



## Time Is Running Out!

Web: [wspath.org](http://wspath.org) > HealthFlex/WebMD  
Mobile app: **WebMD Wellness At Your Side**

HQ IS ON! ENDS SEPTEMBER 30

## 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 WebMD's **Wellness at Your Side** mobile app.



**Cost-Saving**—Avoid paying an **extra \$250 (individual)** or **\$500 (family)\*** on your 2019 HealthFlex deductible.



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



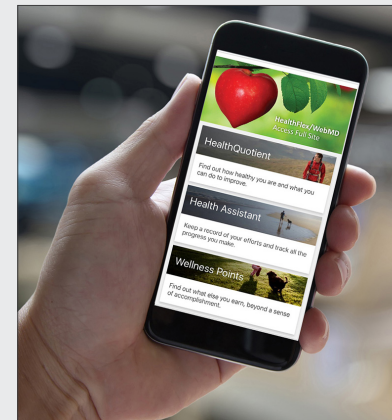
**Coaching**—Complete the HQ and you'll be eligible for personalized, phone-based health coaching, to support you reaching your well-being goals.



**Need Details?** See *2018 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 **Wellness At Your Side** mobile app for quick access to your HQ and other HealthFlex resources.

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**Wespath**

BENEFITS | INVESTMENTS



# HQ Ends September 30!

Save money • Improve your well-being



## Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

### Wespath Benefits and Investments

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