[CClick here](https://a18814.actonsoftware.com/acton/rif/18814/e-0cb5-2112/-/l-tst%3A34/l-tst/showPreparedMessage?sid=TV2:1oTqrPTip) to view this message in a browser window.



# HealthFlex rewards your commitment to health and well-being. Participants who accumulate 150 Wellness Credits in Virgin Pulse® by December 31 earn $150— including spouses covered by HealthFlex.\*

Make sure [**you’ve signed up for Virgin Pulse**](https://member.virginpulse.com/register/#/welcome?userToken=jEWvmVEPIHcx4EfSx%2F0eL%2BIFJjr1Q8CnwWQ6Gp7%2FD3UeJJG2OT2KLLvjU7%2Fl5tZR&sponsorId=264089)or you’ll miss out—participants must be enrolled at the time the incentive is awarded!

# Here are ﬁve activities to help you earn the incentive:

**Take the** [**EY Conﬁdence Checkup**](https://wespath.eynavigate.com/login?returnUrl=%2Fsecure%2Fuser-profile%2Faccount-activity#/auth/login)

Evaluate your ﬁnancial well-being in less than 10 minutes. After logging in:

* Click  , then select “**Account Activity**,” *OR*
* Click  , then choose “**Proﬁle**,” then select “**Account Activity**.”

# Register or log in to [Beneﬁts Access](https://my.benefitsaccess.org/login)

While you’re there, update your contact information or beneﬁciaries. Go to **Take Action> Update Personal Data**.

**Complete a Virgin Pulse coaching call (can earn up to 150 Credits)** Meet with a Virgin Pulse health coach on a variety of lifestyle management topics such as eating healthy or getting active. A Virgin Pulse health coach also can help you navigate health situations such as anxiety and depression, diabetes or heart health. Appointments can be scheduled through your Virgin Pulse account.

# Access the Employee Assistance Program (EAP) for emotional counseling

To access the Employee Assistance Program, log in to your Virgin Pulse account, click on the **Beneﬁts** tab, then search Optum Employee Assistance Program (EAP). The EAP provides conﬁdential counseling and support to help manage issues in your

personal or professional life. With the EAP you also have access to Talkspace, which allows you to text or video chat with a licensed therapist.

# Complete a Journey

Log in to your Virgin Pulse account and select **Journeys** from the **Health** tab. Complete the Journeys for your choice. Wellness Credits will be awarded upon completion of a Journey.

Wellness incentives are deposited to your Virgin Pulse account, and can be cashed out as gift cards, deposited into your bank account or donated to UMCOR.

See how many Wellness Credits you’ve earned and learn about additional opportunities to earn Credits in [VVirgin Pulse](https://iam.virginpulse.com/auth/realms/virginpulse/protocol/openid-connect/auth?client_id=genesis-ui&redirect_uri=https%3A%2F%2Fapp.member.virginpulse.com%2F&state=fd2b192d-5ffe-48d1-8127-aab213ab5bb1&nonce=c4057426-16e8-40da-8673-4794c50c1eb0&response_mode=fragment&response_type=code&scope=openid)—log in and click **Rewards** (**My Rewards** on your computer).

*\*The IRS considers incentives taxable income. Please consult your tax adviser. Participation in HealthFlex well-being programs is voluntary. Spouses may not be eligible for some point earning activities.*

a general agency of The United Methodist Church



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