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**Wespath**  
BENEFITS | INVESTMENTS

Dear participant

Each year, as HealthFlex participants you and your spouse can each earn a **\$100<sup>1</sup> reward incentive** and save money on health plan deductibles simply by taking **Blueprint for Wellness<sup>®</sup>** and the **Health Check**. As an advocate for your health and well-being, Wespath wants to help you stay healthy while helping you earn and save money through HealthFlex well-being programs.

According to our records, you and/or your spouse have not earned the full incentive dollars or savings on your 2022 deductible.

## Participant 1

**Completion of Blueprint for Wellness: NO**

**Completion of Health Check: YES**

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## Participant 2

**Completion of Blueprint for Wellness: NO**

**Completion of Health Check: NO**

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**Total potential Pulse Cash to earn: \$200**

**Total potential higher deductible in 2022: \$500<sup>2</sup>**

*Don't miss out on earning your full incentives. The deadline for both the Blueprint for Wellness and the Health Check is August 31.*

## Blueprint for Wellness

HealthFlex participants can schedule the Blueprint for Wellness<sup>3</sup> by logging in to your Virgin Pulse® account at [virginpulse.com/login](https://virginpulse.com/login) or via the app, selecting the “Benefits” tab on the home page, then searching for Quest Blueprint for Wellness Screening. You can also call 1-855-623-9355 to register:

- **At a Quest lab**—To schedule an appointment at a Quest lab, select “Schedule a Screening.” After verifying your information, you can choose when and where to schedule your screening. Quest has implemented additional safety precautions at local labs to help you stay safe.
- **At-home**—The Self-Collection Kit is a simple finger stick test you can complete at home. Just choose the “At-Home Test” option to order the materials.
- **At your doctor**<sup>4</sup>—Choose “Physician Results Form,” bring the form to your doctor and follow the directions for submission.

**Important:** In order to receive your \$100<sup>1</sup> incentive, you must register with Virgin Pulse.

## Health Check

Take the Health Check by logging in to your Virgin Pulse account, selecting the “Health” tab and then choosing the Health Check. You do not need to take the Blueprint for Wellness first. Your Blueprint for Wellness results will populate in the Health Check 2-10 days after your screening has been completed. The deadline for both the Blueprint for Wellness and the Health Check is August 31, so don’t wait!

Sincerely,

Wespath Benefits and Investments

*Participation in wellness programs is voluntary.*

<sup>1</sup>*The \$100 incentive is in the form of Pulse Cash. Pulse Cash is considered taxable income. Consult your tax advisor.*

<sup>2</sup>*If your spouse is in HealthFlex, he or she also must take the Health Check in order for your household to avoid the higher deductible.*

<sup>3</sup>*Rewards for participating in a wellness program are available to all HealthFlex participants. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means.*

Contact us at [incentiverequest@wespath.org](mailto:incentiverequest@wespath.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

<sup>4</sup>*If the screening is not coded as preventive, the test may be subject to co-payments, deductible or co-insurance.*

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a general agency of The United Methodist Church



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To contact Wespath Benefits and Investments, [click here](#).