



Center for Health

Time Is Running Out to Save \$



HQ Deadline: September 30



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



Take the HQ Now—Save \$ Next Year

Time is running out to take the streamlined HealthQuotient (HQ)—a quick way to get on a path toward more energy and greater well-being. Take time do something for yourself and for your budget. Avoid paying extra for health care next year.

You must complete the HQ between August 1 and September 30, 2014 to avoid paying an extra \$250 (individual) or \$500 (family) on your 2015 medical plan deductible. If you have a spouse in HealthFlex, he or she also must meet this **September 30 HQ deadline** for your family to avoid the higher deductible*.

HQ Is Confidential

Your church, employer, annual conference, insurance carrier, and the General Board of Pension and Health Benefits cannot see your personal HQ information.

HQ Is Quick and Easy

Most people complete the HQ in about 20 minutes. If you took the Blueprint for Wellness screening earlier this year, doing your HQ now will be even faster—that's because your Blueprint for Wellness health data is automatically and securely uploaded into your HQ.

** Medicare plan participants are not included.*

Go Online

New! Take the HQ on a tablet, smartphone or computer:

- Start at **www.gbophb.org**.
- Click on “**HealthFlex/WebMD**.”
- Enter your username and password.

Need help logging in?

Call WebMD at **1-866-302-5742**.

Need more HQ details?

Check out the HQ video and *2014 Incentives Frequently Asked Questions* on the HealthFlex/WebMD login page—no username or password necessary