



Center for Health

# 2014 HealthFlex Wellness Points Incentive Program

## Accessing 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**.



HealthFlex wellness and incentive programs support and encourage participants and spouses to choose healthy behaviors that help achieve positive results.

Incentives for HealthFlex wellness programs have been activities-based for several years—but we know that results make a difference! In 2014, participants can still earn Wellness Points for the same activities as 2013. One-hundred-fifty (150) Wellness Points still earns \$150 HealthCash\*. In addition, we are adding opportunities to earn Wellness Points for “achieving results” that signify better health.

### New in 2014: More Opportunities to Earn Wellness Points and HealthCash

Participants earn **15 Wellness Points** for demonstrating a *healthy or improved* level for each of these health measures\*\*:

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

### Health Measures Opportunity: 90 Total Wellness Points

Health measures must be demonstrated on the 2014 Blueprint for Wellness screening between April 1 and July 31, 2014; during an on-site event; through a local laboratory screening; or by submitting a physician’s form. Other means of demonstrating the health measures will not be accepted in order to protect individual privacy.

### Our Goal: Better Health!

The table on the back highlights the two new ways for participants to earn Wellness Points by either:

1. Demonstrating health measures that meet the American Heart Association’s (AHA) “healthy” targets on the 2014 Blueprint for Wellness screenings (no need to show further improvement).
2. Improving measures on key health factors (based on 2014 Blueprint for Wellness results compared to 2013 Blueprint for Wellness results).

\* There will no longer be a \$50 HealthCash reward for those who earn 100-149 Wellness Points (change from 2013).

\*\* These measures (with the exception of BMI) are widely used by the AHA and other medical authorities to diagnose metabolic syndrome, a condition with significantly higher health risks. BMI is included to fairly recognize different body types.

(over)



General Board

**Pension and Health Benefits**

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## Healthy Reward Ranges

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
<b>Total Possible Points</b>		<b>90</b>	<b>90</b>

<sup>1</sup> Healthy ranges as defined by the American Heart Association

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

**Note:** If an individual's results are not in the healthy range and have not improved from 2013, no 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)) or U.S. Mail (General Board of Pension and Health Benefits of the United Methodist Church; attn.: 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.

## 2014 Wellness Points Opportunities: A Complete Look

Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Points
Health Measures Rewards <ul style="list-style-type: none"> <li>Blood pressure</li> <li>Fasting glucose (blood sugar)</li> <li>Triglycerides</li> <li>HDL cholesterol (high-density "good" cholesterol)</li> <li>Waist circumference</li> <li>Body mass index (BMI)</li> </ul>	15 15 15 15 15 15	Once Once Once Once Once Once	90
<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 goals in the Virgin Pulse HealthMiles Program	10	4 times	40
Complete any WebMD coaching call in 2014	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

## All 2014 Incentives for HealthFlex Active Plans (PPO and CDHP)

HealthQuotient (HQ)	Blueprint for Wellness (BFW)	Wellness Points on WebMD Website	Virgin Pulse HealthMiles (VHM) Rewards
Avoid higher 2015 medical plan deductible—save <b>\$250/\$500</b> August 1 – September 30, 2014	<b>\$100 HealthCash</b> April 1 – July 31, 2014	<b>\$150 HealthCash for 150 points</b> January 1 – December 31, 2014	<b>Up to \$150 HealthCash</b> January 1 – December 31, 2014