



HealthFlex Summit—October 2019



Wespath

BENEFITS | INVESTMENTS

Maximizing Programs— Personally and Administratively HealthFlex Plan

Agenda



Virgin Pulse



**Blueprint for
Wellness**



**Resources and
Toolkits**

Virgin Pulse

EXECUTIVE DASHBOARD - HEALTHFLEX



Virgin Pulse

ENROLLMENT DASHBOARD - HEALTHFLEX

57% OF ELIGIBLES HAVE ENROLLED IN VIRGIN PULSE

▲ 1%

PERIOD ENROLLMENT CHANGE

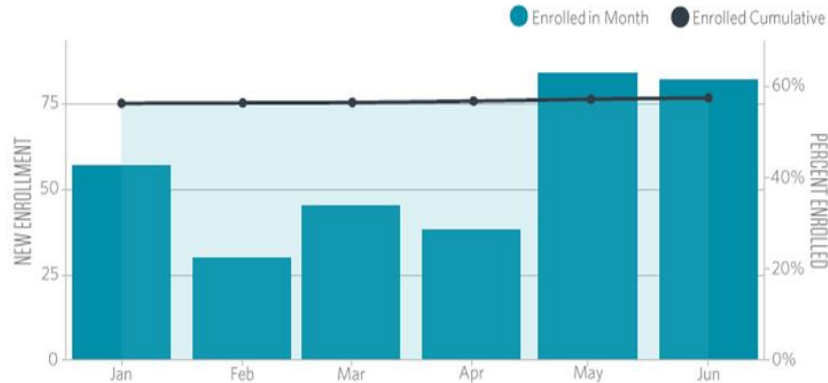
10,087

MEMBERS

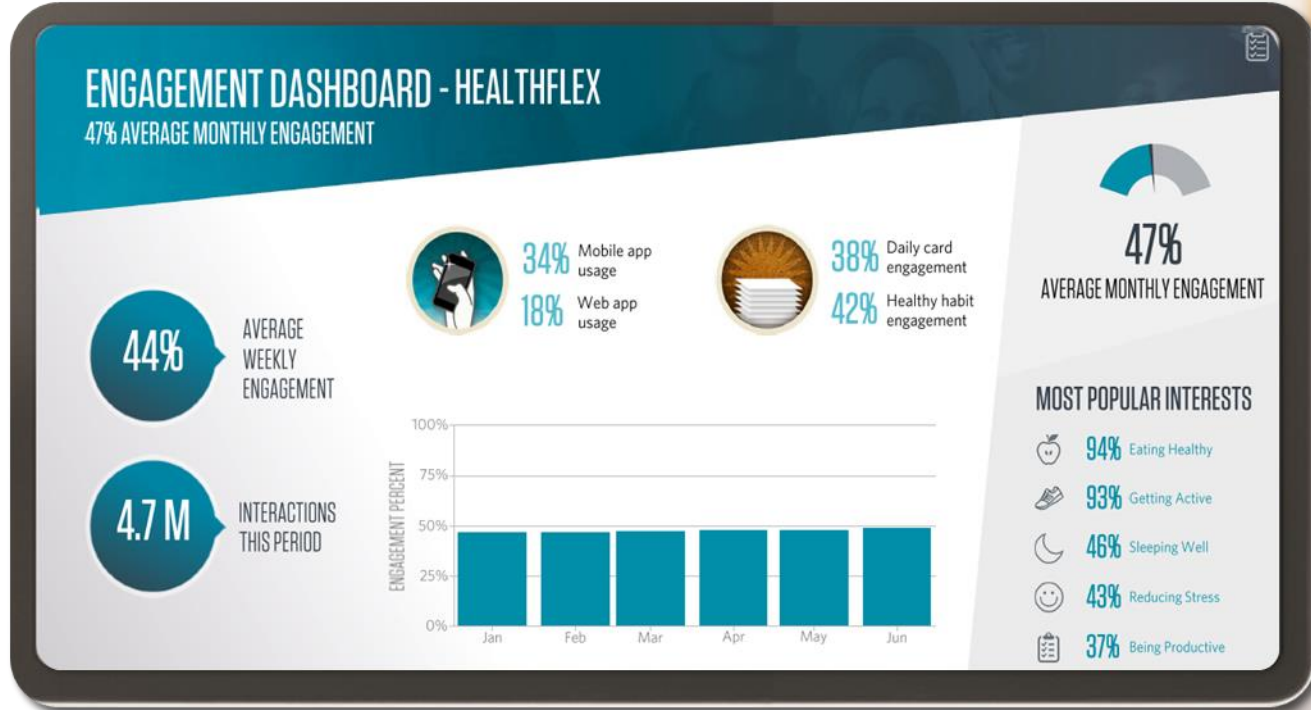
GENDER ANALYSIS



AGE PROFILE ANALYSIS



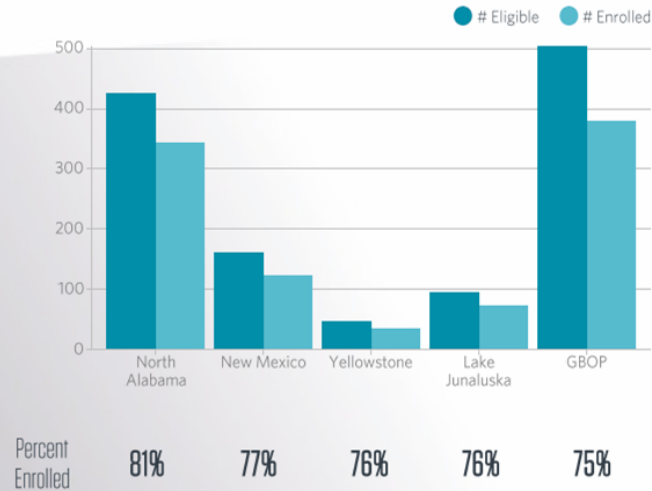
Virgin Pulse



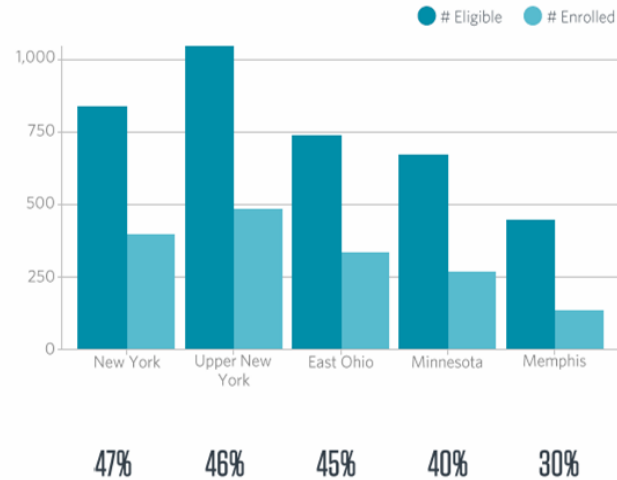
Virgin Pulse

ENROLLMENT: CONFERENCE ANALYSIS - HEALTHFLEX

5 BEST PERFORMING CONFERENCES



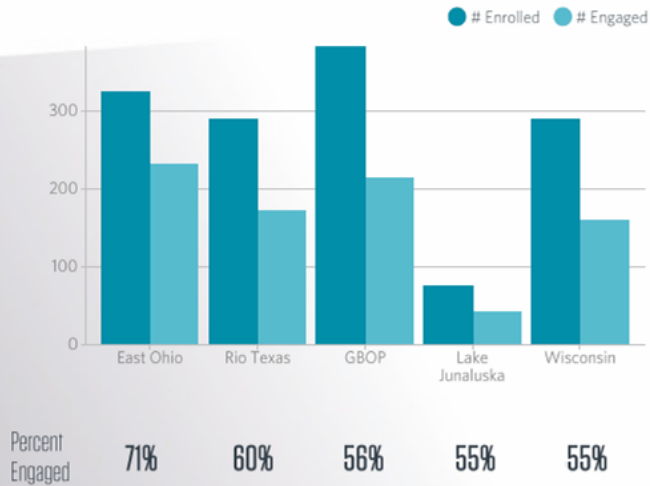
5 LOWEST PERFORMING CONFERENCES



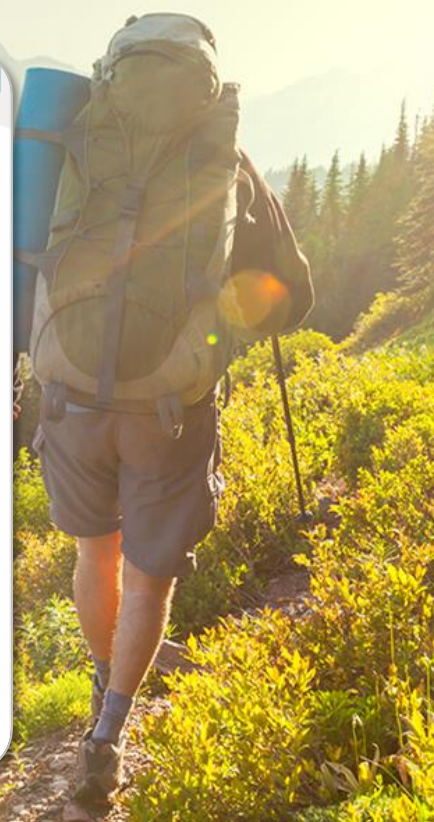
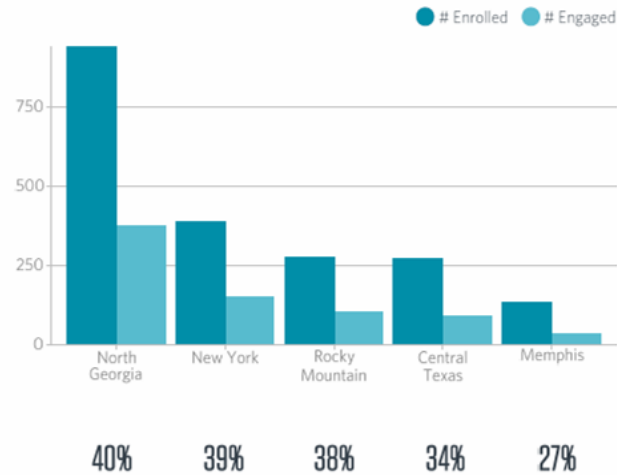
Virgin Pulse

ENGAGEMENT: CONFERENCE ANALYSIS - HEALTHFLEX

5 BEST PERFORMING CONFERENCES



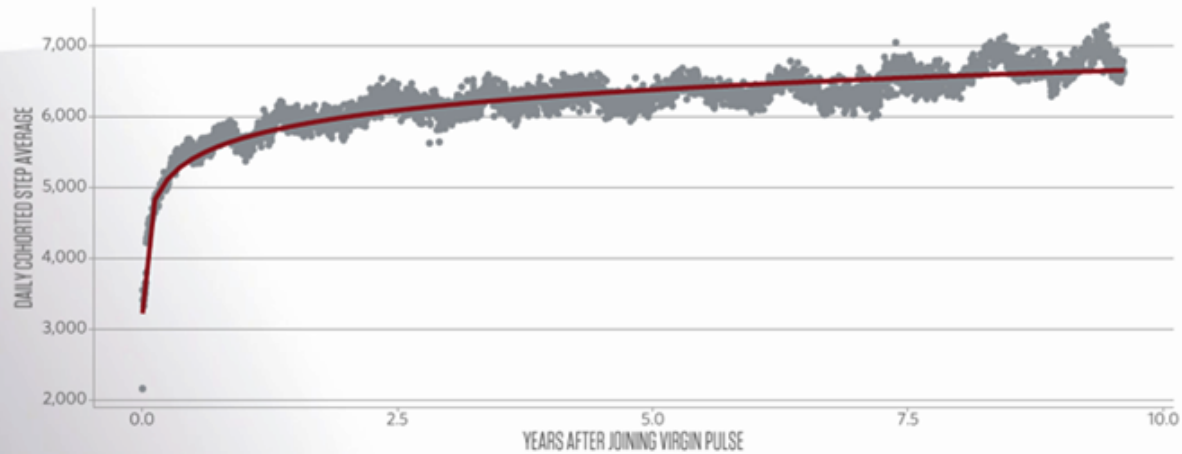
5 LOWEST PERFORMING CONFERENCES



Virgin Pulse

IMPACT ON INACTIVE EMPLOYEES

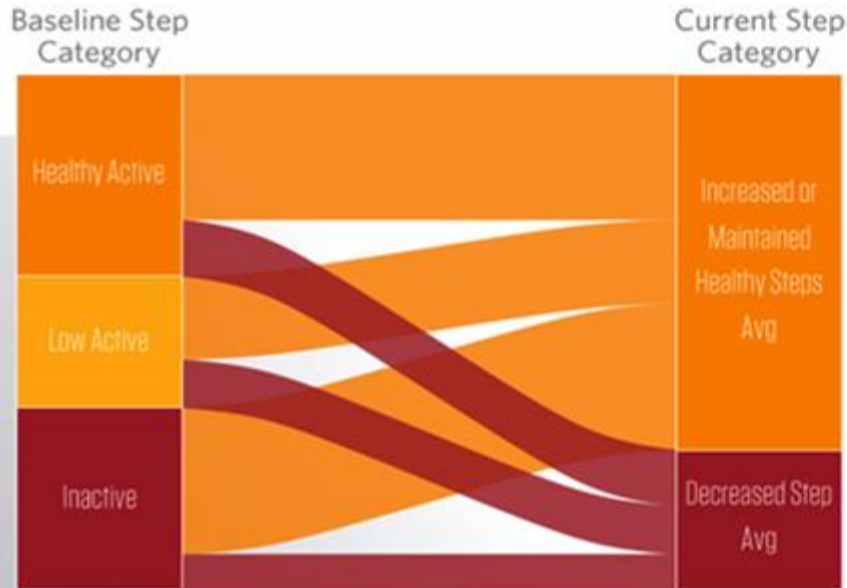
AFTER JOINING VIRGIN PULSE
AVERAGE INACTIVE (STARTING ~5,000) STEP SHIFT



Virgin Pulse

SHIFTS IN ACTIVITY

73% OF MEMBERS INCREASED OR MAINTAINED HEALTHY STEPS AVG



81%

OF HIGH-RISK, INACTIVE PEOPLE ARE MORE ACTIVE SINCE JOINING

63%

OF INSUFFICIENTLY ACTIVE PEOPLE ARE MORE ACTIVE SINCE JOINING

72%

OF ACTIVE PEOPLE ARE MAINTAINING THEIR HEALTHY LEVELS



Virgin Pulse—Outreach



ONGOING: CHECK OUT YOUR REWARDS COMMUNICATION

To encourage engagement and congratulate members for earning their third party rewards, Virgin Pulse is now sending an email to all HealthFlex members within 24 hrs of earning their BFW or WebMD PulseCash reward. This email encourages members to redeem their rewards, if they want – or donate to UMCOR.

WebMD Email Results

- Sent: 886 HealthFlex participants
- Open: 1,270 times (please note, one member could open the email 4 times and be included in this statistic 4 times)
- Clicks: 175



Congratulations!

You have earned \$100 PulseCash for completing your Blueprint for Wellness screening. Log in today to redeem your reward!

Don't want to redeem your reward? No problem! You can bank your rewards for as long as you are a Virgin Pulse member. If you are interested in giving back, you have the option to donate your PulseCash reward to UMCOR. This can be done directly through Virgin Pulse.

VISIT THE STORE TO REDEEM:



Browse around

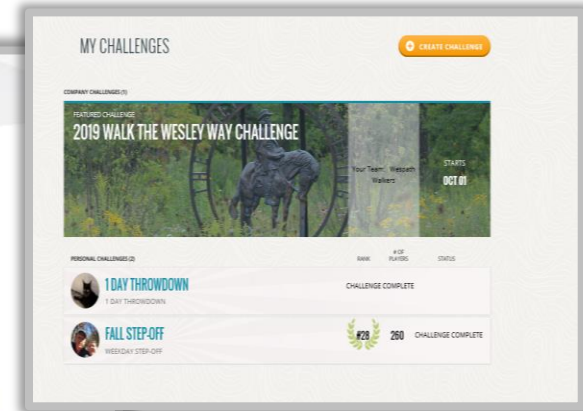
Use your PulseCash towards headphones, fitness and training accessories, home and healthcare solutions or you can purchase a tracking device.

Virgin Pulse—Outreach Custom Content

RECOMMENDATION: CUSTOMIZED CONTENT TO DRIVE ENGAGEMENT

Continue to build out the content that is available through the Virgin Pulse platform, customizing the content to align with Wespath's five dimensions of Well-being. Since Virgin Pulse already has a lot of standard content around physical, emotional, financial, and social well-being. We recommend beginning to build out the spiritual dimension.

- Custom Cards
- Custom Healthy Habit Tracking Challenge
- Custom Calendar Events
- Custom Challenges
- Custom Mobile & Site Pop Ups and Notifications



Virgin Pulse—Creating Your Custom Content

Social Connections

MY FRIENDS ADD FRIENDS

Adam M. Campus Pastor, 8017 NW hampton Rd KC MO 64152	Alan V. Pastor, Cheatham Memorial, Edgewood Texas	ALDANA A. Rev, Providence UMC in Salisbury	Alex C. IT, Glenview	Allan T. Retired
amarjit s.	Anaclet N. Global Mission Fellow, Young Adult Mission of the Global Ministries, Brazil	ANNE B. Sr. Strategic Planning/Ent Analytics Specialist, Enterprise Analytics, Glenview, IL	April W. Registered nurse, Margaret West Breast Center, Germantown, TN	Barbara M. HR Assistant , Human Resources , Glenview

Groups

GROUPS CREATE A GROUP

My Groups **Browse Groups** Group Invites

All Groups

	Pastors Counting Steps To stay healthy physically, mentally and spiritually! 6 Friends, 72 Members +2	JOIN US
	Walk Your Butt Off Walk your way to a healthier you by walking at least 8000 steps a day 3 Friends, 21 Members	JOIN US
	Moving More Getting 15 mins of walking in a day. 3 Friends, 54 Members	JOIN US

Virgin Pulse—Creating Your Custom Content

MY CHALLENGES CREATE CHALLENGE

COMPANY CHALLENGES (1)

FEATURED CHALLENGE
2019 WALK THE WESLEY WAY CHALLENGE
Your Team: Wesley Way Walkers
STARTS OCT 01

PERSONAL CHALLENGES (2)

- 1 DAY THROWDOWN**
1 DAY THROWDOWN
CHALLENGE COMPLETE
- FALL STEP-OFF**
WEEKDAY STEP-OFF
#28 260 CHALLENGE COMPLETE

OR

Calendar / Events

Challenges CREATE NEW CHALLENGE [Need Help?](#)

Step Challenges Habit Challenges

	Live (1)	Pending (0)	Completed (26)		
Challenge Name	Publish Date	Start - End	Participants	Creator	Options
2019 Walk the Wesley Way Challenge	Sep 20 2019	Oct 01 2019 - Oct 15 2019	Full Corporate Challenge	Edin Mahmudovic	

Personal Challenge

Invite up to

249 individuals

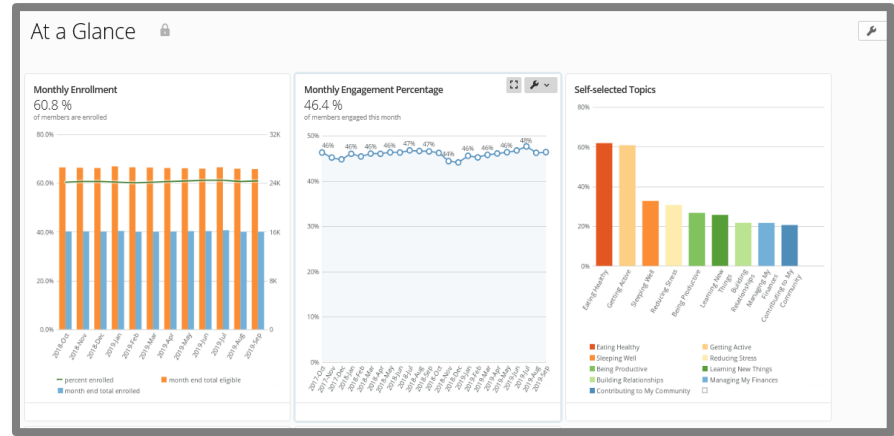
Plan Sponsor-wide Challenge

Invite everyone who is enrolled
in your group

Virgin Pulse—Demo



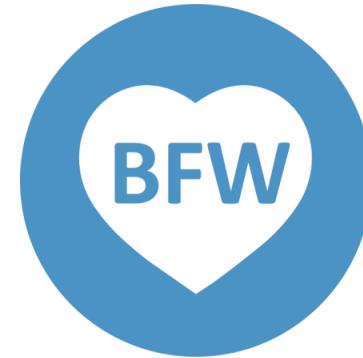
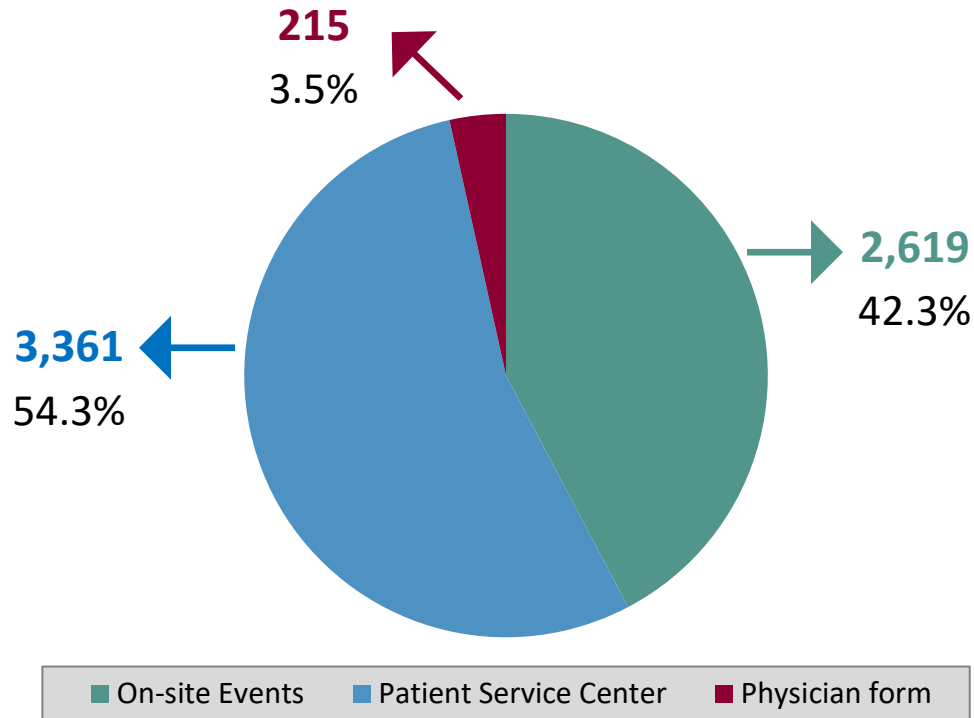
Virgin Pulse—Measuring Your Effort



Tons of Data!

Enrollment , Engagement, Level Achievement, etc.

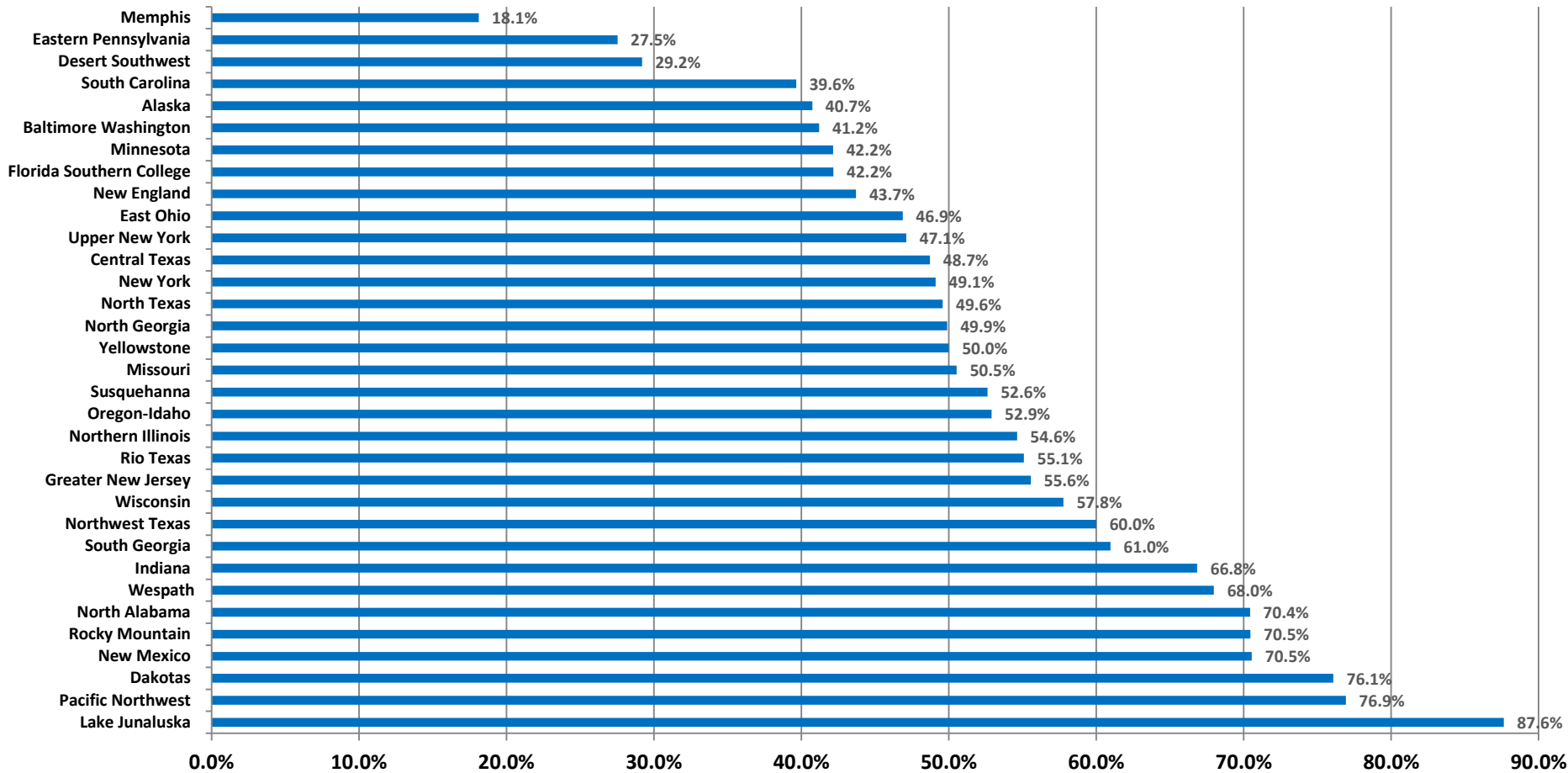
2019 BFW Completion



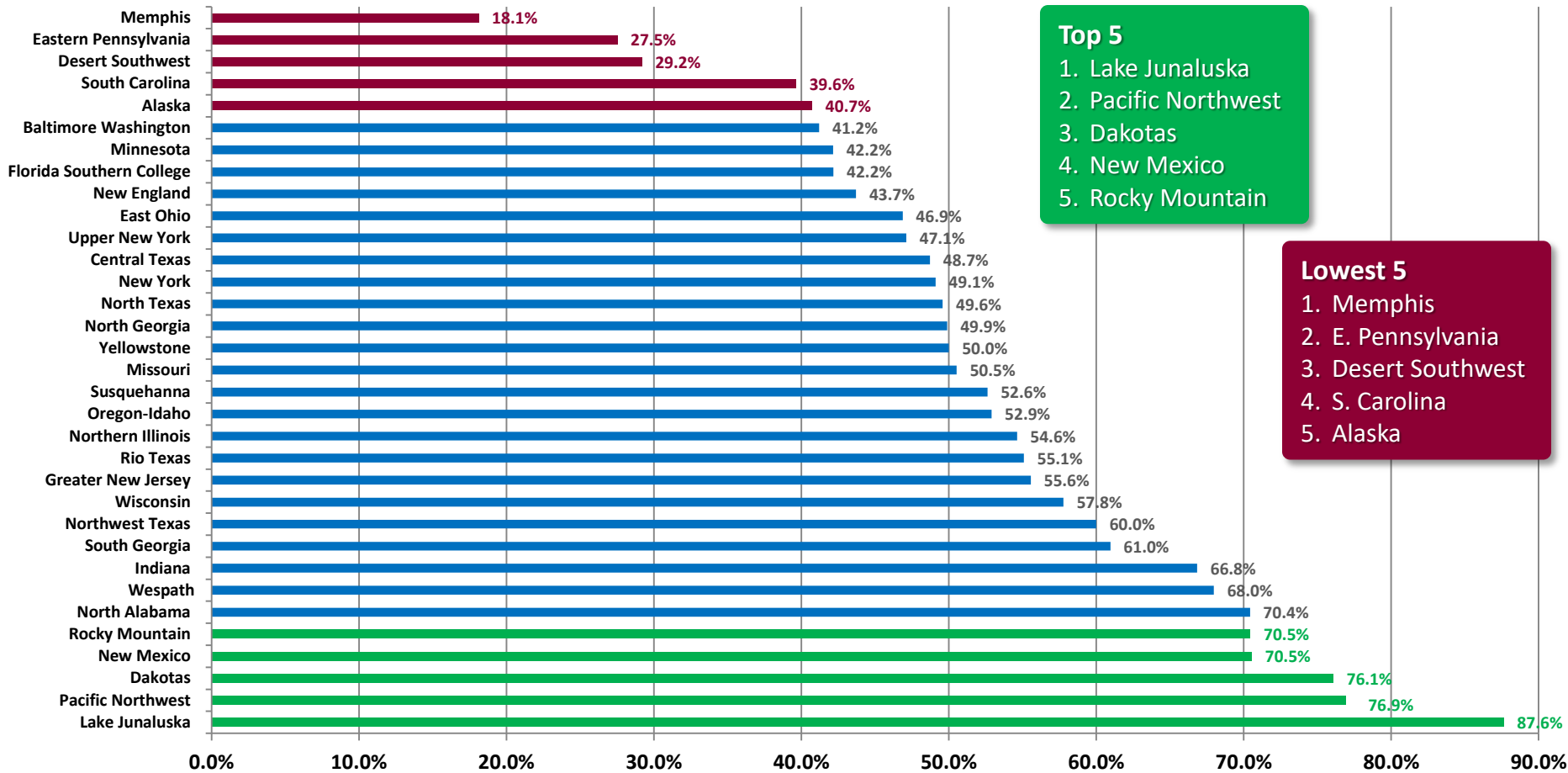
Total completed: **6,195**

Percentage of eligible completing: **52.20%**

Blueprint for Wellness



Blueprint for Wellness



Top 5

1. Lake Junaluska
2. Pacific Northwest
3. Dakotas
4. New Mexico
5. Rocky Mountain

Lowest 5

1. Memphis
2. E. Pennsylvania
3. Desert Southwest
4. S. Carolina
5. Alaska

Blueprint for Wellness—Information at Your Fingertips

Register for Quest grants access each year

The screenshot shows the 'Invitation Manager' registration page. It features two columns of input fields: 'User Information' and 'User ID'. The 'User Information' column includes fields for First Name (pre-filled with 'Joe'), Last Name (pre-filled with 'Tester'), Email Address (pre-filled with 'test@test.com'), and Date of Birth. The 'User ID' column includes fields for User Name, Password, and Confirm Password. A 'Create User Account' button is located at the bottom right of the form.

Sign in

The screenshot shows the 'Sign In' page. It features a 'Sign In' section with input fields for 'Username' and 'Password'. Below these fields are links for 'Forgot username or password' and a 'Submit' button. To the left of the sign-in section, there is a welcome message: 'Welcome to the Quest Health & Wellness Services Management System'. Below the welcome message, there are three numbered items: I. Unauthorized access to the application is prohibited. II. The company's security policy provides for the monitoring, collection and reporting of activity on company owned or leased computing resources. III. Any unauthorized activity observed could be subject to temporary or permanent access restrictions.

Search

The screenshot shows the 'Find Person' search page. It features a search form with input fields for 'Client', 'Last Name', 'First Name', 'Unique ID', and 'DOB'. There is also a 'Relationship' dropdown menu with a 'select' option. Below the search fields are 'Search' and 'Clear' buttons. The page includes a navigation bar with 'PARTICIPANTS', 'EVENTS', and 'REPORTS' tabs. In the top right corner, there is a user profile section with 'Welcome, Todd', 'Manage Profile', 'Logout', and 'Last Login: 1:17 PM (CDT) 8/15/2019'. At the bottom right, there is a footer: 'Powered by Quest Diagnostics Incorporated. All rights reserved. © 2019'.

Blueprint for Wellness—Information at Your Fingertips

BFW Quest Diagnostics Administrative Access

- Ability to **register/cancel** participants
- Check **participant status**—reported out
- Check the **number of on-site registrations** and **print registration sheet**



Blueprint for Wellness

Tips to Make Your Life Easier

- Plan to log in at the beginning of the year (January/February)
- Prepare to use an e-mail address for admin access that is *not* the one you use for your participant access
- Plan to add secondary contact information to serve as a back-up
- Carry your phone day of the screening (you might get a call from the lead examiner)



Blueprint for Wellness

Update on-site survey for 2020—with your feedback!



feedback

The word "feedback" is rendered in a large, bold, sans-serif font. Each letter is a different color: 'f' is green, 'e' is red, 'e' is blue, 'd' is yellow, 'b' is green, 'a' is red, 'c' is blue, and 'k' is yellow. The letters are slightly overlapping and have a soft drop shadow.

Resources and Toolkits

List materials available to them

- The key to access all of the information
 - Will be sent in advance of Annual Conference so that you can decide what materials you would like to offer your participants

Mini videos explaining how to

- Access well-being programs
- Take the HealthQuotient
- Register for Blueprint for Wellness, Virgin Pulse, NutriSavings
- See where to access HealthFlex benefits





Wespath

BENEFITS | INVESTMENTS