

## Accumulate HealthMiles for HealthCash

### Ways to Earn HealthMiles Each Quarter

Activity	HealthMiles Earned	Frequency	Potential HealthMiles per quarter*
Journal	10	2 x day	1,820
0 – 6,999 steps	20	Daily	1,820
7,000 – 11,999 steps	60	Daily	5,460
12,000 – 19,999 steps	80	Daily	7,280
20,000 + steps	100	Daily	9,100
Log in	10	2 x week**	130
Create a challenge	100	1 x month	100
Virgin Pulse monthly challenges	50	2 x month	300
Virgin Pulse quarterly challenges	Varied	3 x quarter	Varied

\* Based on an average 91-day quarter

\*\* Based on an average 4.3 weeks/month

### Accumulate HealthMiles for HealthCash Each Quarter

Level	HealthMiles	HealthCash Earned	Cumulative HealthCash Earned
1	0 – 1,999	–	–
2	2,000 – 3,999	\$20	\$20
3	4,000 – 5,999	\$10	\$30
4	6,000 – 7,999	\$10	\$40
5	8,000+	Donation to UMCOR	

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended range, or improved measures or Virgin Pulse levels due to an underlying medical condition. If you need a reasonable alternative, please make your request by:

- E-mail: [incentiverequest@gbophb.org](mailto:incentiverequest@gbophb.org)
- Mail: General Board of Pension and Health Benefits  
Attention: Incentive Request  
1901 Chestnut Avenue  
Glenview, IL 60025

We will work with you (and, if you wish, with your primary care provider) to find a reasonable alternative in order for you to be able to achieve the same reward.



General Board  
**Pension and Health Benefits**

Caring For Those Who Serve  
1901 Chestnut Avenue  
Glenview, Illinois 60025-1604  
1-800-551-2201  
[www.gbophb.org](http://www.gbophb.org)



Center for Health

## 2016 HealthFlex Wellness Incentives



General Board  
**Pension and Health Benefits**

Caring For Those Who Serve



## Wellness with a Mission

Health affects the whole Connection—family, congregation, community and the Church itself. The Center for Health’s mission is to offer best-in-class wellness programs that promote health and well-being across the denomination—including many HealthFlex incentive opportunities.



## Take Action Earn Rewards

HealthFlex wellness and incentive programs support and encourage participants and spouses to choose behaviors that increase vitality and improve well-being. Participants can earn Wellness Points and HealthMiles that translate to HealthCash for healthy behaviors in 2016. There is opportunity to earn more HealthCash in 2016 through Virgin Pulse’s new “Levels” rewards program.

Meeting goals on the checklist below can help you stay healthy throughout the year and earn rewards for each accomplishment.

- ✓ **Get Screened (Blueprint for Wellness, administered by Quest Diagnostics)**  
 April 1 – July 31  
**Earn \$100 HealthCash\***  
 See *2016 Health Measures Rewards* chart for details.  
 (Spouse in plan also can earn \$100.)
- ✓ **Take the HealthQuotient (HQ) Online Health Assessment**  
 August 1 – September 30  
**Avoid a higher 2017 medical plan deductible—save \$250 individual/\$500 family**  
 Both participant and spouse (if covered) must take the HQ for the family to avoid a higher family deductible.
- ✓ **Accumulate HealthFlex Wellness Points**  
 January 1 – December 31  
**Earn \$150 HealthCash\***  
 Participants can earn \$150 when they accumulate 150 Wellness Points for wellness behaviors, including up to 120 points for 2016 Blueprint for Wellness health measures that fall within the American Heart Association (AHA) recommended range or show improvement over 2015 results. See *2016 Wellness Points Opportunities* and *2016 Health Measures Rewards* charts for details.  
 (Spouse in plan also can earn \$150.)
- ✓ **Meet “New” Virgin Pulse Quarterly Levels**  
 January 1 – December 31  
**Earn up to \$160 HealthCash\***  
 Participants have the potential to earn more HealthCash through the Virgin Pulse Levels program—up to \$40 per quarter. Achieve new Levels as you accumulate HealthMiles each quarter. See *HealthMiles* charts for details.  
 (Spouse in plan also can earn up to \$160.)

*\* You must be enrolled in the Virgin Pulse program to earn HealthCash.*

### More Resources on HealthFlex/WebMD

For more information on all HealthFlex incentive opportunities, log in to HealthFlex/WebMD through [www.gbophb.org](http://www.gbophb.org) to read the *2016 HealthFlex Wellness FAQs* under “**Details and FAQs.**”

Select **HealthFlex Wellness Points** to view detailed information about accumulating points and tracking personal progress toward the **\$150 incentive.**

*Participation in HealthFlex wellness programs is voluntary*



## Earn HealthCash for Wellness Efforts

### 2016 Wellness Points Opportunities—A Complete Look

Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Points
Health Measures Rewards			120
• Blood pressure (Blueprint for Wellness)	20	Once	
• Fasting glucose (blood sugar)	20	Once	
• Triglycerides	20	Once	
• HDL cholesterol (high-density “good” cholesterol)	20	Once	
• Waist circumference	20	Once	
• Body mass index (BMI)	20	Once	
<i>Meet AHA recommended range or improved measures on 2016 Blueprint for Wellness as compared to 2015 Blueprint for Wellness.</i>			
Complete any WebMD coaching call	25	6 times	150
Submit success story through the HealthFlex/WebMD website (name/contact information required to receive points; 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	3 times	15
Achieve any goal in My Health Assistant	15	3 times	45
Access Employee Assistance Program (EAP) for emotional counseling	15	Once	15
Access EAP for Work/Life Services	15	Once	15

**Reward: 150 Points = \$150 HealthCash**

### 2016 Health Measures Rewards

Measure	Recommended Range**	Wellness Points for Recommended Range	Outside Recommended 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 <sup>2</sup>	20	20

**Total Possible Points: 120 120**

*\*\* Based on recommended ranges as defined by the American Heart Association. Must be demonstrated on the 2016 Blueprint for Wellness screening (April 1 – July 31, 2016). Improvement must be demonstrated compared with 2015 Blueprint for Wellness screening.*

**Note:** *If an individual’s results are not in the recommended range and have not improved from 2015, no Wellness Points will be awarded for health measures.*

TEAR HERE