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

Don’t forget to complete the Health Check online assessment by **August 31** so you avoid a higher HealthFlex deductible in 2023.

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 coverage¹ in 2023.

Here are a few important reminders about the Health Check:

* The personal information you enter is confidential.
* To complete the Health Check, you must be enrolled in Virgin Pulse. 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).
* One more time: The deadline is **August 31**. It’s quick and easy—[**so get it done today**](https://app.member.virginpulse.com/#/health-ui/).

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

*¹Households with family coverage in the H3000 plan in 2023 who do not complete Health Check in 2022 will have their deductible and individual out-of-pocket maximum increased by $500 so the deductible does not exceed the individual out-of-pocket max.*

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