



# Schedule Your Blueprint for Wellness Screening Today

## Participant and Spouse\* *Each* Earn \$100 and Up to 90 Wellness Points



### About Blueprint for Wellness

Blueprint for Wellness involves one blood draw and a few measurements. It's provided at no cost—if completed during annual conference, a staff wellness event, or at a Quest Diagnostics location (*preregistration required*).

Gain valuable information about your heart, kidney function, cholesterol and other health factors, to share with your doctor. Results are confidential and will be uploaded into your HealthQuotient (HQ).

### Preregister!

**Online:** [www.gbophb.org](http://www.gbophb.org)

Select “**HealthFlex/WebMD**” under Account Login. Then select “**Quest Diagnostics Blueprint for Wellness.**”

**Phone:** 1-866-908-9440

Employer group is **United Methodist Church** or **HealthFlex.**

*\* HealthFlex PPO and consumer-driven health plan (CDHP) only. Must be enrolled in Virgin Pulse HealthMiles at the time of screening to earn and redeem HealthCash.*

### New in 2014

Earn up to 90 Wellness Points for health measures on your 2014 Blueprint for Wellness. That's more than halfway to \$150 HealthCash for 150 Wellness Points!

Learn all the details about this new Wellness Points opportunity at:

[www.gbophb.org](http://www.gbophb.org) >  
**HealthFlex/WebMD**

Click on *2014 Incentives*  
*Frequently Asked Questions.*



General Board

**Pension and Health Benefits**

*Caring For Those Who Serve*



## Blueprint for Wellness Screening— April 1 through July 31

**Earn \$100 HealthCash  
Earn up to 90 Wellness Points**

Register now at:

**[www.gbophb.org](http://www.gbophb.org)** (HealthFlex/WebMD) or **1-866-908-9440**

Watch for information from your plan sponsor about on-site screenings.

Walk-ins are limited at annual conference or a staff event—  
*preregistration is strongly recommended.*

*Preregistration is required* to take the Blueprint for Wellness screening  
at a local Quest Diagnostics location.

Preregister online or by phone.

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General Board

**Pension and Health Benefits**

Caring For Those Who Serve

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