

# 2014 HealthFlex Wellness Incentives

## Health Measures Rewards

Measure	Healthy Range <sup>1</sup>	Wellness Points for Healthy Range	Outside Healthy Range? Wellness Points for Improvement
Blood pressure <sup>2</sup>	Systolic: Less than 120 mm Hg Diastolic: Less than 80 mm Hg	15	15
Fasting glucose	65–99 mg/dL	15	15
Triglycerides	Less than 150 mg/dL	15	15
HDL	Greater than 60 mg/dL	15	15
Waist circumference	Men: 40 inches or less Women: 35 inches or less	15	15
BMI	18.5–24.9 kg/m <sup>2</sup>	15	15

Total Points Possible: 90

<sup>1</sup> Healthy ranges as defined by the American Heart Association. Must be demonstrated on the 2014 Blueprint for Wellness screening (April 1-July 31, 2014). Improvement must be demonstrated compared with 2013 Blueprint for Wellness screening.

<sup>2</sup> Both blood pressure measures must meet the criteria to be awarded Wellness Points for given range.

**Note:** If an individual's results are not in the healthy range and have not improved from 2013, no Wellness Points will be awarded for health measures.

Reasonable alternatives or waivers will be made available for those who believe they cannot achieve healthy or improved measures due to an underlying medical condition. If you believe you need a reasonable alternative, you may make your request by:

- E-mail: [incentiverequest@gbophb.org](mailto:incentiverequest@gbophb.org)
- Mail: General Board of Pension and Health Benefits  
Attention: Incentive Request  
1901 Chestnut Avenue  
Glenview, IL 60025

We will work with you (and, if you wish, with your doctor) to find a reasonable alternative in order for you to be able to achieve the same reward.



General Board  
**Pension and Health Benefits**

Caring For Those Who Serve  
1901 Chestnut Avenue  
Glenview, Illinois 60025-1604  
1-800-651-2201  
[www.gbophb.org](http://www.gbophb.org)



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General Board  
**Pension and Health Benefits**  
Caring For Those Who Serve

# Healthy You—Healthy UMC

Health is important in our lives and affects the whole connection: family, congregation, community and the Church itself. To elevate the importance of health and wellness across the denomination, the Center for Health offers best-in-class wellness programs through HealthFlex and its many incentive options.



## Take Action Earn Rewards

HealthFlex provides year-round opportunities—and monetary rewards—to help you choose healthy behaviors that achieve positive results. And for 2014, there are even more opportunities to earn rewards for achieving healthy or improved results on your Blueprint for Wellness screening. After all, a healthier you is our motivation.

The checklist below can help you stay healthy throughout the year and earn rewards for each accomplishment.

- ✓ Meet Virgin Pulse Quarterly Activity Targets**  
January 1-December 31  
**Earn up to \$150 HealthCash**  
Earn \$25 per quarter plus a \$50 bonus at year-end for meeting all four quarterly activity targets. (Medicare companion plan participants are eligible, too.)
- ✓ Accumulate HealthFlex Wellness Points**  
January 1-December 31  
**Earn \$150 HealthCash for 150 Wellness Points on the WebMD website**  
(PPO and CDHP plans only; spouse in plan also can earn \$150.)
- ✓ Get Screened (Blueprint for Wellness, administered by Quest Diagnostics)**  
April 1-July 31  
**Earn \$100 HealthCash**  
(PPO and CDHP plans only; spouse in plan also can earn \$100.)
- ✓ Take the HealthQuotient (HQ) Online Health Risk Assessment**  
August 1-September 30  
**Avoid a higher 2015 medical plan deductible—save \$250 or \$500**  
Both participant and spouse in PPO or CDHP plan (if applicable) must take the HQ to avoid a higher deductible. (Medicare companion plan participants are not subject to the higher deductible.)

### More Opportunities to Earn Wellness Points for Health Measures

NEW  
in 2014!

Earn 15 Wellness Points for demonstrating a healthy or improved level\* for **each** of these six health measures—up to 90 Wellness Points total:

- Blood pressure
- Fasting glucose/blood sugar
- Triglycerides
- HDL cholesterol/high-density “good cholesterol”
- Waist circumference
- Body mass index

\* Must be demonstrated on the 2014 Blueprint for Wellness screening (between April 1 – July 31, 2014; during an on-site event, through a local laboratory screening or by submitting the Physician Report Form). Wellness Points awarded for improvement on 2014 Blueprint for Wellness screening compared with 2013 Blueprint for Wellness screening, or for meeting healthy targets in 2014 based on American Heart Association (AHA) guidelines.

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## 2014 Wellness Points Opportunities

Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Points
Health Measures Rewards			90
• Blood pressure	15	Once	
• Fasting glucose (blood sugar)	15	Once	
• Triglycerides	15	Once	
• HDL cholesterol (high-density “good” cholesterol)	15	Once	
• Waist circumference	15	Once	
• Body mass index (BMI)	15	Once	
<i>Meet AHA guidelines on 2014 Blueprint for Wellness or achieve improved measures on 2014 Blueprint for Wellness as compared to 2013 Blueprint for Wellness.</i>			
Meet quarterly activity targets in the Virgin Pulse HealthMiles program	10	4 times	40
Complete any WebMD coaching call	25	6 times	150
Submit success story through the HealthFlex/WebMD website (name/contact information required to receive points but can publish anonymously)	20	Once	20
Have your success story selected (will be notified of selection by HealthFlex)	20	Once	20
View the “Wellness Success Stories” page on HealthFlex/ WebMD website (maximum once per calendar quarter)	5	4 times	20
Select any goal in My Health Assistant on the HealthFlex/WebMD website	5	Once	5
Make progress toward any weekly plan in My Health Assistant	5	Once/week	50
Access any Health Topic on the HealthFlex/ WebMD website (maximum once per day)	5	6 times	30
Access Employee Assistance Program (EAP) for emotional counseling	15	Once	15
Access EAP for Work/Life Services	15	Once	15

Reward: 150 Points = \$150 HealthCash

## Access Wellness Points on WebMD:

Log into **HealthFlex/WebMD** through [www.gbophb.org](http://www.gbophb.org).

Select “**HealthFlex Wellness Points**” to view detailed information about accumulating points and viewing personal progress toward the **\$150 incentive**.

For more information on all HealthFlex incentive opportunities, read the *2014 HealthFlex Wellness FAQs* on the WebMD login page.

**Note: You must be enrolled in the Virgin Pulse HealthMiles program to earn HealthCash rewards.**



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