

HealthFlex Reminder—August 31 Deadlines

If you're in HealthFlex and haven't yet completed the *Health Check health survey* (formerly "HealthQuotient" or "HQ"), time is running out. You have until **August 31** to complete this quick survey. Important: Take the Health Check to avoid paying a higher deductible next year. *(If your spouse is in HealthFlex, he or she also must take the Health Check to avoid the higher deductible.)*

More information is in these letters/emails that were sent recently to participants who had not yet completed the Health Check.

- If you're enrolled in Virgin Pulse®, read [this](#).
- If you're not enrolled in Virgin Pulse, read [this](#).

Blueprint for Wellness®—Also Ends August 31

The deadline to take the Blueprint for Wellness and earn \$100 in Pulse Cash (through Virgin Pulse) also is **August 31**.

- **Blueprint for Wellness** is a biometric screening that involves a blood draw, followed by lab analysis. More details are [here](#).

You can take the Health Check and register for Blueprint for Wellness through the Virgin Pulse mobile app or [website](#).