



Center for Health

Step 2: HQ Starts August 1

Take the HQ Now—Save in 2016



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 on Your Computer, Smartphone or Tablet

www.gbophb.org—click on “HealthFlex/WebMD”

More details in *2015 Incentives FAQs*.



www.gbophb.org

Log in to **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.

Take the HQ to Be Your Best, Save Money

Participants and spouses in HealthFlex must take the HealthQuotient (HQ) during **August–September 2015** to avoid a higher medical deductible in 2016. You’ll save **\$250** (individual deductible; no spouse in HealthFlex) or **\$500** (family deductible with a spouse in HealthFlex).

HQ Highlights

- On-the-go convenience—Take the streamlined HQ on your computer, tablet or smartphone.
- A healthier you—The HQ online risk assessment 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 2016.
- 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 HQ—so it is even easier to complete. *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
Virgin Pulse, health coaching,
Wellness Points and more