

## Virgin Pulse Highlights

The new **Virgin Pulse “2.0”** is a streamlined way to earn Virgin Pulse Points for walking and other physical activity.

- Daily steps add up in a simplified, logical way:  
1,000 steps = 10 Points, 2,000 steps = 20 Points, etc.
- Aim for at least 7,000 steps each day (70 Points)—  
or strive for 14,000 steps and maximum 140 Points per day
- Also earn Points for active minutes, challenges, healthy habits and more!

Participants and covered spouses can each earn up to **\$40 per calendar quarter** (same as 2016).

Virgin Pulse is compatible with many activity trackers—including Max, Fitbit, Jawbone, Misfit, Garmin and MyFitnessPal—and with iPhone and Android mobile apps.

### Potential Earnings—Rewards per Calendar Quarter

| LEVEL 1 | Virgin Pulse Points | PulseCash Earned | Cumulative Rewards | LEVEL 2 | Virgin Pulse Points | PulseCash Earned | Cumulative Rewards |
|---------|---------------------|------------------|--------------------|---------|---------------------|------------------|--------------------|
|         | 1,000               | \$5              | \$5                |         | 5,000               | \$15             | \$20               |
| LEVEL 3 | Virgin Pulse Points | PulseCash Earned | Cumulative Rewards | LEVEL 4 | Virgin Pulse Points | PulseCash Earned | Cumulative Rewards |
|         | 10,000              | \$10             | \$30               |         | 15,000              | \$10             | \$40               |

**Total PulseCash possible for 2017—\$160 for Virgin Pulse activities**

## Ways to Earn Virgin Pulse Points

|                      | Descriptions   | Points | Frequency |
|----------------------|--|--------|-----------|
| <b>ACTIVITY</b>      | Per 1,000 steps<br>(up to 140 Points/day for 14,000 steps) | 10     | Daily     |
|                      | 15 or more active minutes                                  | 70     |           |
|                      | 30 or more active minutes                                  | 120    |           |
|                      | 45 or more active minutes                                  | 140    |           |
|                      | Take 7,000 steps <i>20 days in a month</i>                 | 400    | Monthly   |
|                      | Take 10,000 steps <i>20 days in a month</i>                | 500    |           |
| <b>MEASUREMENT</b>   | Enter your measurements (weight)                           | 100    | Monthly   |
| <b>SELF-TRACKING</b> | 1 entry (up to 30 Points/day)                              | 10     | Daily     |
|                      | Achieve the promoted Healthy Habit<br>for 5 of 7 days      | 200    | Monthly   |
| <b>CARDS</b>         | Complete card (2/day—20 Points each)                       | 40     | Daily     |
| <b>CHALLENGES</b>    | Join Challenges set up by<br>your conference or employer   | 100    | Quarterly |
|                      | Join a personal challenge                                  | 100    | Monthly   |

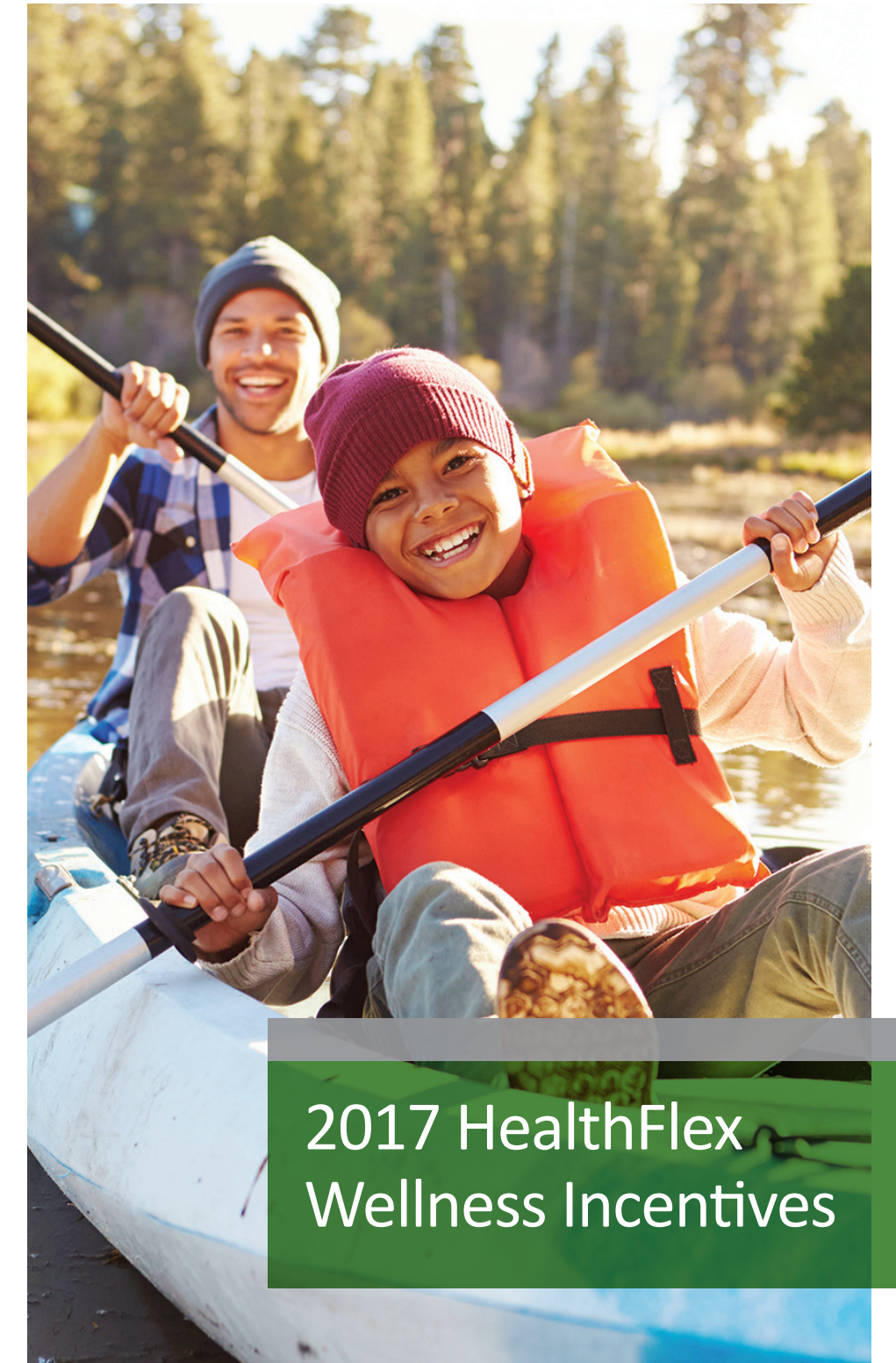
2017 HEALTHFLEX WELLNESS INCENTIVES

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Center for Health



2017 HealthFlex  
Wellness Incentives

**2017 Incentives**  
More ways to earn rewards  
while enhancing your  
well-being!

a general agency of The United Methodist Church



## Promoting Well-Being in All Its Dimensions

HealthFlex promotes good health and vitality across five dimensions of well-being. This year's HealthFlex incentives build upon familiar programs—with new opportunities for participants and covered spouses to address all dimensions.



You'll have many opportunities throughout 2017 to:

- ▶ **Take Action** Complete activities and adopt behaviors aimed at a healthier you.
- ▶ **Improve Well-being** Increase vitality as you make strides along multiple dimensions of well-being.
- ▶ **Earn Rewards** Primary participant and spouse in HealthFlex can *each* earn up to **\$410** in incentives.

## What's New for 2017!

The 2017 wellness program adds some new features:

- ▶ **Virgin Pulse "2.0" platform**—more intuitive, better web and mobile app functionality, and more opportunities to earn Virgin Pulse Points\* and PulseCash\* rewards
- ▶ **More paths to Wellness Points**—added actions highlight spiritual and financial well-being
- ▶ **WebMD mobile app and website enhancements**—coming soon!

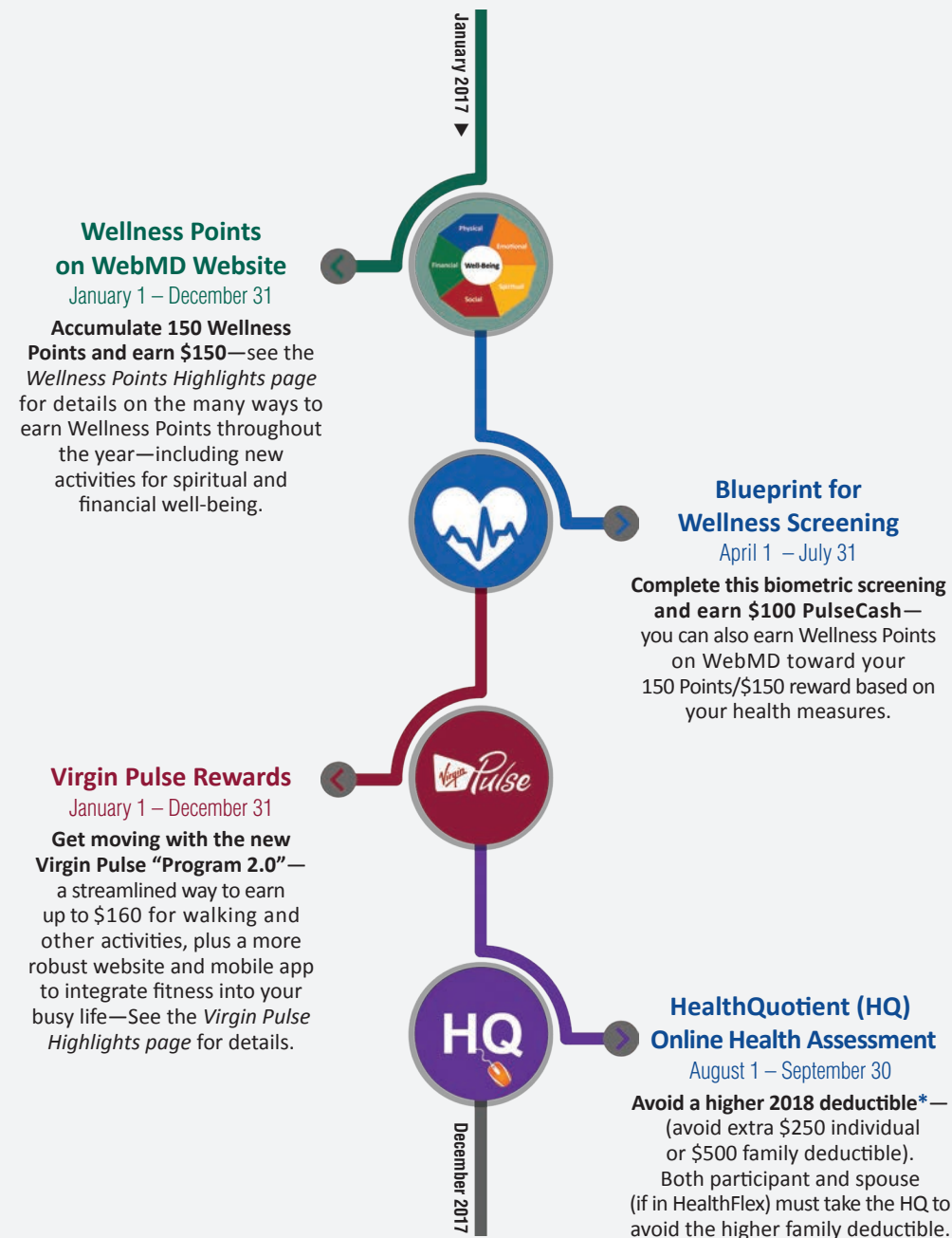
Many other features remain unchanged from 2016, including HealthQuotient, Blueprint for Wellness and other Wellness Points opportunities.

\* Virgin Pulse Points: previously "HealthMiles"; PulseCash: previously "HealthCash"

The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

## 2017 Wellness Incentives At-a-Glance

Follow this path for health, vitality, well-being—and rewards!



\* Deductible applies to medical/behavioral health services for B1000, C2000 and C3000 plans; applies to medical/behavioral health/pharmacy services for H1500, H2000 and H3000 plans.

### "Cash In" on Wellness

Earn PulseCash while enhancing your well-being. PulseCash (previously called "HealthCash") is the rewards currency for HealthFlex programs. Primary participants and covered spouses are *each* eligible for up to **\$410 PulseCash** in 2017 (up to **\$820 per family**)—must be enrolled in the Virgin Pulse program to earn and redeem PulseCash.

Participation in wellness programs is voluntary.

## Wellness Points Highlights

| Ways to Earn Wellness Points Across Five Dimensions of Well-Being—2017  |  |                   |                         |
|---|--|-------------------|-------------------------|
| Action  | HealthFlex Wellness Points Per Action                            | Frequency Allowed | Maximum Wellness Points |
| Health Measures Rewards for Blueprint for Wellness results<br>• Blood pressure<br>• Blood sugar<br>• Triglycerides<br>• HDL cholesterol<br>• Waist circumference<br>• Body mass index (BMI) | 20 points per eligible health measure—6 health measures possible | Once              | 120                     |
| Complete any WebMD coaching call  | 25   | 6 times           | 150                     |
| Submit success story through HealthFlex/WebMD website (name/contact info required to earn Points, but can publish anonymously)  | 20   | Once              | 20                      |
| Have your success story selected (HealthFlex will notify you if selected)   | 20   | Once              | 20                      |
| View "Wellness Success Stories" on HealthFlex/WebMD (maximum rewards: once per calendar quarter)  | 5  | 4 times           | 20                      |
| Select goal in My Health Assistant (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                      |
| Activate your MDLIVE telemedicine account—NEW   | 15   | Once              | 15                      |
| Adopt a new spiritual practice for 1 month—NEW  | 15   | Once              | 15                      |
| Complete EY Financial Wellness Assessment—NEW   | 25   | Once              | 25                      |
| <b>150 Wellness Points needed to earn \$150 "PulseCash"</b> (Must be in Virgin Pulse program to redeem PulseCash)   |  |                   |                         |



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More Info Online!

Log in to "HealthFlex/WebMD"

- ▶ 2017 Incentives FAQs
- ▶ Virgin Pulse FAQs