



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

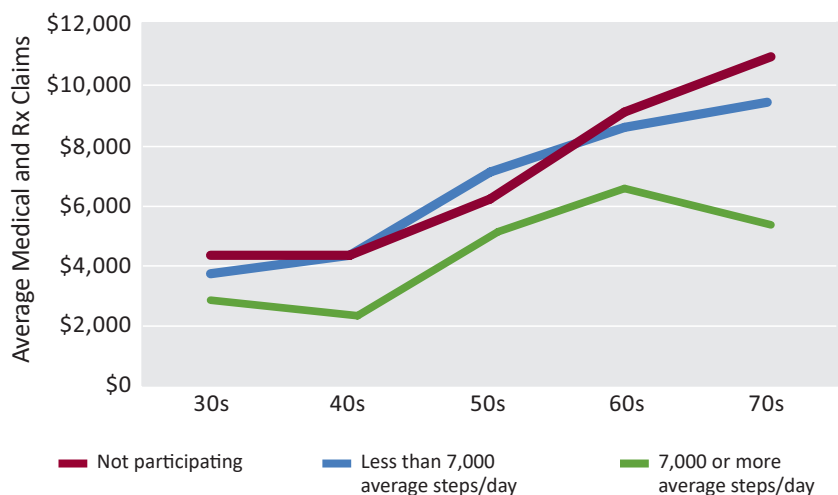
Center for Health

HealthFlex Well-Being Programs: Key Outcomes

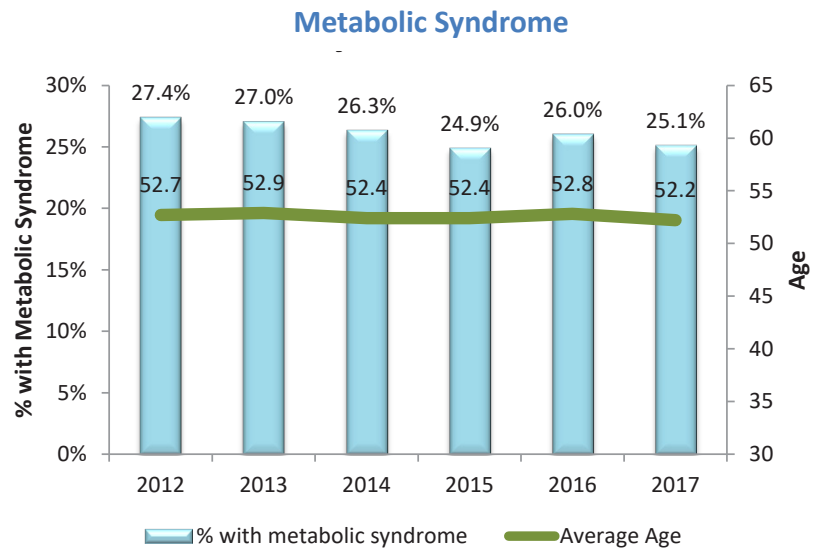
Each year, HealthFlex evaluates the effectiveness of the well-being programs—analyzing participation, trends and outcomes. A new analysis looked at Virgin Pulse outcomes by medical and pharmacy claims, steps and age. Highlights include a continued slight decrease in the prevalence of metabolic syndrome and a decrease in Hemoglobin A1C.

Getting 7000+ average steps/day delays medical costs by about 10 years.

Virgin Pulse Steps vs. Claims by Age Group
(averaged across the 2013–2017 timeframe)

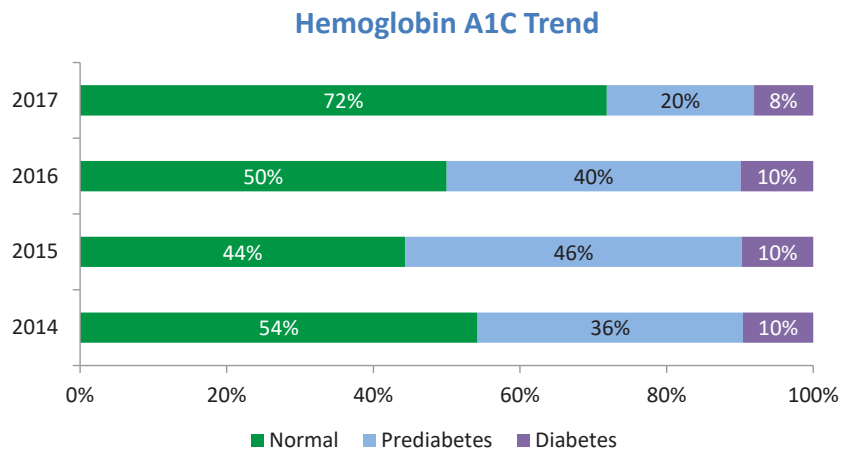


Metabolic Syndrome shows slight decline among Blueprint for Wellness completers. Consistent average age each year indicates this decline is not simply due to age differences.



Hemoglobin A1C trend in Blueprint for Wellness completers also shows improvement.

2017 may be an unusually positive year. Results from future years will determine trend reliability.



Updates and Great Information



Blueprint for Wellness

- Blueprint for Wellness Training for Coordinators
 - April 12 from 1:00–2:00 p.m. Central time or
 - April 25 from 10:30–11:30 a.m. Central time
- Please complete the survey for on-site BFW by March 15
- New physician form process:
 - Participants download the form from their Quest account.
 - Physician can fax the form OR participant can upload the completed form into their Quest account



Virgin Pulse

- Access the client report archive for Quarterly Levels Reports and monthly incentive reports.
- Create a conference-wide challenge during annual conference—We can assist!



NutriSavings

- Take the mystery out of nutrition with recipes, nutrition information and savings on healthy items at the grocery store.



Wellness Points

- New opportunities to earn Wellness Points
 - Register for NutriSavings—earn 15 points
 - Add loyalty grocery store card to NutriSavings—earn 15 points
 - Register or log in to Benefits Access website—earn 35 points
 - EY Financial Assessment—point value increased from 25 to 35

Great Resources

- PDF and videos on the extranet to manage Virgin Pulse and Blueprint for Wellness
- Deskerise and Stretch Break Videos keep you moving
- Well-Being Resource Guide—all resources listed in one place



Webinar Series—*The Heart of the Matter*

- *Wesleyan Theology and Well-Being*
 - Tuesday, September 18, at 2:00 p.m. Central time
- *Wills, Power of Attorney, Medical Proxy: It's confusing what do you need to know?*
 - Tuesday, October 2, at 2:00 p.m. Central time
- *Physical Activity Over 40*
 - Tuesday, October 16, at 2:00 p.m. Central time
- *How Do You Know You are Ready to Retire Based on the 5 Dimensions of Well-Being*
 - Tuesday, October 30, at 2:00 p.m. Central time
- *Financial Well-Being for Women*
 - Tuesday, November 13, at 2:00 p.m. Central time

Participant Testimonials

"I view the Coaching Calls as my accountability partners; they assist me in my exercise and dietary regimen. I always look forward to our calls!"

—LAY EMPLOYEE

"The Blueprint for Wellness has been a tremendous tool! It has allowed me to understand and make much needed adjustments, as well as an annual appointment with my doctor to go over results!"

—CLERGY

"HealthFlex and WebMD have positively and dramatically altered my health and have given me a brighter future from a health perspective. Thanks!"

—CLERGY

"HealthFlex has been the one constant that has provided my motivation and offered tools for my wife and I to use in maintaining health and wellness."

—CLERGY

"I have benefited greatly from the HealthFlex Wellness' WebMD and VirginPulse apps—they have been easy to use and have challenged me to achieve my health goals for the year."

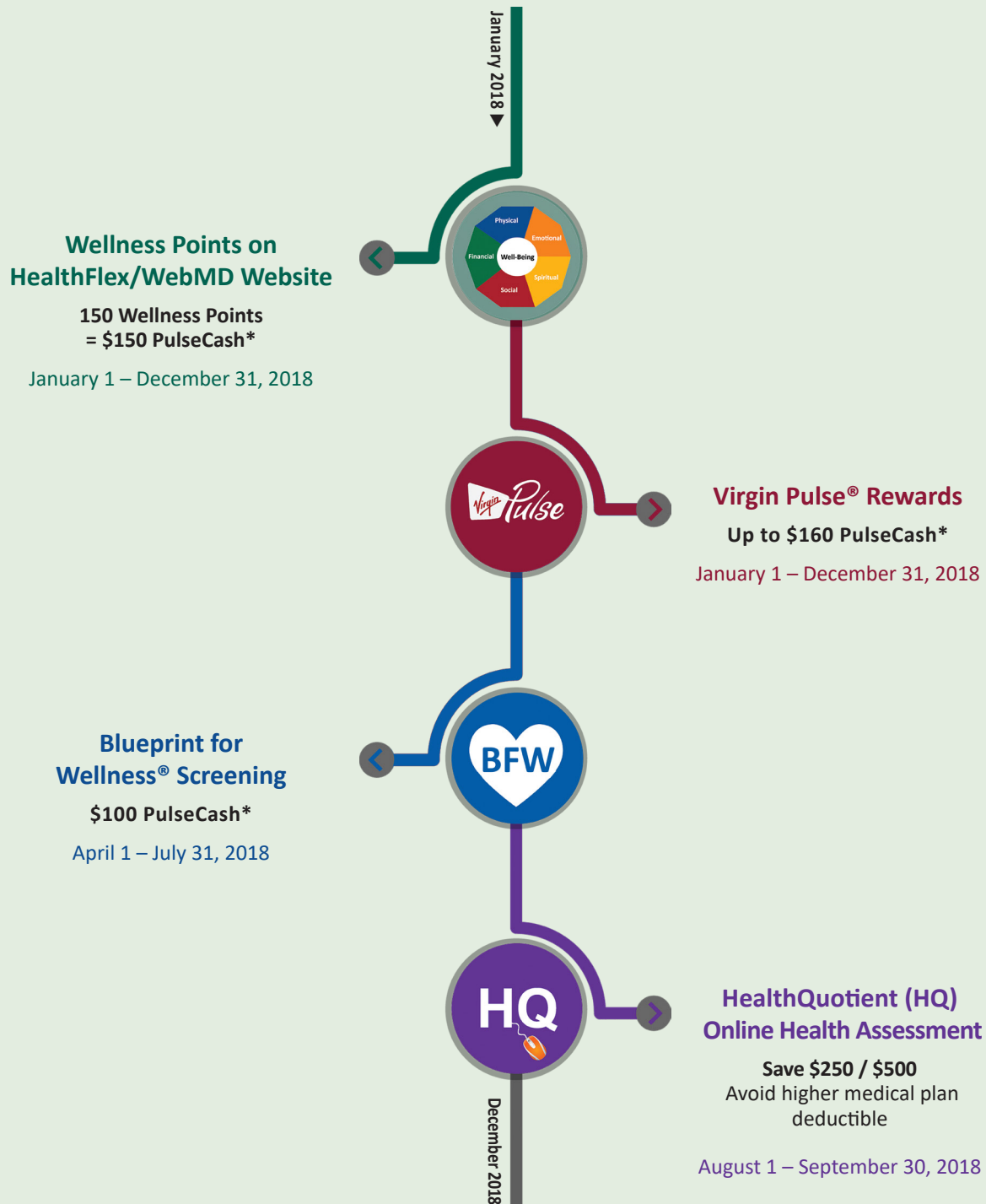
—CLERGY

"I've struggled with weight all my life. I still do. But my health coaches keep me motivated and help me find motivators to stay on the right track. I feel so much better and lighter. Thank you!"

—CLERGY SPOUSE

2018 Well-Being Incentives At-a-Glance

Follow this path for health, vitality and well-being



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