



# Wespath

BENEFITS | INVESTMENTS

JANUARY 4 – AUGUST 31



**Blueprint for Wellness® Screening**  
\$100 Pulse Cash



**Health Check**  
Avoid a higher deductible in 2023



EARN PULSE CASH/ WELLNESS CREDITS

## Blueprint for Wellness® Is Coming

Event: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Register by: \_\_\_\_\_

ALL YEAR



**Wellness Credits through Virgin Pulse**  
150 points = \$150 Pulse Cash



**Virgin Pulse® (VP) Rewards**  
Up to \$160 Pulse Cash

### Register!

**Strongly recommended for on-site event;** walk-ins are very limited.

**Required** for screening at Quest Diagnostics facility to avoid out-of-pocket costs.

• **Online**

Log in to your **Virgin Pulse account** and find Blueprint for Wellness under the “Benefits” tab and select “START NOW”

• **Phone** **1-855-623-9355** Retirees are to call this number to register

Employer group:

**HealthFlex or United Methodist Church**

Reasonable alternatives or waivers will be made available for those who cannot achieve recommended or improved measures due to an underlying medical condition. Requests for a reasonable alternative may be made by:

- E-mail: [incentiverequest@wespath.org](mailto:incentiverequest@wespath.org)
- U.S. mail: Wespath Benefits and Investments  
Attention: Incentive Request  
1901 Chestnut Avenue, Glenview, IL 60025

We will work with you (and your primary care provider, if you wish) to find a reasonable alternative in order for you to be able to achieve the same reward.

### Blueprint for Wellness Highlights

Blueprint for Wellness (BFW) provides an opportunity to learn about your health. You'll receive personalized data on 30 health factors and:

- **Incentives**—\$100 Pulse Cash\* and up to 140 Wellness Credits depending on your results. Participant and spouse in HealthFlex can *each* earn incentives.
- **Convenient options**—take the screening at our on-site event or at a local Quest Diagnostics facility.
- **No cost to you if taken** at an on-site event or a local Quest Diagnostics facility.
- **Wellness Credits**—earn 20 Credits for each of seven health measures that meet the American Heart Association’s recommended range (or for showing improvement vs. your 2021 BFW results). Seven health measures that meet the criteria = **140 Wellness Credits total**. *If you didn’t do BFW in 2021, you’re still eligible for Wellness Credits for achieving healthy results, and you’ll have a baseline next year.*
- **Fast the night before** for the most accurate results. Ask your doctor or other primary care provider (PCP) if it is safe for you to fast.
- **Confidential results mailed directly to you** to share with your PCP.

### Learn More!

**Log in to your Virgin Pulse account and find the “Benefits” tab.**

The *Well-Being Programs FAQs* includes details about registration, health measures and how to receive the screening incentive if you can’t get to an on-site event or Quest Diagnostics facility.

*\*Participation in HealthFlex well-being programs is voluntary.*

*The IRS considers wellness incentives as taxable income. Please consult your tax advisor.*