



HealthFlex Summit—October 2019



Wespath

BENEFITS | INVESTMENTS

What's New In Well-Being

Employee Assistance Program

- RFP in May/June
- Continue with Optum

WHAT'S NEW

- Phone number: 866-881-6800
- Dedicated team
 - On-boarded to know UMC
 - Unique challenges of being clergy

Updated 150 Wellness Points

For 2019

- Registering for EY Navigate—30 points

For 2020

- Include points for completing the HealthQuotient
- More points for Benefits Access self-service
- Taking the EY confidence check-up
- Success stories are back



Well-Being Incentives to UMCOR

- Well-Being Incentives can now be donated to UMCOR
- Linking incentives to charitable giving
- Virgin Pulse book of business can donate to UMCOR



Well-Being Grants

HealthFlex will grant conferences **up to \$2,500** to **help improve the well-being** of conference members

- Applications are available and due December 31 for 2020
- 5 annually
- Must present at a HealthFlex Summit to share how conference implemented the grant and impact



WW (Weight Watchers)

- Participants will register on-line
- Eliminate the need to call WW customer service to register
- Recurring billing
 - Participant signs up on line with their credit card
 - Billed monthly until they call WW to discontinue
- HealthFlex still pays 50% of registration fees
- Improved WW reporting



NutriSavings

| | |
|-----------------------------|---|
| Last day | Thursday, October 31 |
| Last day to register | Friday, September 27 (wellness points) |
| Rewards | <ul style="list-style-type: none">• Link ACH or PayPal account (takes 10 days to confirm)• EdenRed will send a check |



2019 Clergy Well-Being Survey

January 7 – February 23

1,240 clergy completed (31%)



PHYSICAL



FINANCIAL



EMOTIONAL



SPIRITUAL



SOCIAL

Wins

- Physical activity
- Vacation days
- Sense of purpose
- Financial knowledge and preparedness

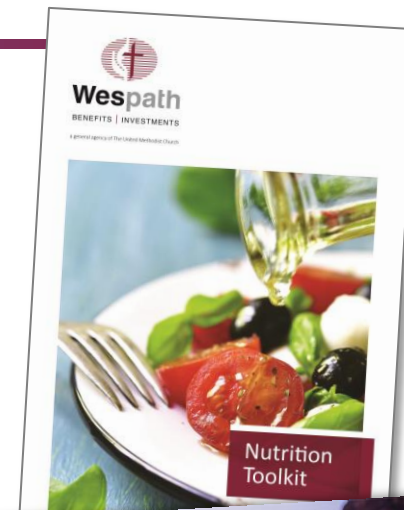
Improvement Areas

- Nutrition
- Emotional health—depression and spiritual well-being—find work worthwhile
- Harmonious
- Peaceful and productive

Other Updates

- **Nutrition toolkit**
- **Sifting Through the Facts webinars**

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|--|---|
| Tuesday, October 29 2 p.m. | Tuesday, November 5 2 p.m. |
| HealthFlex Exchange: Making the Best Choice for You | Finance 101 |
| Registration link on wspath.org— search: Sifting Through the Facts | |



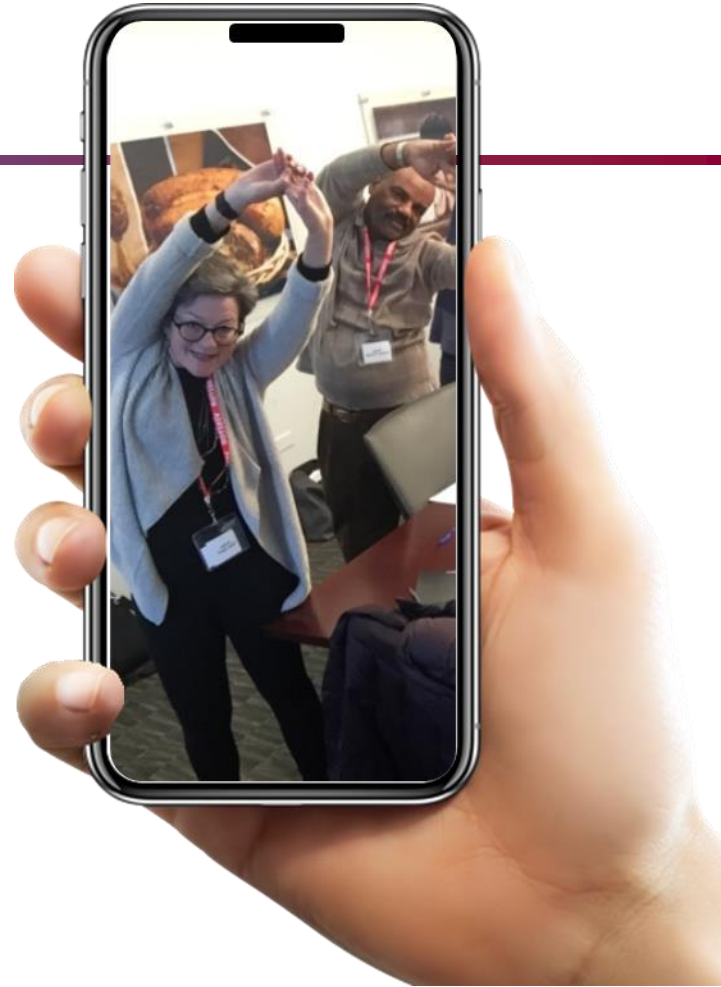
Other Updates

How to Videos

- Short videos on how to access your well-being benefits



Stretch Break Selfies



**HealthFlex/Wespath
positively impacts the
health and productivity
of those who serve
the UMC**





Wespath

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