



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



EARN REWARDS When You Complete the Health Check and Blueprint for Wellness® Screening

Blueprint for Wellness (BFW)

Earn \$100 and up to 140 Wellness Credits

The BFW screening provides a snapshot of your current health measurements and tests for common health risks. The screening includes a blood draw and a few measurements (blood pressure, height, weight and waist circumference).

Register Now:

Online: Log in to your **Virgin Pulse** account, select the “**Benefits**” tab and search Quest® Blueprint for Wellness Screening.

By Phone: 1-855-623-9355

Employer group: **United Methodist Church** or **HealthFlex**

Health Check

Avoid a Higher 2024 Deductible and Earn 35 Wellness Credits

The Health Check is an online assessment that identifies lifestyle risks around nutrition, sleep, activity, stress and more. It’s quick, easy and confidential.

Take the Health Check Now:

Log in to your **Virgin Pulse** account, select the “**Health**” tab and choose the Health Check.

You and your HealthFlex-covered spouse must both complete the Health Check to avoid a higher deductible in 2024.

Participation in wellness programs is voluntary.

EARN \$100* and avoid paying a higher deductible in 2024

Deadline: August 31, 2023



Blueprint for Wellness® Screening



Health Check

Scan the QR code to log into
Virgin Pulse® and get started.

New to Virgin Pulse?

Visit join.virginpulse.com/wespath
to get started!

Get started now



**Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.*

Wespath Benefits and Investments

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