



Center for Health

## Step 2: HQ Starts August 1

### Take the HQ Now—Save \$ in 2015



Take the HQ on Your Computer, Smartphone or Tablet

[www.gbophb.org](http://www.gbophb.org)—click on “HealthFlex/WebMD”

Read the *2014 Incentives Frequently Asked Questions* for important details.



General Board

**Pension and Health Benefits**

*Caring For Those Who Serve*

1901 Chestnut Avenue  
Glenview, IL 60025-1604  
1-800-851-2201  
[www.gbophb.org](http://www.gbophb.org)



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

Log into HealthFlex/WebMD  
and click on “HealthQuotient”  
in your Action Plan

1-866-302-5742

Call WebMD  
for help logging in or with  
questions about the HQ

## It’s Time for Step 2: **Take the HQ—Save \$ in 2015**

Get on a path toward greater well-being with the new streamlined HQ!

All participants and spouses in HealthFlex must take the HQ **August – September** to avoid a higher medical deductible in 2015. You’ll save **\$250** (individual deductible) or **\$500** (family deductible with a spouse in HealthFlex). Medicare plan participants are not included.

### HQ Highlights

- New this year: Take the streamlined HQ on your computer, tablet or smartphone. Enjoy fewer questions and easier navigation!
- The HQ online risk assessment helps put you on a path to being your best and directs you to wellness resources available at no cost through HealthFlex.
- Eligible participants and spouses must *both* take the HQ for the family to avoid paying extra in 2015.
- Take the HQ **between August 1 and September 30**. *If you took the HQ earlier this year, you must do it again to avoid the higher deductible.*
- If you did Step 1 (Blueprint for Wellness), your health data is automatically and securely imported into your Step 2 HQ—so your HQ is even easier to complete. *But you (and your spouse) can complete the HQ even if you missed Blueprint for Wellness.*
- Your HQ is confidential.

### HealthFlex Three Steps to Wellness

**STEP 1**  
Blueprint for Wellness  
April 1 – July 31

**STEP 2**  
HealthQuotient (HQ)  
August 1 – September 30

**STEP 3**  
Take Action—All Year  
With Virgin Pulse, health coaching,  
Wellness Points and more