



Wespath

BENEFITS | INVESTMENTS



HEALTHFLEX PROGRAMS

For Your Well-Being

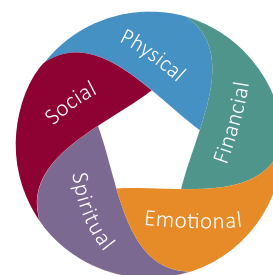
Learn more at wespath.org
(log in to **HealthFlex/WebMD**)

a general agency of The United Methodist Church

Welcome to HealthFlex

Far more than health coverage—HealthFlex includes a comprehensive focus on well-being, with programs that encourage healthier living along physical, emotional, spiritual, social and financial dimensions.

You won't pay extra for most of these opportunities—in fact, you can actually earn incentive dollars for many of the activities!



5 Dimensions of Well-Being

HealthFlex Programs to Enhance Well-Being



HealthFlex/WebMD website—Your reference point to vendor partner websites, benefits information, health tools, wellness success stories, videos and more. Start at wespath.org; select “HealthFlex/WebMD” and log in.



Health Coaching (WebMD)—Confidential, phone-based coaching helps you stay on track toward achieving well-being goals.



MDLIVE—Consult with physicians by phone, secure video or mobile app when your regular provider is unavailable.



Virgin Pulse—Monitor daily physical activity and healthy habits and learn new well-being tips and hints every day. You'll earn “PulseCash” too.



Employee Assistance Program (EAP)—Contact the EAP for confidential counseling related to work, relationships, family life and more. (Eight EAP sessions at no cost.)



Work/Life Services—Phone-based representatives help you find local resources for child care, elder care, legal needs and more; especially helpful during appointment changes/relocation.



WeightWatchers®—HealthFlex offers a 50% subsidy on WeightWatchers membership fees for local meetings and WeightWatchers OnlinePlus.



Diabetes Prevention Program—Online program for those at risk for diabetes, heart disease or with non-insulin dependent diabetes.

Other Features to Enhance Well-Being



Take advantage of additional resources offered by Wespath.

- **Dimensions newsletters and bulletins** offer quick tips on topics like prediabetes, walking and improved connectedness, as well as success stories for inspiration.



- **EY Financial Planning Services¹** supports financial well-being with confidential consultation about budgeting, saving for retirement, managing debt and more.



- **Health Team** is Wespath's dedicated customer service group for HealthFlex participants. Call **1-800-851-2201**.

¹ EY services are available at no cost to active participants and surviving spouses with an account balance in Wespath-administered plans, and to terminated and retired participants with an account balance of at least \$10,000. Costs for these services are included in Wespath's operating expenses that are paid for by the funds it administers.

HealthFlex Incentives At-a-Glance

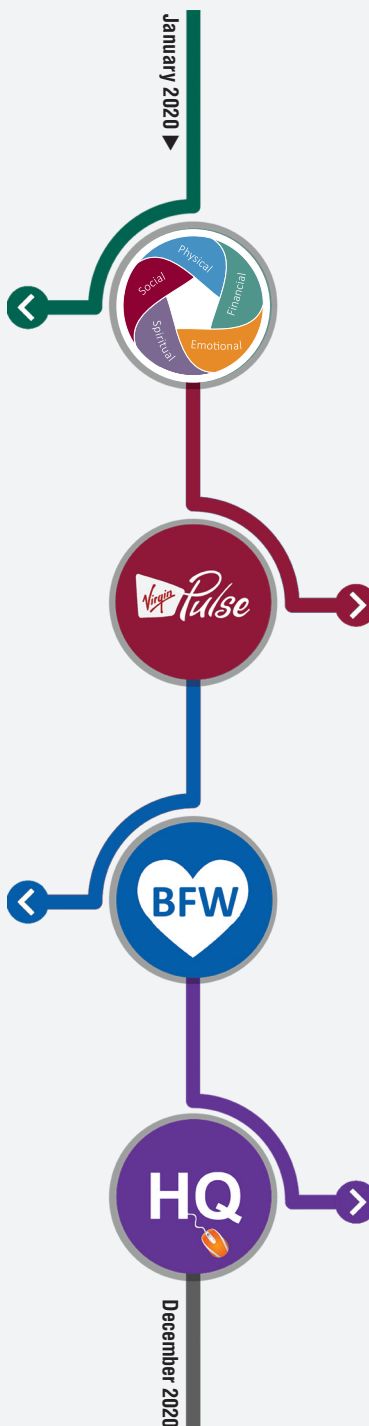
Follow this path for health, vitality, well-being—and rewards!

Earn up to \$410 in PulseCash

Wellness Points on HealthFlex/WebMD Website

January 1 – December 31, 2020

150 Wellness Points = \$150 PulseCash²—earn Wellness Points through activities that support your well-being across all five dimensions.



Virgin Pulse Rewards

January 1 – December 31, 2020

Get moving with Virgin Pulse—a streamlined way to earn up to \$160 for walking and other ways to integrate well-being into your busy life—See the *Virgin Pulse Highlights* page for details.

Blueprint for Wellness Screening

January 1 – July 31, 2020

Complete this biometric screening and earn \$100 PulseCash—you can also earn Wellness Points on WebMD toward your 150 Points/\$150 reward.

HealthQuotient (HQ) Online Health Assessment

January 1 – July 31, 2020

Avoid a higher 2021 deductible—(avoid extra \$250 individual or \$500 family deductible).

²PulseCash is the “rewards currency” for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem PulseCash. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

Learn More!

This brochure presents a snapshot of HealthFlex programs to enhance your well-being. For details, visit the **HealthFlex/WebMD** website (*Incentives FAQs* and much more)—and read the *Guide to Accessing Your HealthFlex Benefits* and program-specific information (in the welcome packet you received previously).

Phone Support

1-800-851-2201

Wespath Health Team

Monday–Friday

8:00 a.m.–6:00 p.m., Central time

Register Now or Log On

Everything in one place!

wespath.org > HealthFlex/WebMD

Your HealthFlex and Well-Being Program Hub

The **HealthFlex/WebMD website** is a convenient, secured portal to all HealthFlex information:

- Health topics and tools, including My Health Assistant and HQ
- Benefits info: brochures, FAQs, fact sheets and summaries
- Direct links to partner websites—many with no additional login needed
- Reimbursement accounts [flexible savings account (FSA), health savings account (HSA) and health reimbursement account (HRA)]

Set up your personalized HealthFlex/WebMD account today.

1. Start at wespath.org; select **HealthFlex/WebMD**
2. Select **First Time Here? Register**

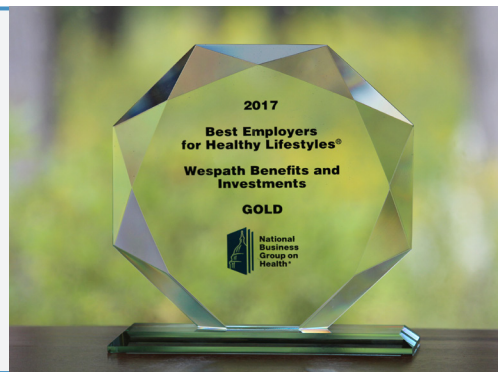
Once in the website:

3. Join **Virgin Pulse**—earn rewards (PulseCash). If you joined Virgin Pulse before the transition to HealthFlex, you don't need to sign up again. Your details and prior PulseCash will transfer automatically.
4. Register for **MDLIVE**
5. Check out **Live and Work Well Services**

Note: If you have a spouse in HealthFlex, your spouse should set up his/her own WebMD and Virgin Pulse accounts, too.

Award-Winning Well-Being Programs

Wespath's comprehensive commitment to improving well-being has been recognized by the National Business Group on Health with its *Best Employers for Healthy Lifestyles®* award (2012, 2013, 2015, 2016 and 2017). These programs are aligned with John Wesley's forward-thinking commitment to healthy living.

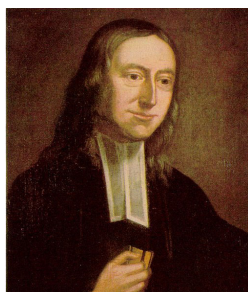


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Caring For Those Who Serve

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wespath.org



“Those who read or write much should learn to do it standing; otherwise it will impair their health.”

—John Wesley

John Wesley painting—source: the Methodist Collection, Drew University, Madison, N.J.

Participation in well-being programs is voluntary.