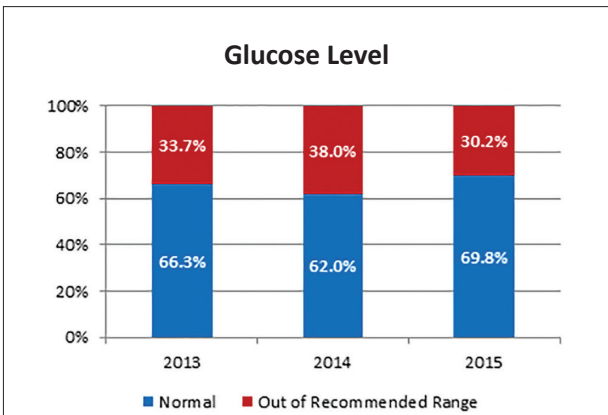




Center for Health

HealthFlex Risk Factor Trends

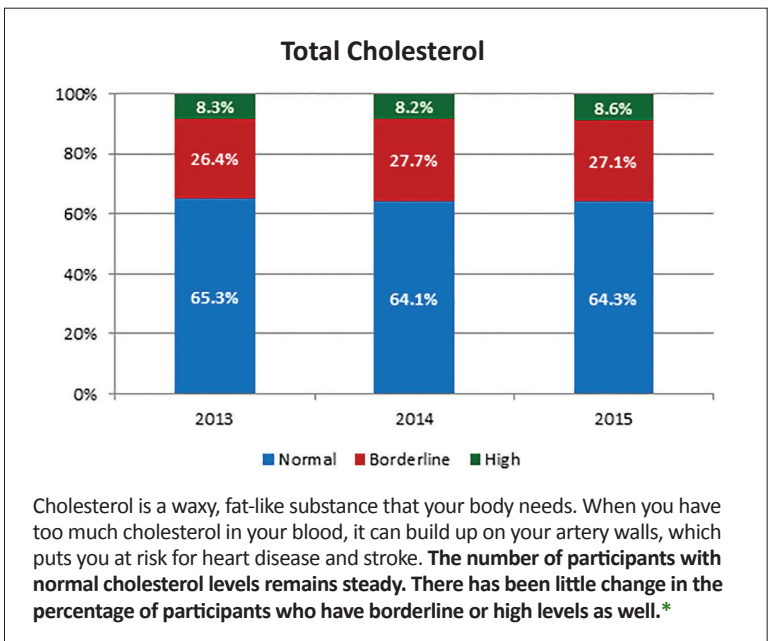
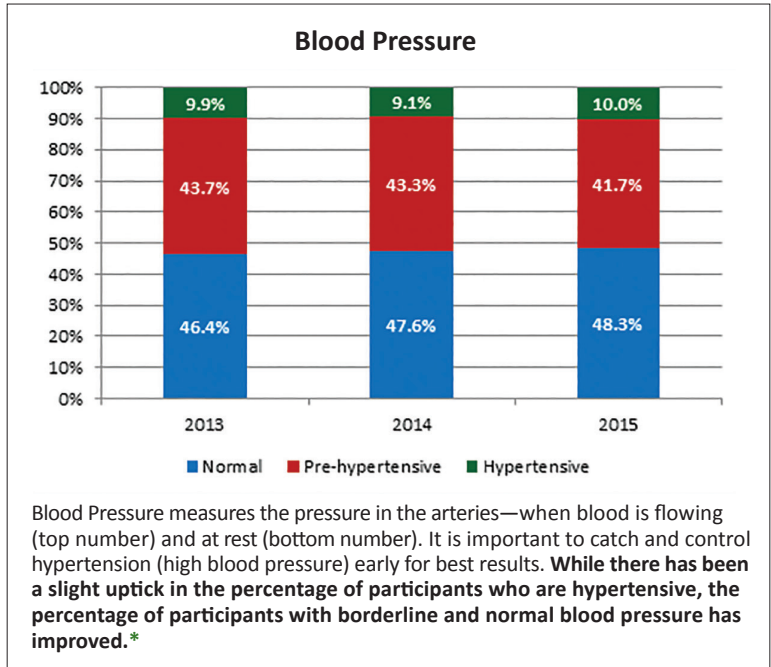
Identifying and tracking risk factors helps the Center for Health determine the overall health status of the HealthFlex population, determine effectiveness of the wellness program and guide program/service enhancements. Below are three-year trends in three important categories using aggregate Blueprint 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.



(continued on next page)



General Board

Pension and Health Benefits

Caring For Those Who Serve

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:** welnessteam@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

Virgin Pulse Program—Levels for Everyone

