*Use the language to create an email or publish in a newsletter.*

Don’t forget to complete the Health Check online assessment and the Blueprint for Wellness® health screening by **August 31**. When you complete the Health Check you avoid a higher HealthFlex deductible in 2023 and when you complete the Blueprint for Wellness you earn $100 Pulse Cash.

**Health Check**

To take the Health Check, [**log into your Virgin Pulse® account through the website**](https://app.member.virginpulse.com/#/health-ui/) or app, select the “**Health**” tab and then choose “**Health Check**.”

If you have a spouse who also is covered by HealthFlex, you both must [**take the Health Check**](https://app.member.virginpulse.com/#/health-ui/) to avoid a higher deductible. The higher deductible will be $250 extra for individual coverage and $500 extra for family coverage in 2023.

**Blueprint for Wellness**

Schedule the Blueprint for Wellness by logging in to [**your Virgin Pulse account online**](https://app.member.virginpulse.com/#/benefits) or via the app, selecting the “**Benefits**” tab and searching for Quest Blueprint for Wellness Screening. Or call 1-855-623-9355 to register.

Here are a few important reminders about the Health Check and Blueprint for Wellness:

* You must be registered with Virgin Pulse to take the Health Check and registration also is required at the time of your Blueprint for Wellness screening to receive the $100 Pulse Cash. If you or your covered spouse have not yet registered for Virgin Pulse, [**sign up here**](https://a18814.actonsoftware.com/acton/ct/18814/s-03e8-2204/Bct/l-03f0/l-03f0:14e4/ct4_0/1/lu?sid=TV2%3AJAuRUaish).
* The $100 Pulse Cash is awarded in your Virgin Pulse account, and can then be deposited into your bank account, cashed out as gift cards or donated.
* One more time: The deadline is **August 31**.

Please disregard this message if you and your spouse (if covered) have already taken the Health Check and Blueprint for Wellness this year.

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