



Start at [www.wespath.org](http://www.wespath.org)

Log in to **HealthFlex/WebMD** (bottom of webpage)

## HealthQuotient (HQ): Quick, Cost-Saving, Confidential!

- **Quick**—Complete the HQ in less than 15 minutes—even faster if you took the Blueprint for Wellness screening earlier this year
- **Cost-Saving**—Avoid paying an **extra \$250** or **\$500\*** on your 2018 HealthFlex deductible
- **Confidential**—Your church, conference, employer and HealthFlex cannot see your HQ information and other health details
- **Deadline**—**September 30**

### HQ for an Even Better You

The HQ online health assessment identifies common concerns like dietary needs, high stress or diabetes risk. After completing the HQ, you're eligible for phone-based health coaching—supportive guidance to help you reach your goals.

See *2017 Incentives FAQs* for HQ details (on the HealthFlex/WebMD website).

*\* HQ savings—Avoid paying \$250 extra (individual deductible) or \$500 extra (family deductible). Primary participant and covered spouse must **both** take the HQ by **September 30** to avoid higher deductible.*

*Participation in HealthFlex wellness programs is voluntary.*



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BENEFITS | INVESTMENTS



HEALTHQUOTIENT (HQ)

HQ Is On!  
August 1 – September 30



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BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

**Wespath Benefits and Investments**

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