



# Schedule Your Blueprint for Wellness Screening!

## Participant and Spouse\* Each Earn \$100 and Up to 120 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—then share with your doctor. Results are confidential and will be uploaded to 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:** 1-855-623-9355

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

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

### More Incentives in 2015

Earn up to 120 Wellness Points for health measures on your 2015 Blueprint for Wellness—on your way to reaching 150 Wellness Points and \$150 more in HealthCash.

Blueprint for Wellness details:

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

Select *2015 Incentives FAQs*.



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**Pension and Health Benefits**

Caring For Those Who Serve

1901 Chestnut Avenue  
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1-800-851-2201  
[www.gbophb.org](http://www.gbophb.org)

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

**Earn \$100 HealthCash  
Earn up to 120 Wellness Points**

Register now at:  
**[www.gbophb.org](http://www.gbophb.org)** (HealthFlex/WebMD) or **1-855-623-9355**

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.