



Center for Health

2015 HealthFlex Incentive Program

Accessing Wellness Points on WebMD

Log into **HealthFlex/WebMD** at 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 lifestyle behaviors that increase vitality and improve well-being.

The 2015 HealthFlex incentive opportunities and timelines remain largely unchanged from 2014. Participants will still earn **\$150 HealthCash for 150 Wellness Points** in 2015, but will receive more points for healthy or improved results. See details below.

2015 Incentives for HealthFlex Active Plans (PPO and CDHP)

HealthQuotient (HQ)	Blueprint for Wellness (BFW)
Save \$250 / \$500 —avoid higher 2016 medical plan deductible August 1 – September 30, 2015	\$100 HealthCash April 1 – July 31, 2015
Wellness Points on WebMD Website	Virgin Pulse HealthMiles (VP) Rewards
150 points = \$150 HealthCash January 1 – December 31, 2015	\$150 HealthCash Maximum January 1 – December 31, 2015

New in 2015!

Participants can earn more Wellness Points for 2015 Blueprint for Wellness health measures that fall within the American Heart Association (AHA) "healthy" range or show improvement over their 2014 Blueprint for Wellness results.

- **Earn up to 120 total Wellness Points** for 2015 Blueprint for Wellness health measures (up from 90 potential Wellness Points in 2014)
- **Earn 20 Wellness Points each** for "healthy" or "improved" results on six key health measures: blood pressure, fasting glucose, triglycerides, HDL ("good") cholesterol, body mass index (BMI) and waist circumference* (up from 15 points per health measure in 2014)

* 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

Caring For Those Who Serve

2015 Wellness Points Opportunities: A Complete Look

Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Points
Health Measures Rewards (see Healthy Rewards table below) <ul style="list-style-type: none"> Blood pressure Fasting glucose (blood sugar) Triglycerides HDL cholesterol (high-density "good" cholesterol) Waist circumference Body mass index (BMI) Meet AHA guidelines on 2015 Blueprint for Wellness or achieve improved measures on 2015 Blueprint for Wellness as compared to 2014 Blueprint for Wellness.	20 20 20 20 20 20	Once Once Once Once Once Once	120
Complete any WebMD coaching call in 2015	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 Employee Assistance Program (EAP) for emotional counseling	15	Once	15
Access EAP for Work/Life Services	15	Once	15

Health Measures Opportunity: 120 Total Wellness Points

Health measures must be achieved on the 2015 Blueprint for Wellness screening **between April 1 and July 31, 2015**, which must be completed during an on-site event, at a local Quest Diagnostics lab, or by submitting the *Physician Results Form*. Other means of demonstrating the health measures will not be accepted in order to protect individual privacy.

Healthy Reward Ranges

Measure	Healthy Range*	Wellness Points for Healthy Range	Outside Healthy Range? Wellness Points for Improvement
Blood pressure	Systolic: Less than 120 mm Hg Diastolic: Less than 80 mm Hg	20	20
Fasting glucose	65–99 mg/dL	20	20
Triglycerides	Less than 150 mg/dL	20	20
HDL	Greater than 60 mg/dL	20	20
Waist circumference	Men: 40 inches or less Women: 35 inches or less	20	20
BMI	18.5–24.9 kg/m ²	20	20
Total Possible Points		120	120
* Healthy ranges as defined by the American Heart Association			

Please Note:

- If 2015 Blueprint for Wellness results are not in the healthy range and have not improved from 2014, 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, make a personal request by:
 - E-mail (incentiverequest@gbophb.org), or
 - U.S. Mail (General Board of Pension and Health Benefits of The United Methodist Church; Attention: Incentive Request; 1901 Chestnut Avenue; Glenview, IL 60025).

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

- The *Physician Results Form* is available from the General Board of Pension and Health Benefits Health Team at **1-800-851-2201, option 2**; or from your plan sponsor.