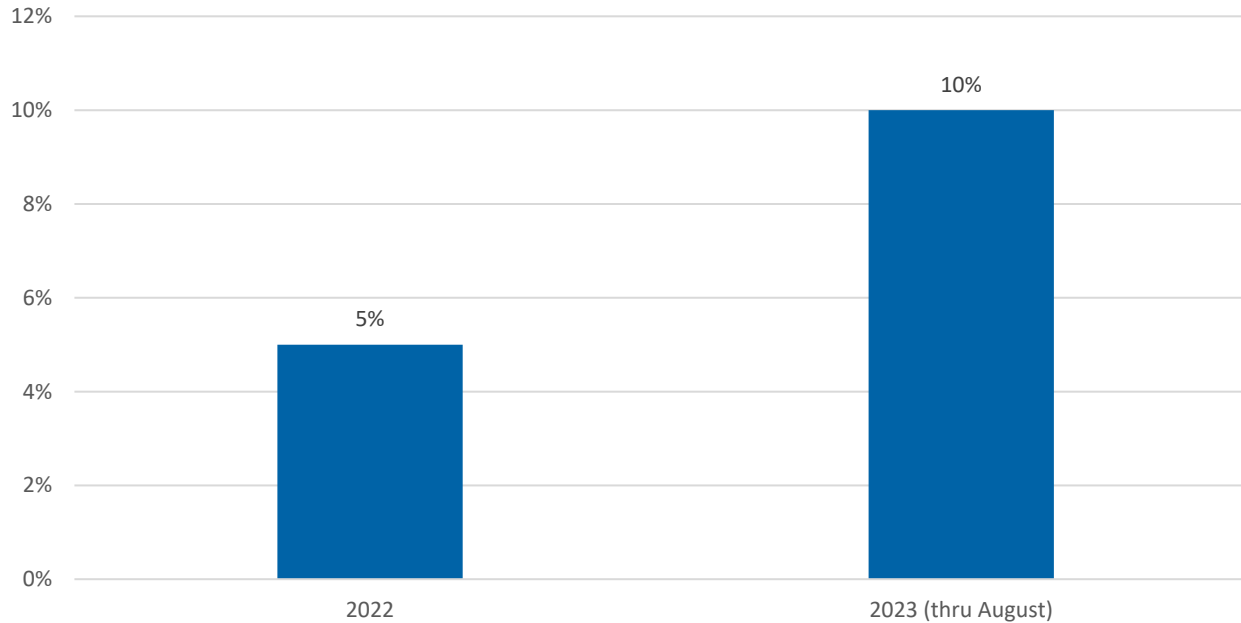
Enrolled in Omada Prevention Program



\*Percent based on number of individuals with weight risk on Health Check

# Omada Diabetes Management

Enrolled in Omada Diabetes Management



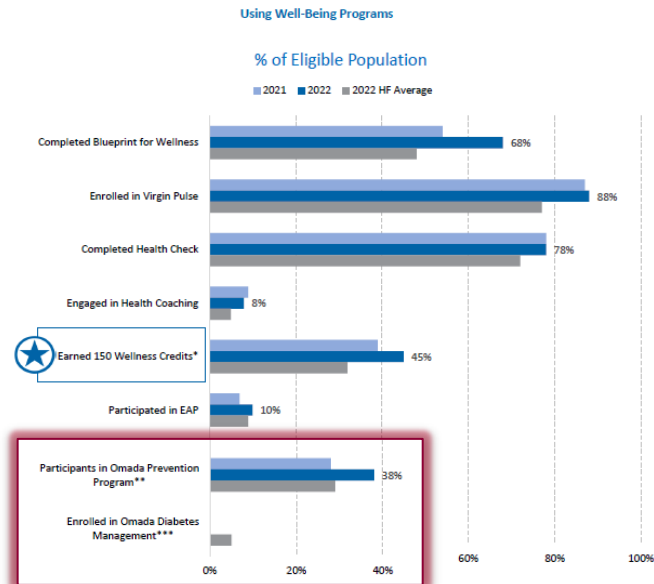
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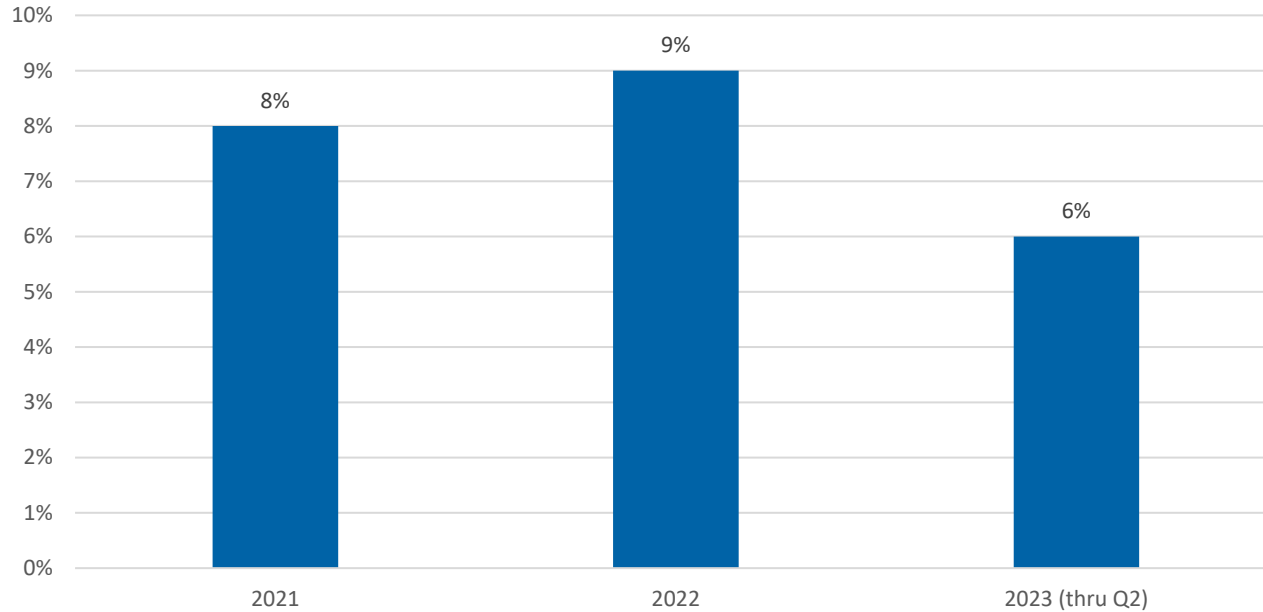
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2022 HF Average Prevention: 29%  
2022 HF Average DM: 5%

# Employee Assistance Program (EAP)

Participated in EAP



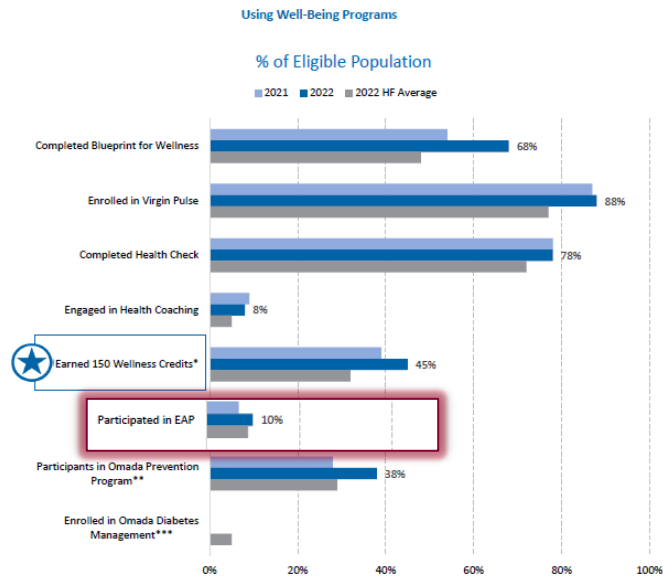
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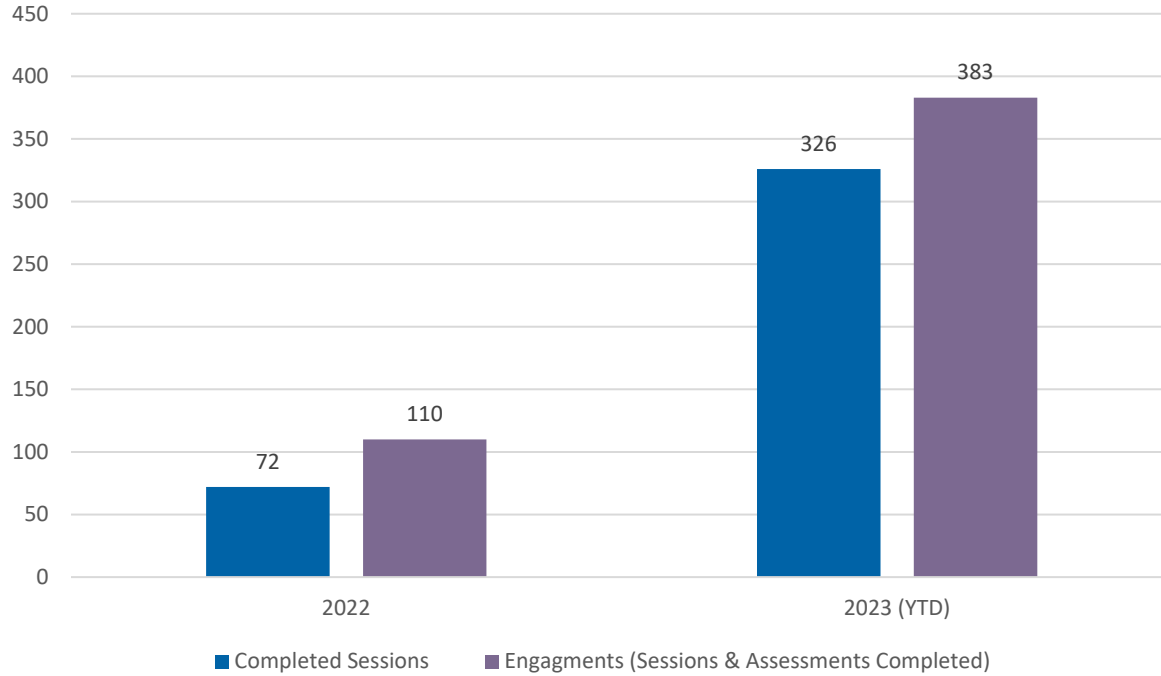
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2022 HF Average: 9%

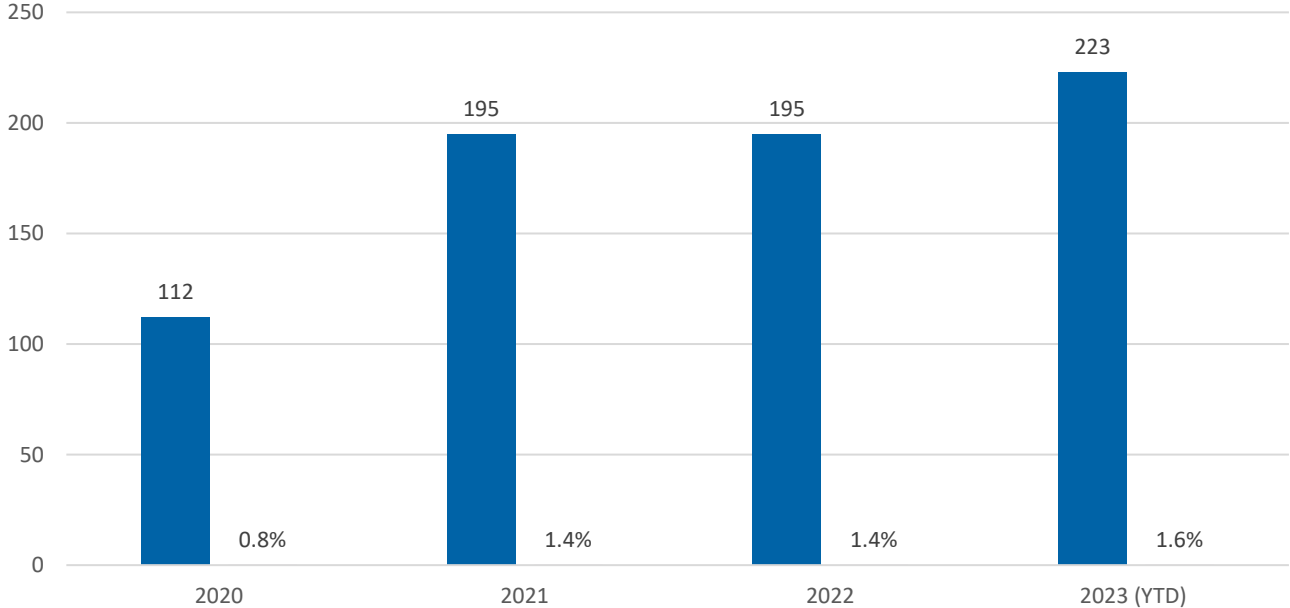


# MDLIVE Behavioral Health



# WeightWatchers

### Active Members




# Resources for HealthFlex Participants

## Welcome to Your Well-Being Programs

For more than health coverage—HealthFlex includes a comprehensive focus on well-being, with programs that encourage healthier living along physical, emotional, spiritual, social and financial dimensions.

You won't pay extra for most of these programs—in fact, you can actually earn incentive dollars for many of the activities!



### Your HealthFlex Well-Being Programs

Support to improve or maintain well-being:

- Diabetes/Heart Disease Prevention and Diabetes Management Programs**, can help you reduce your risk for developing Type 2 diabetes or heart disease, or help you with optimal diabetes management if diagnosed with Type 2 Type 2 diabetes.
- Health Coaching through Virgin Pulse**. You will receive guidance from qualified, certified professionals to meet your well-being goals.
- Employee Assistance Program (EAP)** provides a variety of confidential support options (personal, emotional and legal) to help you manage stressors. Sessions are available on-site, via phone or through a secure web portal.
- Wellness Credits through Virgin Pulse**. Receive \$150 Pulse Cash for earning 150 Credits for activities that improve your well-being at all dimensions.
- MOLIVE® Behavioral Health** allows you to access chat with a licensed therapist or board-certified psychiatrist and reduces wait times.
- WV Weight Watchers®** is a national program, which supports goals to lose weight and develop healthy habits. Receive 50% off membership fees.

HealthFlex also offers your full suite of top-notch well-being programs through Virgin Pulse®—giving you access to everything, all in one place.

With one sign-on, take your Health Check, schedule your Request for Wellness, engage with health coaching, accumulate Wellness Credits, and track activity and healthy habits to earn daily points toward Pulse Cash® rewards. Also, experience Virgin Pulse Journeys—tailored experiences to help you meet personal well-being goals.


Earn up to \$410 in incentives. This "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.

**Programs include:**

- Assessing Health Status and Risks**
- Request for Wellness® (RFW)**, a biometric screening that analyzes a blood draw followed by lab analysis. The screening tests for common health risks. Receive \$130 Pulse Cash after you complete it.
- Health Check**, a digital health assessment with an incentive reward of adding a higher Wellness deduction.

### Award-Winning Well-Being Programs

Virgin's commitment to well-being has been recognized by the National Business Group on Health Best Employer for Healthy Lifestyle® award, and Crane Chicago's HealthFlex Employer.



## HealthFlex Well-Being Program Brochure



Scan the QR code to view these resources



## Take BFW! No Cost to You January 3 through August 31



### 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 target or one improved over your previous year's BFW results. Seven qualifying health measures = 140 Wellness Credits total. Participants and spouses in healthflex plans can each earn \$100 Pulse Cash—and up to \$40 Wellness Credits depending on results. Earn 150 Wellness Credits before the end of the year and receive an additional \$150 Pulse Cash.

**Fast Overnight**  
Facing overnight gets the most accurate results. Ask your doctor or other primary care provider (PCP) if it's safe for you to fast.

**Confidential Health 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 alternative 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:**

- Phone: 1-800-823-8005
- Employer group: HealthFlex or United Methodist Church
- Online: Log in to your Virgin Pulse account and find Request for Wellness under the "Healthy" tab or through HealthFlex (for participants).

**What:** The BFW health screening includes a blood draw and a few measurements such as blood pressure and waist circumference.

**When:** Take \$200 Pulse Cash. **When:** The deadline is August 31.

**How:** Complete at a Quest Diagnostics® lab, on-site, or at your primary care provider and then submit a physician form (CV via a Self-Collection kit).


**Costs:**

- None
- \$150-200 Wellness Credits
- Employer group: HealthFlex or United Methodist Church
- Online: Log in to your Virgin Pulse account and find Request for Wellness under the "Healthy" tab or through HealthFlex (for participants).


Participation in HealthFlex and well-being programs is voluntary. \* The lab location will receive an incentive bonus. Please contact your lab advisor.

A general agency of The United Methodist Church

## Blueprint for Wellness



## Take the Health Check Now! Deadline—August 31



### Take the Health Check for Savings and Better Well-Being

**Savings**  
Take the Health Check and avoid paying extra on next year's healthflex deductible.

- Individual deductible—avoid paying \$50 extra
- Family deductible—avoid paying \$500 extra\*\*

You and your spouse (if a HealthFlex) must both complete the Health Check to avoid paying extra.

**Better Well-Being**  
The Health Check online health assessment identifies common concerns around nutrition, sleep, activity, stress and more. Based on your Health Check results, Virgin Pulse® has the ability to provide personalized recommendations for health coaching, journey, and other HealthFlex well-being programs that can help you achieve your goals. Health coaching is provided by Virgin Pulse at no extra cost to you.

**Quick—Easy—Confidential**  
Complete the Health Check in 15 minutes or less. If you did the Blueprint for Wellness® biometric screening, your Health data is uploaded automatically for your Health Check—for faster, more accurate data entry.

**Health Check is confidential!** Your church, annual conference, employer and healthcare cannot see your Health Check results and other health information, and Virgin Pulse and its health coaches are bound by Federal HIPAA laws on patient privacy.

**Health Check at-a-Glance**

**WHO**  
Participants and spouses in HealthFlex

**WHAT**  
Health Check online health assessment (administered by Virgin Pulse)

**WHEN**  
January 3 - August 31

**WHY**  
Avoid paying extra, improve your well-being, address health coaching and other wellness resources

**HOW**  
Take by computer, tablet or smartphone

**WHERE**  
The Virgin Pulse app or [www.virginpulse.com/sign](http://www.virginpulse.com/sign). Go to the Health tab.

Participation in HealthFlex and well-being programs is voluntary. \*\* Incentive available with carry-over of the 100000 plan in 2024 and do not complete Health Check in 2023 and have your deductible (not individual out of pocket maximum) increased by the deductible due to the HealthCheck and/or greater measures.

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## Health Check

## Earn 150 Wellness Credits through Virgin Pulse® January 1 – December 31

Earning **Wellness Credits** is easy, fast, and HealthFlex participants and covered spouses 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 Earned/Year	MAXIMUM CREDITS
Complete Health Check by August 31 (and avoid a higher 2024 deductible)	35 (once)	35
Meet American Heart Association (AHA) guidelines in up to seven Blueprint for Wellness (BFW)™ measurements	7 possible rewards for 20 credits each	140
Register or log into Benefits Access	25 (once)	25
Complete a Virgin Pulse coaching call	25 (8 times)	150
Complete a Journey Step	5 (8 times)	15
Complete a Journey	5 (8 times)	45
Access the Employee Assistance Program (EAP) for emotional counseling	15 (once)	15
Access the EAP for Work/Life Services	15 (once)	15
Orchestra World® participation***	150 (once)	150
Take a Success Story through Virgin Pulse	5 (4 times)	20
Submit a Virgin Pulse Success Story	20 (once)	20
Have your Success Story selected	20 (once)	20
Increase contribution to your retirement plan by 1%	15 (once)	15
Adopt a new spiritual practice for 1 month	15 (once)	15
Update, change beneficiary or contact information in Benefits Access	25 (once)	25
Register on EY Navigator	25 (once)	25
Complete the EY Financial Confidence Check-up	25 (once)	25
Meet with an EY Financial Planner for at least 5 minutes	25 (once)	25
Complete Spring Grace Curriculum	20 (once)	20

\* Incentive available on condition "Take Your Cash" (see "Special Incentive" for details) for participants who must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is a benefit available to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. \*\* Must earn an annual total of 100,000 or more in 2023 (RFW results). See details for the 2024 plan at August 31. See BFW actions on the HealthFlex Well-Being page. \*\*\* Must earn at least one "participation" reward for Orchestra World, use the HealthFlex Well-Being page link.

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## Wellness Credits

# Resources for HealthFlex Participants

**There's something for everyone.**

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

*"I'm focused on mental health and emotional well-being. I want to increase my stress and improve energy. I also love 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.

**GOAL: Physical Activity**

Annual Wellness Credit Opportunity	Credits Earned
Complete Health Check	15
Complete a Virgin Pulse Survey (once 20 credits with 100% Survey)	150
Complete a Virgin Pulse Survey (10 credits with 100% Survey)	15

**Program Total: 270 Credits Earned**

**GOAL: Emotional Well-being**

Annual Wellness Credit Opportunity	Credits Earned
Complete Health Check	15
Access the EAP for Emotional Counseling	15
Attend one spiritual practice for health	15
Complete a Virgin Pulse Survey (once 20 credits with 100% Survey)	150
Meet with an EAP Financial Planner for 30-60 minutes	15
Submit a volunteer entry	15
Complete a Survey (once 15 credits with 100% Survey)	15

**Program Total: 210 Credits Earned**

**Quarterly Virgin Pulse Point Opportunities**

Points Earned	
Set your fitness or cognitive goaling	400
Complete a Survey (once 150 points with 100% Survey)	150

**Daily Actions**

Points Earned	
Complete a Health Check (30 days/month)	3,000
Take 1000+ Steps (30 days/month)	4,000
Take 10000+ Steps (30 days/month)	1,000
Take 10000+ Steps (30 days/month)	2,000
Take 10000+ Steps (30 days/month)	3,000

**Challenges**

Points Earned	
Join a personal challenge each month	300
Complete a Survey (once 150 points with 100% Survey)	150

**Additional**

Points Earned	
Get a vaccine tracking (30 days/month)	400
Complete a Survey (once 150 points with 100% Survey)	150

**Sleep**

Points Earned	
Take 7 hours of sleep (30 days/month)	1,000
Take 7 hours of sleep (30 days/month)	1,000

**Quarterly Total: 18,500 Credits Earned**

**Quarterly Total: 8,750 Credits Earned**

**Earn up to \$410 this year for prioritizing your well-being**

- Accumulate 15,000 points per quarter to earn \$40 in Pulse Cash. Up to \$60 in Pulse Cash annually.
- Accumulate 150 Wellness Credits and earn \$50 in Pulse Cash annually.

**BONUS:** Earn an extra \$20 in Pulse Cash just for completing the Survey for Wellness!

**Wespith** HEALTH INSURANCE | **Virgin Pulse**

More focus areas on the next page >

## Virgin Pulse Earning Opportunities



**Complete a coaching session to earn 25 Wellness Credits**

**A fresh perspective**

**Partner with a health coach today.**

If you're ready to take the next step toward better health and well-being, a health coach is ready to help you with in-depth, personalized guidance and support.

With health coaching, you'll get:

- Access to skilled experts in nutrition, stress, fitness and more
- Confidential one-on-one conversations that include helpful tips you can immediately use
- Guidance and encouragement to help you establish realistic healthy new habits

**Schedule a session today!**  
Visit [www.virginpulse.com](https://www.virginpulse.com)

go to the Health tab and select **Coaching** to view the QR code to open in your app.



**Get your Coaching Guidebook!**  
Scan this QR code below to download the Coaching Guidebook today!



**Wespith** HEALTH INSURANCE | **Virgin Pulse**

## Virgin Pulse Health Coaching

**Wespith** HEALTH INSURANCE

**Let the EAP Lighten Your Load**

*"I was able to get my life back on track when I was struggling with a lot of stress. I didn't have time to think. I didn't have time to sleep. I didn't have time to be a parent."*

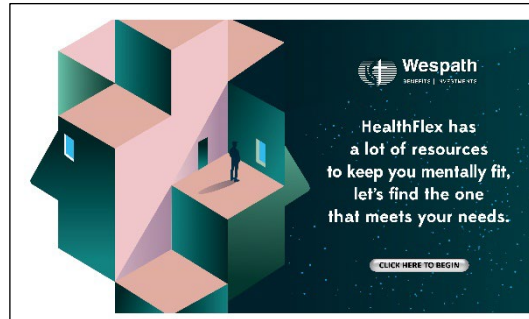
**EAP: Two simple steps**

1. Visit [www.virginpulse.com](https://www.virginpulse.com) to get started.
2. Complete a survey to get started.

**Learn More About the EAP**

**Wespith** HEALTH INSURANCE | **Virgin Pulse**

## Let the EAP Lighten Your Load




**Wespith** HEALTH INSURANCE

**HealthFlex has a lot of resources to keep you mentally fit, let's find the one that meets your needs.**

[CLICK HERE TO BEGIN](#)

## Interactive Guide to Mental Health Resources



**Scan the QR code to view these resources**

# QUESTIONS?



# Knowledge Check!

How “well” do you know  
the well-being programs?

Join at [menti.com](https://www.menti.com)  
use code **17 10 68 0**





**Wespath**

BENEFITS | INVESTMENTS