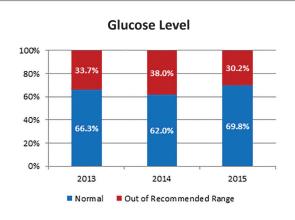


HealthFlex Risk Factor Trends

Center for Health

Identifying and tracking risk factors helps the Center for Health determine the overall health status of the HealthFlex population, determine effectiveness of the wellness program and guide program/service enhancements. Below are three-year trends in three important categories using aggregate Blueprint for Wellness data. The results are either steadily moving in the right direction or holding steady, which is also a positive, given the higher-than-average age demographics of the HealthFlex population.

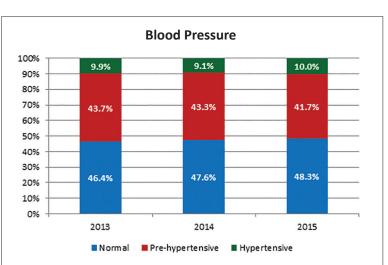




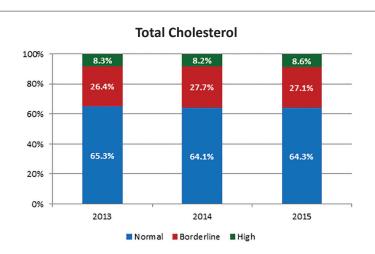
Glucose levels measure the amount of sugar in the blood stream. A high level of blood glucose is an indicator of diabetes or pre-diabetes. While a single high glucose reading doesn't necessarily mean someone has diabetes, it is a cause of concern and should be checked by a primary care provider. Blueprint for Wellness results for 2015 show an improvement in the number of participants with glucose levels in normal range. Diabetes is a very complicated, expensive disease. This turnaround is one we hope will continue.*

* The HealthFlex population has higher-than-average age demographics.

Participation in HealthFlex wellness programs is voluntary.



Blood Pressure measures the pressure in the arteries—when blood is flowing (top number) and at rest (bottom number). It is important to catch and control hypertension (high blood pressure) early for best results. While there has been a slight uptick in the percentage of participants who are hypertensive, the percentage of participants with borderline and normal blood pressure has improved.*



Cholesterol is a waxy, fat-like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls, which puts you at risk for heart disease and stroke. The number of participants with normal cholesterol levels remains steady. There has been little change in the percentage of participants who have borderline or high levels as well.*

(continued on next page)



General Board Pension and Health Benefits

2016 HealthFlex Wellness Program—Key Highlights

HealthFlex Wellness Calendar

- Blueprint for Wellness: April 1 July 31
 Complete biometric screenings and earn \$100 participant and covered spouse can each earn incentive.
- HealthQuotient (HQ): August 1 September 30
 Complete the online health assessment and avoid an additional \$250/single or \$500/family deductible.
- All Year Long
 Virgin Pulse well-being program, WebMD health coaching, success stories and Employee Assistance Program.

 Earn 150 wellness points for \$150 in HealthCash and up to an additional \$160 for Virgin Pulse levels.

Things to Watch For

- Quarterly Center for Health Newsletter—starting in April
- **Toolkits** on Pre-diabetes, Smoking Cessation and Physical Activity
- Seven-part webinar series on Healthy Families kicking off the second half of 2016 (in partnership with Discipleship Ministries)

Visit www.gbophb.org/center-for-health/ for more information.



Important Contact Information

- CFH Wellness Team: wellnessteam@gbophb.org
- Employee Assistance Program: 1-800-788-5614
- General Board Health Team: 1-800-851-2201
- Virgin Pulse Customer Service: 1-800-830-4312
- Quest Diagnostics: 1-866-908-9440
- WebMD: 1-866-302-5742
- Weight Watchers: 1-866-557-6229

