



Time Is Running Out!

Web: wspath.org > HealthFlex/WebMD
 Mobile app: **WebMD Wellness At Your Side**

Don't Miss the HQ Deadline

September 30 is your last chance to complete the **HealthQuotient (HQ)** online health assessment. You'll avoid paying extra on next year's HealthFlex deductible—and you'll be eligible for personalized health coaching.



Quick—Complete the HQ in about 15 minutes. Use your computer (HealthFlex/WebMD website)—or try WebMD's new **Wellness at Your Side** mobile app.



Cost-Saving—Avoid paying an **extra \$250 (individual)** or **\$500 (family)*** on your 2018 HealthFlex deductible.



Confidential—Your church, conference, employer and HealthFlex cannot see your HQ information.



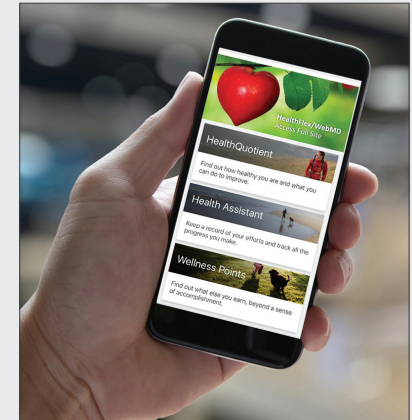
Coaching—Complete the HQ and you'll be eligible for personalized, phone-based health coaching, for help reaching your well-being goals.



Need Details? See *2017 Incentives FAQs* on the HealthFlex/WebMD website or mobile app.

* HQ savings—If your spouse is in HealthFlex, he or she also must take the HQ to avoid the higher deductible.

Participation in HealthFlex well-being programs is voluntary.



HQ—Even Easier by App!

Use WebMD's new **Wellness At Your Side** mobile app for quick access to your HQ and other HealthFlex resources.

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HQ Ends September 30!

Save money • Improve your well-being



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a general agency of The United Methodist Church

Center for Health

Wespath Benefits and Investments

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