



You're Still in the Game for 2016!

HealthFlex Rewards You \$150 for Wellness-Focused Activities

Following are some moves you can make to earn 150 Wellness Points through WebMD by December 31, 2016:

- Talk with a WebMD health coach about improving your health
- Use the Employee Assistance Program's emotional counseling services
- Read your peers' Success Stories on the HealthFlex/WebMD website
- Use My Health Assistant on the HealthFlex/WebMD website

Wespath encourages you to continue to work on your wellness habits through the end of the year. They will help get you off to a strong start toward your overall well-being entering into 2017!

Be sure to read the *2016 Incentives Frequently Asked Questions* under Details and FAQs.

Participation in HealthFlex wellness programs is voluntary.

Learn more about Wellness Points and other HealthFlex incentives. Visit wespath.org—login to HealthFlex/WebMD and click on “[HealthFlex Wellness Points](#)” in the right column.



CONTINUE TO MAKE MOVES TOWARD OVERALL WELL-BEING

Win with Wellness in 2016!

Receive \$150* by earning 150 Wellness Points by December 31.

** Must be enrolled in Virgin Pulse to receive \$150.*

4854/100316



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

Wespath Benefits and Investments

1901 Chestnut Avenue
Glenview, IL 60025-1604
1-800-851-2201
wespath.org