



Center for Health

Partnering for a Healthy UMC



General Board

Pension and Health Benefits

Caring For Those Who Serve



Health Lasts a Lifetime

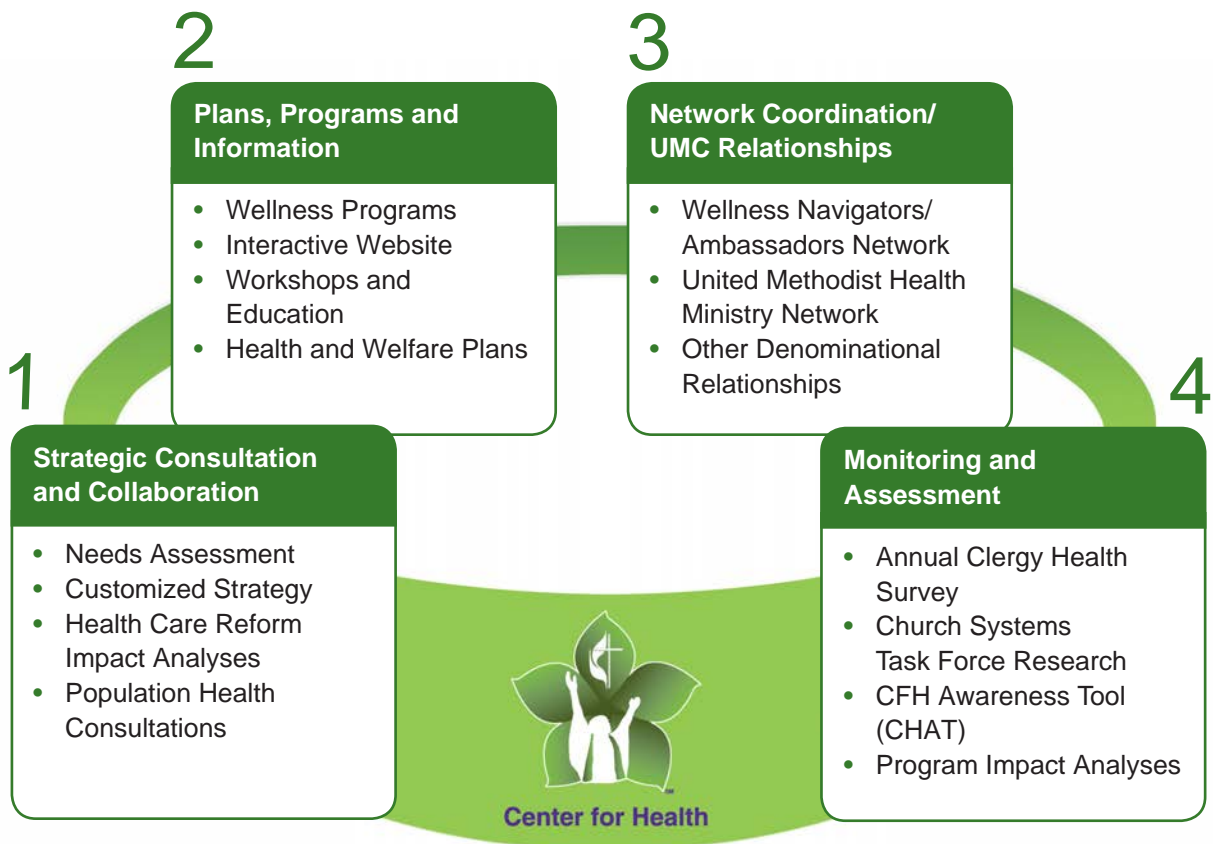
Health is important in our lives and affects the whole connection: family, congregation, community and the Church itself. As the overall health of those who serve The United Methodist Church (UMC) continues to decline, improving the health of clergy, laity and congregations needs to be a priority. This is essential to maintaining the strength, vitality and reach of the Church's mission and ministry.

The Center for Health Is Your Partner

To aid conferences and UMC organizations in promoting better health in support of vital mission and ministry, the General Board of Pension and Health Benefits established the Center for Health (CFH).



Use CFH resources to champion improved health and wellness initiatives for you, and your clergy and congregations.



The Center for Health’s Focus

The Center for Health focuses on improving five dimensions of health and well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church and their families. The Center for Health is unique in that its multi-dimensional health and wellness focus is specific to the UMC population and its needs, structure and processes.

Our Approach

The Center for Health works to improve denominational health and wellness across these five dimensions using **four integrally linked areas of focus** (see chart above).

How Can the Center for Health Support Mission and Ministry?





1 / Strategic Consultation and Collaboration

Consultation Opportunities

The Center for Health offers consultation on a variety of health topics including:

- Needs assessment
- Health care reform
- Health plans
- Wellness and incentive programs



Let us help you develop a customized strategy to meet your conference's needs; we'll guide you through the entire process and help with reporting and next steps. Please contact the Center for Health (umc-centerforhealthinfo@gbophb.org).

Population Health Consultation Pilot

The Center for Health is also piloting a holistic and individualized approach to population health management. Working with conference leadership, a consultative team from the CFH reviews findings about the current state of health in a conference and collaborates to develop customized recommendations for health management and improvement—aligned with mission and ministry goals. The team develops an ongoing partnership with the conference for implementation of the recommendations.



2 / Plans, Programs and Information



Wellness Programs—The Center for Health offers award-winning, best-in-class wellness programs designed to help you leverage group purchasing power and CFH vendor management. One or more of these programs has already been adopted by more than two-thirds of U.S. annual conferences. CFH wellness programs earned the **Best Employers for Healthy Lifestyles Platinum Award** in 2012 and the **Eye on Health Award** in 2011.

Virgin HealthMiles walking program

Interactive walking program with an uploadable step tracker and online activity tracking. Over 10,000 clergy, laity and families are already participating and seeing a positive influence on activity and health care costs.



Blueprint for Wellness screenings (through Quest Diagnostics)

Onsite and local blood and biometric screenings provide a baseline indicator for individuals and information for conferences and organizations. *Past participants and their personal physicians have described this screening as comprehensive and very valuable.*





Virgin HealthMiles • Blueprint for Wellness • WebMD • HealthQuotient • Employee Assistance Program • Website • Workshops and Education

WebMD health coaching

Telephonic, “whole-person” health coaches guide individuals in taking the next steps toward making healthy changes. *Thousands of coaching participants across the UMC have seen reduction in health risks and improved their readiness to make healthy changes.*



HealthQuotient health risk assessment and personal wellness portal

Online health questionnaire provides a baseline for current health and health risk status for individuals and information for conferences and organizations. *Integrates with Blueprint for Wellness and health coaching for a comprehensive approach to health risk management, even before chronic and disabling conditions develop.*

Home Message Center Benefits Health Topics Health Tools Wellness Success Stories

HealthQuotient®

Learn more about the risks that can make you more likely to develop serious health conditions, along with practical ways you can reduce these risks. Good information now can help you make better choices for maintaining a healthy future.

[Secure Messages \(5 new\)](#) [Rewards \(check status\)](#)

Take HQ Now

HQ Summary

Risk Reports:

- Alcohol Use
- Blood Pressure
- Blood Sugar
- Cholesterol
- Exercise
- Nutrition

Your Personal Results: Blood Pressure

JANE, your blood pressure is quite elevated. This means that you're at higher risks of some serious blood pressure-related problems, such as stroke, kidney disease, vision problems, heart disease, and [learn more](#).

Risk Assessment for Blood Pressure

Risk Level	Assessment
Ideal	Green
Borderline	Yellow
High Risk	Red



2 / Plans, Programs and Information (continued)

OptumHealth work/life services and emotional counseling

Programs and resources to help individuals manage issues that arise in their personal or professional lives that may impact their ability to perform their work or ministry. *We see high participant satisfaction with these services, which help address one of the top preventable risk factors in the UMC—stress.*

Health and Welfare Plans

The General Board will continue to provide high-quality health and welfare programs such as HealthFlex, the Comprehensive Protection Program (CPP) and UMLifeOptions.

All of these services are currently available for sponsorship by annual conferences or other United Methodist-affiliated organizations, or will be in 2013.



To learn how you can make a tangible impact on health by offering one or more of these programs to the populations you serve, please contact the Center for Health (umc-centerforhealthinfo@gbophb.org).





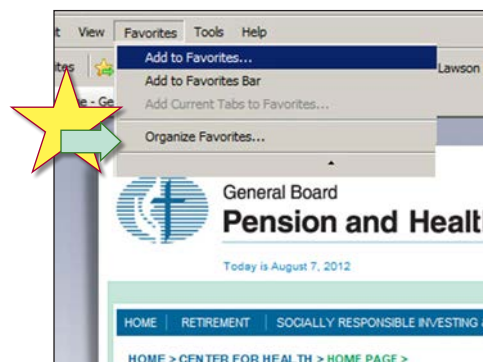
Interactive Website—www.gbophb.org/cfh

This resource is available 24/7 for you and your participants. Log on for tips, tools and other resources for improving health and well-being. The website's content is practical and educational, and organized for easy navigation and quick click-through.

- **Resources for Individuals and Congregations**—tools, materials, information and ideas to promote personal and congregational health and wellness.
- **Five Dimensions of Health**—in-depth information on each dimension and how each affects healthy lifestyles.
- **Trends and Research**—clergy health studies, trusted and timely wellness information and data.
- **Workshops**—educational opportunities for clergy, lay employees, plan sponsors and conference representatives.
- **Personal Stories**—success stories about UMC clergy and lay persons who have overcome health-related issues.



Bookmark the site, share it with your clergy and congregations, and visit it often to find the latest health and wellness information designed specifically for you and your participants.






2 / Plans, Programs and Information (continued)

Workshops and Education

The Center for Health offers the opportunity for you to host self-care workshops for your participants. These interactive sessions help attendees evaluate the personal dimensions of health and well-being related to their daily life and work. Resources, instructional models and trainers are all available through the Center for Health to facilitate a meaningful educational experience.

 **If you are interested in hosting a workshop in your area, please contact us (umc-centerforhealthinfo@gbophb.org) for assistance with planning and staffing recommendations.**



Healthy practices encompass all five dimensions.

A variety of other educational opportunities are also available through the Center for Health. Topics such as stress and time management, self-care, and what makes healthy church leaders are some of the offerings currently available—either in-person or online.

 **Find more details about the events online (www.gbophb.org/cfh/workshops.asp).**

...of living and incorporating behaviors that help you to be refreshed, that replenish your personal motivation, and help you to grow as a person

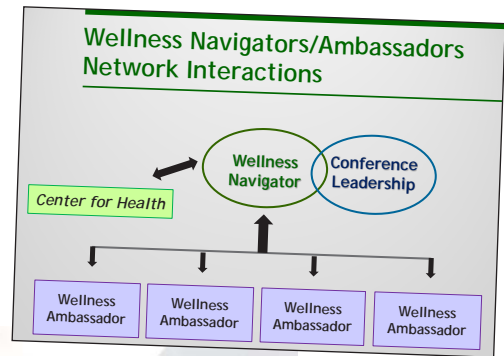


3 / Network Coordination/UMC Relationships

Wellness Navigators/Ambassadors Network

To facilitate the implementation and monitoring of the conference's strategic health and wellness plan, and lift up local wellness successes to conference leadership, the Center for Health is building a Wellness Navigators/ Ambassadors Network (www.gbophb.org/cfh/WellnessNavigatorsAmbassadorsNetwork.asp), beginning in 2012*. The Network will also allow best practices to be shared between conferences and across the denomination.

**This is a new initiative in 2012.*



If you would like to collaborate with the Center for Health to develop a WNWA Network in your conference, please contact us (umc-centerforhealthinfo@gbophb.org).





3 / Network Coordination/UMC Relationships (continued)

The United Methodist Health Ministry Network (in collaboration with UMCOR Health)

Many conferences have parish nurses and health advocates who make a positive impact on health and well-being at the local level. Recognizing their contributions and connecting them with conference or organizational resources to promote health and well-being can be mutually beneficial. The UMC Health Ministry Network (www.gbophb.org/cfh/umchmn.asp) connects and provides resources and support to individuals with existing health ministries or those interested in creating or working in health ministries. Offerings include:

- Publications (booklet, newsletters)
- Resources (toolkit, articles, assessments, frequently asked questions)
- Events



Find a parish nurse or health advocate for your conference, or connect your wellness ambassadors or local health ministry coordinators to this great resource.





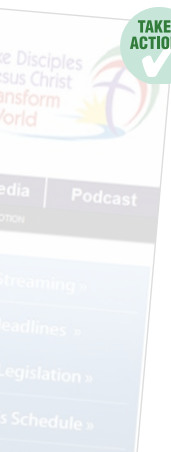
Programs, resources and tools for clergy and laity through all stages of their life and ministry

Other Denominational Relationships

To recognize the impact of health and well-being across all areas of ministry and to integrate health management efforts across conferences, the Center for Health also partners with other Church agencies, including the General Board of Discipleship, the General Board of Higher Education and Ministry, the General Commission on Religion and Race, and others to guide and impact the systems and processes that influence health in clergy and laity through all stages of their life and ministry.

Engage your Board of Ministry, S/PPRCs and other conference teams to improve health.

TAKE ACTION



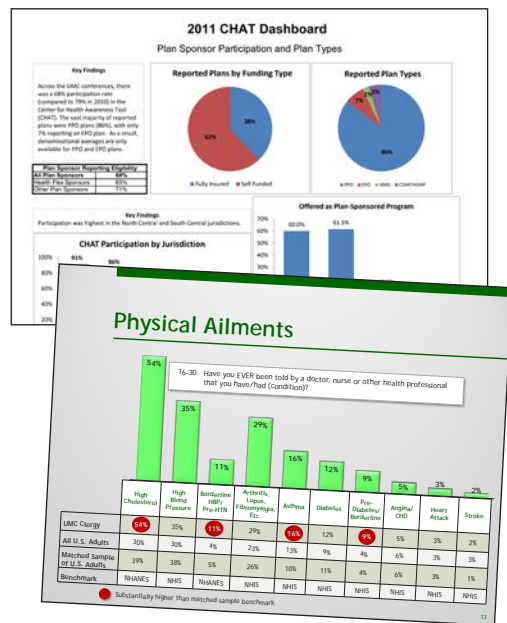


4 / Monitoring and Assessment

You can rely on the Center for Health for extensive, trusted and timely data and assessment tools (www.gbophb.org/cfh/trends.asp) in the UMC. Along with original material—including our Annual Clergy Health Survey, Church Systems Task Force research and Center for Health Awareness Tool (CHAT) results—the CFH also posts valuable research and trends data from other respected content providers. Findings report on the current state of health and well-being in The United Methodist Church, aggregate health plan and wellness program data, as well as Virgin HealthMiles program participation statistics.



Use this valuable information to define needs in your conference or organization, and to tailor your health and wellness initiatives based on identified risks and conditions prevalent in your conference.





TAKE
ACTION

Your Checklist for Success

No matter where your conference is on the path to improving clergy and congregational health—the Center for Health can help. The following steps will help you get started:

- Consider the Center for Health’s Consultative Services.** Whether you need advice on implementation or increasing engagement in a wellness program, or you want guidance on how federal health care reform impacts conferences and churches, the CFH has the experience and expertise to support your conference.
- Identify any current programs or services you offer to support clergy or congregational health and well-being.** These often occur across many departments, from health plans, ministry boards and provisional clergy programs. Consider what additional needs your conference may have to maximize the vitality of mission and ministry.
- Visit the CFH website (www.gbophb.org/cfh) and learn something that inspires you to take action—for clergy, congregational or conference health and well-being.** Be sure to bookmark it, and check back often for new content.
- Develop a Wellness Navigators/Ambassadors Network (www.gbophb.org/cfh/WellnessNavigatorsAmbassadorsNetwork.asp) in your conference.** WN/WAs can help disseminate conference health and wellness strategies as well as provide feedback and information about health from the local level.
- Consider processes and systems within your conference or organization that may impact clergy or congregational health (positively or negatively).** Identify departments and groups (Boards of Ministry, S/PPRCs) who influence these processes and systems, and discuss ways to refine them to positively impact health.
- Participate in CHAT (www.gbophb.org/cfh/CenterforHealthAwarenessToolCHAT.asp) and review your report to see how you compare to other conferences in the UMC.**



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or e-mail us at umc-centerforhealthinfo@gbophb.org.



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