



## Take the HQ Now—Save \$ Next Year

Time is running out to take the HealthQuotient (HQ)—a quick way to get on a path toward greater well-being. Do it for yourself and for your budget.

**You must complete the HQ by September 30, 2015 to avoid paying an extra \$250 (individual—no spouse) or \$500 (family with spouse) on your 2016 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 is even faster—that’s because your Blueprint for Wellness data is automatically and securely uploaded into your HQ.

#### Go Online

Take the HQ on a tablet, smartphone or computer:

- Start at [www.gbophb.org](http://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 *2015 Incentives Frequently Asked Questions* on **HealthFlex/WebMD** website (under Details and FAQs)



Center for Health



General Board

**Pension and Health Benefits**

*Caring For Those Who Serve*

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