



HealthFlex Health Benefits



**Wespath**

BENEFITS | INVESTMENTS

# Plan Sponsor Conference Calls

## August 2022

# Agenda

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- Blueprint for Wellness and Health Check—Final Push!
- VP Challenge in October
- Mental-Emotional Well-Being Resources
- Annual Election is Coming!
  - Webinars (standard, custom)
  - Reports (mentimeter, are you looking at them)
- Via Benefits updates
- Administrative updates

# Health Check and Blueprint for Wellness

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- Thank you for your partnership!
- Final push for August 31 deadline
  - Final interim completers' report sent last week
- BFW onsite events back
  - 16 plan sponsors hosted 32 events
    - 1,030 participants screened at onsite events
  - Please consider an on-site event in 2023
- Final completion reports: late Sept.
  - Mentimeter poll



# A Few Reminders

- Health Check—
  - Complete via Virgin Pulse app or browser
  - Avoid a higher deductible in 2023 (\$250 individual, \$500 family)
- Using the results
  - Blueprint for Wellness MyGuide Report: view results and learn about your health
  - Health Check highlights risks that can't be measured by a blood test
  - Resources are highlighted based on results (e.g. Omada chronic disease prevention and diabetes management)

Health Check

Everyday You

Energy & You

Your Body & You

Additional Questions

**Welcome!**

**Here's how it works:**

- Take a quick survey
- Receive a health summary
- See how you're doing in key areas
- Unlock fun ways to improve

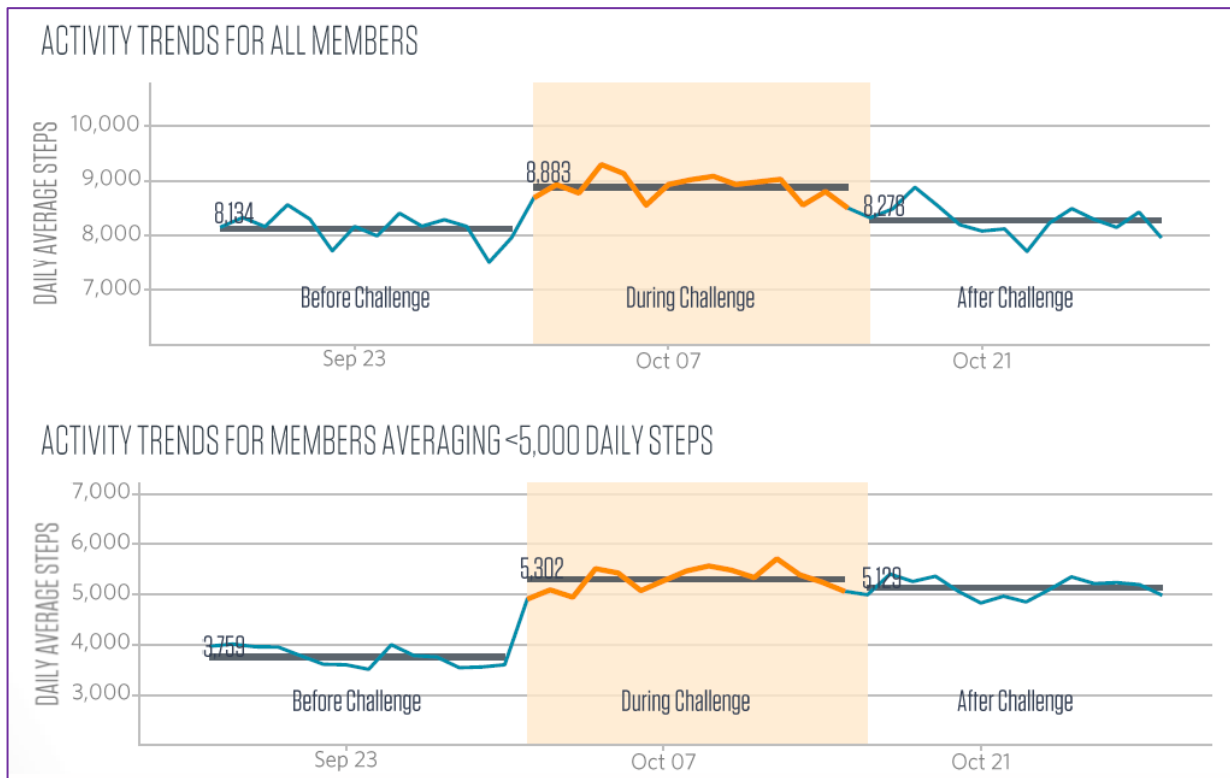
# Virgin Pulse Challenge

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- Walking challenge: 10/3 – 11/1
  - Fall into Fitness theme
  - Teams of 5
  - Extra points for top 3 teams and individuals averaging 7,000+/day
- Registration opens 9/23
- Please share social media posts (FB) leading up to the challenge
- Great way to engage new enrollees!



# Challenges Increase Activity





# Virgin Pulse Reminders

- All new enrollees receive a \$28.99 device credit
  - New Max Buzz or apply to device of choice
- TONS of ways to earn points and engage in the program
- Updated content
  - Whil is now: RethinkCare
    - Four modules help change habits, reduce stress AND earn Pulse Points
  - WW is WeightWatchers—same great program

**There's something for everyone.**

"I'm focused on physical activity and fueling for energy, but also care about my overall well-being."

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy. I also track sleep."

**Which focus area do you align with?**

HealthFlex Well-Being Programs can help you earn rewards and work toward achieving personal goals! Pick your well-being focus area and make the most out of your own journey.

**Earn up to \$410 in 2022 for prioritizing your well-being**

- Accumulate 15,000 points per quarter to earn \$40 in Pulse Cash, for up to \$160

| GOAL: Physical Activity   |                      | GOAL: Emotional Well-being   |                      |
|---|----------------------|--|----------------------|
| Annual Wellness Credit Opportunities  | Credits Earned       | Annual Wellness Credit Opportunities   | Credits Earned       |
| Complete the Health Check   | 35                   | Complete the Health Check  | 35                   |
| Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)      | 150                  | Access the EAP for Work/Life Services  | 15                   |
| Complete a Journey (earn 15 credits each, 3x/year)                              | 45                   | Access the EAP for Emotional Counseling  | 15                   |
| <b>Program Total</b>  | <b>230</b>           | Adopt a new spiritual practice for 1 month   | 15                   |
| <b>Quarterly Virgin Pulse Point Opportunities</b>                               | <b>Points Earned</b> | Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)                           | 150                  |
| <b>General</b>  |                      | Meet with an EY Financial Planner for at least 5 minutes   | 25                   |
| Set your interests (Suggestions: Getting Active, Eating Healthy, Sleeping Well) | 400                  | Submit a success story   | 20                   |
| Set a Well-Being Goal (annual earning opportunity)                              | 400                  | Complete a Journey (earn 15 credits each, 3x/year)   | 45                   |
| <b>Daily Actions</b>  |                      | <b>Program Total</b>   | <b>320</b>           |
| Complete 2 Daily Cards, 30 days/month   | 3,600                | <b>Quarterly Virgin Pulse Point Opportunities</b>  | <b>Points Earned</b> |
| Track 3 Healthy Habits from Getting Active, 30 days/month                       | 2,700                | <b>General</b>   |                      |
| <b>Physical Activity</b>  |                      | Set your interests (Suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use) | 400                  |
| Take 7,000 steps/day, 20 days/month   | 4,200                | Set a Well-Being Goal (annual earning opportunity)   | 400                  |
|   |                      | <b>Daily Activities</b>  |                      |
|   |                      | Complete 2 Daily Cards, 30 days/month  | 3,600                |

# Mental Health Update

**HealthFlex offers a robust suite of emotional well-being programs, BUT.....**

- Participants might not be aware of all the programs that are available
- It can be challenging to determine what programs to use and how to access them
- Continued feedback that the EAP isn't always the best fit for everyone





# New: Interactive Mental Health Resource Guide

- Interactive PDF captures all emotional well-being programs in one place
- A tool to aid members in selecting the program(s) that are the best fit
- Gives instructions to make it as easy as possible when the member is ready to engage in the programs





Questions?

# Annual Election for 2023: November 2-17

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Mark your calendars!  
Elections at  
[benefitsaccess.org](https://benefitsaccess.org)



# Annual Election Notes

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- ✓ Thank you for sending your Exhibits!
- ✓ ALEX will be ready for AE mid-September
- ✓ No plan changes for 2023
- ✓ One-stop AE information site planned
- ✓ At least 2 general webinars plus a home mailer planned in October (contact Bob if you'd like a targeted webinar)
- ✓ AE Reporting (final reports early December)



# Via Benefits Updates

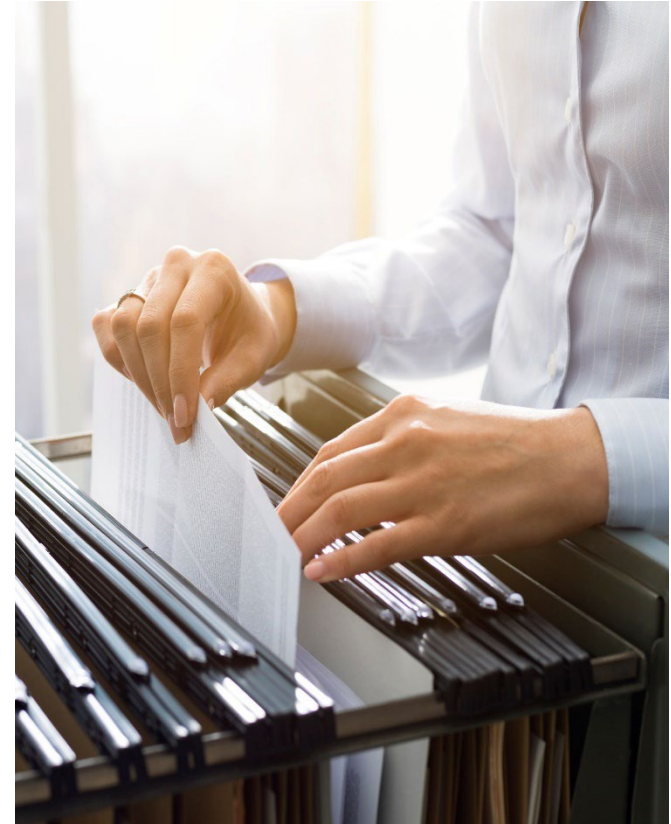
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- Resources

- Policy Template provided
- Updated Plan Document and Compliance Checklist coming soon

- Health Reimbursement Account Updates for 2023

- Look for e-mail request from Lunyé Banks early September
- Those intending to make changes receive a template
- Deadline for completion: second half of September
- Template (monthly amounts) and deadline are critical





# Administrative Updates

- Q2 Claims Reports: August 10
- HSA Q2 Reports: August 16
- Civil Partner Coverage/Exhibit D
- **In development:** education for various transitions to Medicare





Questions?

# HealthFlex Summit: October 13-14

*please*  
JOIN US





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