



HQ Is On—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 2019 HealthFlex deductible



Confidential—Your church, conference, employer and HealthFlex cannot see your HQ information and other health details

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 health coaching—to help you reach your well-being goals.

See *2018 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.

DEADLINE: SEPTEMBER 30

- Visit wspath.org and log in to HealthFlex/WebMD, or
- Use WebMD's **Wellness at Your Sidesm** mobile app



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