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On January 1, it will be easier to access HealthFlex's award-winning well-being programs. The programs will be the same, but you will now access them through Virgin Pulse™—the popular HealthFlex activity-tracking website and app.

As always, you can **still earn up to \$410 per person\*** if you take the recommended steps to improve your well-being. You will just access the programs in a different way—through Virgin Pulse instead of HealthFlex/WebMD. Here are a few things you should know:

- Some of the programs have new names. Wellness Points are now called **Wellness Credits**. When you reach 150 Wellness Credits, you receive \$150 in Pulse Cash\*.
- HealthQuotient or HQ, the online health assessment tool, is now called **Health Check**.
- One-on-one **health coaching** is now available through Virgin Pulse. Just as in prior years, certified professionals work with you over the phone to help you achieve your health goals.

For more information about your well-being programs and their new home in Virgin Pulse, [click here](#). Please be on the lookout for more information and exciting news soon!

You will also continue to have access to programs for tracking activity and healthy habits, diabetes prevention, health screenings, emotional health support, and weight management tools via Virgin Pulse.

**To access Virgin Pulse**, log in to your account at [virginpulse.com/login](https://virginpulse.com/login) or via the Virgin Pulse app. If you don't already have an account, register at [join.virginpulse.com/wespath](https://join.virginpulse.com/wespath).

*\* Participation in well-being programs is voluntary. You must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.*

a general agency of The United Methodist Church



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