



Time Is Running Out!

HQ and BFW via web: wspath.org > HealthFlex/WebMD

HQ via mobile app: **WebMD Wellness At Your Side**—

Connection code: **HEALTHFLEX**

Don't Miss the HQ and BFW Deadlines

July 31 is your last chance to complete the **HealthQuotient (HQ)** and the **Blueprint for Wellness® (BFW)**. By completing both, you'll avoid paying an extra \$250 (individual) or \$500 (family)** on next year's HealthFlex deductible, you will earn \$100 PulseCash*—and you'll be eligible for personalized health coaching.

* Must be enrolled in Virgin Pulse to earn PulseCash.

** 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.

The IRS considers incentives taxable income. Please consult your tax adviser.



Wespath

BENEFITS | INVESTMENTS



HQ and BFW End July 31!

Earn \$100 | Save money
Improve your well-being



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Wespath Benefits and Investments

1901 Chestnut Avenue
Glenview, IL 60025-1604
wespath.org

Non-Profit Org.
U.S. Postage

PAID

Permit 85
Glenview, IL