



Wespath

BENEFITS | INVESTMENTS



2020 HealthFlex Well-Being Programs Frequently Asked Questions

Get Started—Feel Better—Earn Rewards!

HealthFlex well-being programs support participants and spouses in a variety of ways. Whatever your goal—if you want to have more energy, lose weight, lower your risk for diabetes or just feel better, there is a program for you.

Participation in HealthFlex well-being programs is voluntary.

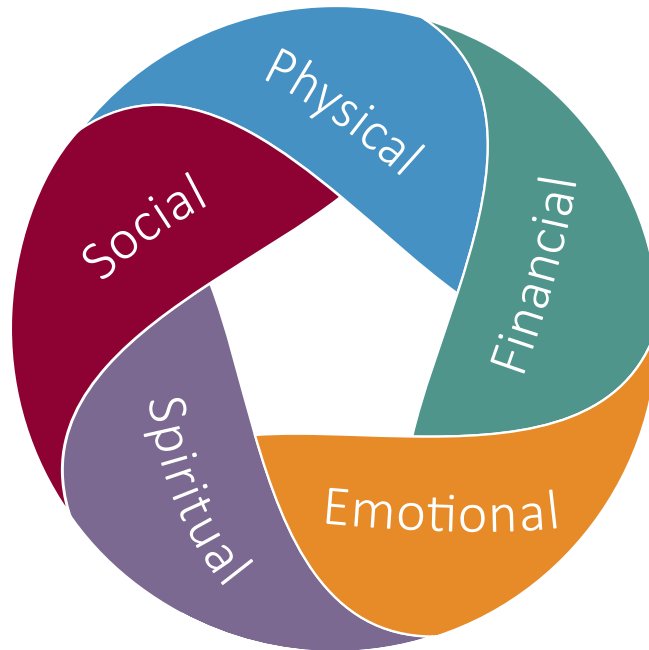


wespath.org—select “Log In” then
“HealthFlex/WebMD”

The following sections answer FAQs about the programs and reward structures.

- [Well-Being Programs for All 5 Dimensions](#)
- [2020 Incentives At-a-Glance](#)
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- [HealthQuotient \(HQ\)](#)
- [Virgin Pulse®](#)
- [Diabetes Prevention Program](#)
- [Weight Watchers \(WW\)](#)
- [Employee Assistance Program \(EAP\)](#)
- [MDLIVE® Telemedicine](#)
- [More Information!](#)
 - Contact Information
 - Privacy Statement

Well-Being Programs for all 5 Dimensions



PHYSICAL



FINANCIAL



EMOTIONAL



SPIRITUAL

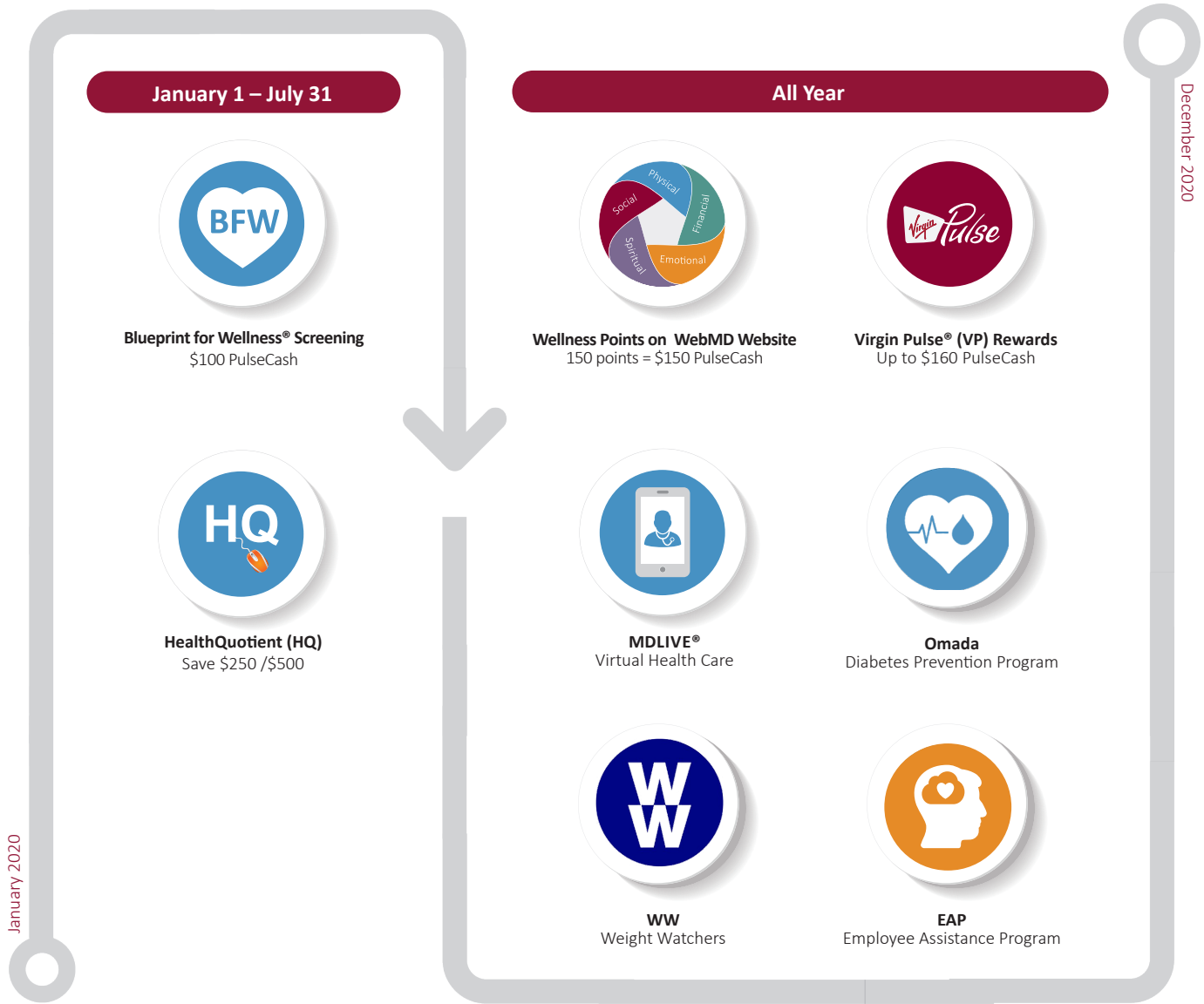


SOCIAL

Your overall well-being is important. If you feel your well-being is lower than you like in any area, use the tools provided by Wespeth Benefits and Investments (Wespeth) to bounce back.

2020 Incentives At-a-Glance

To make the most of the full suite of well-being offerings from Wespath, engage daily with Virgin Pulse, take your Blueprint for Wellness and HQ each year and earn your Wellness Points.



HealthFlex participants and spouses can participate in programs and earn incentive rewards in 2020. Participants and spouses can each earn **up to \$410 PulseCash** in 2020, as well as utilize a full suite of well-being programs from emotional assistance to physical activity.

The IRS considers cash wellness incentives as taxable income. Please contact your tax adviser. Participation in HealthFlex Wellness programs is voluntary.

General Well-Being Program Questions

Q: What if I am strong in some dimensions but weak in others?

A: Each dimension of well-being supports the others, and the overall you. Seek balance across the dimensions and use these well-being programs to help. We hope you make the most of the programs Wespath has to offer to have a happy and healthy 2020!

Q: If I am new, where should I begin?

- A:**
1. Log into HealthFlex WebMD, take the **HealthQuotient (HQ)** and register for your **Blueprint for Wellness** screening
 2. Join the **Virgin Pulse** well-being program
 3. Look at the **Wellness Point** activities

These actions start you on the right path for the remainder of the year to improve overall well-being. These services come at no cost to you. In fact, some reward your participation with PulseCash.

Q: Do I have to be enrolled in the Virgin Pulse program to earn PulseCash?

A: Yes. To earn PulseCash, you must be enrolled in the Virgin Pulse program at the time the PulseCash is awarded. PulseCash is administered through the Virgin Pulse website.

Q: How do I enroll in the Virgin Pulse program?

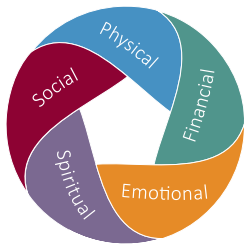
- A:**
- From wespath.org log in to "HealthFlex/WebMD"
 - Select "**Join Virgin Pulse**" in the grey bar

Q: How do I redeem PulseCash?

- A:** PulseCash can be redeemed in several ways on the Virgin Pulse website or mobile app:
- Buy gift cards to major national retailers
 - Purchase Virgin Pulse merchandise, including new activity trackers
 - Have the cash deposited directly into your bank account (only available on website)
 - Donate it to UMCOR



HealthFlex Wellness Points



January 1 – December 31
\$150 Cash Incentive

	Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Points
Do Anytime	Complete WebMD™ coaching call	25	6 times	150
	Select any goal in My Health Assistant on the HealthFlex/WebMD website	5	3 times	15
	Achieve any goal in My Health Assistant	15	3 times	45
	Activate your account with MDLIVE telemedicine provider	15	Once	15
	Submit a Success Story through the HealthFlex/WebMD website	20	Once	20
	Have your Success Story selected	20	Once	20
	View a Success Story	5	4 times	20
	Adopt a new spiritual practice for 1 month	15	Once	15
	Increase contribution to UMPIP by 1%	15	Once	15
	Complete the EY Financial Confidence Check-up	50	Once	50
	Register or log into Benefits Access	35	Once	35
	Update, change beneficiary or contact information in Benefits Access	25	Once	25
	Meet with an EY Financial Planner for at least 5 minutes	25	Once	25
	Register on EY Navigate	30	Once	30
Get Rewarded for Being Well	Health Measures Rewards Meet American Heart Association (AHA) guidelines on seven 2020 Blueprint for Wellness measures or improve on 2019 Blueprint for Wellness results	7 possible rewards for 20 points each	Once	140
	Omada Health participation	150	Once	150
	Diabetes Prevention Program participation	150	Once	150
	Completion of HealthQuotient (HQ) by July 31, 2020	35	Once	35
	Access the Employee Assistance Program (EAP) for emotional counseling	15	Once	15
	Access the EAP for Work/Life Services	15	Once	15
Total needed to earn \$150 PulseCash: 150 Wellness Points				

HealthFlex Wellness Points

Q: What health measures and/or lab values will earn Wellness Points?

A: Participants and spouses earn 20 Wellness Points for Blueprint for Wellness health measures within the American Heart Association’s (AHA’s) recommended range or that show improvement over 2019 results* for a total of 140 potential Wellness Points.

Healthy Rewards Table

Measure	Recommended Range**	Wellness Points for Recommended Range or Improvement
Blood pressure	Systolic: Less than 120 mm/Hg Diastolic: Less than 80 mm/Hg	20
Fasting glucose (blood sugar)**	65 – 99 mg/dL	20
Triglycerides**	Less than 150 mg/dL	20
HDL cholesterol (high-density “good” cholesterol)**	Greater than 60 mg/dL	20
Hemoglobin A1c (HbA1c)	Less than 5.7	20
Waist circumference**	Men: 40 inches or less Women: 35 inches or less	20
Body mass index (BMI)	18.5 – 24.9 kg/m2	20
Total Possible Points		140

* Based on recommendations from the AHA. Health measures in recommended ranges must be demonstrated on the 2019 Quest Diagnostics Blueprint for Wellness (BFW). Improvement is demonstrated by a change in the healthy direction between the 2019 and 2020 BFW. Only BFW results will be accepted to earn Wellness Points for health measures. BFW can be done at an onsite event, a local Quest Diagnostics laboratory or by submitting the Physician Results Form.

** These measures (with the exception of BMI and Hemoglobin A1c) are widely used by the AHA and other medical experts to diagnose metabolic syndrome—a condition with significantly higher health risks. BMI is included to recognize different body types for which waist circumference might not be the best measure. Hemoglobin A1c is a valuable measure for prediabetes.

Q: How are my measurements and lab values determined?

A: Health measures are determined through the Quest Diagnostics Blueprint for Wellness (BFW) screening, done at an onsite event or a local Quest Diagnostics laboratory. BFW can also be completed by having your primary care provider (PCP) complete and send in the Physician Results Form. Self-reported values or tests completed by your primary care provider (PCP) but not submitted through the form will not be accepted for Wellness Points. (You may still self-enter your values into the HealthQuotient if you do not take BFW, but you will not be eligible for Wellness Points for the health measures.)

Q: What if my Blueprint for Wellness results do not fall within the recommended ranges in 2020?

A: Even if 2020 results do not fall within recommend ranges, you will still receive 20 Wellness Points for any 2020 Blueprint for Wellness measures that are improved over your 2019 results.

Q: What if I didn’t complete Blueprint for Wellness in 2019?

A: If this is your first year in the plan or you missed Blueprint for Wellness in 2019, you will still be rewarded for qualifying health measures that fall within the recommended range. For results that are not within the recommended range, your 2020 Blueprint for Wellness results will then serve as your “baseline” for improvement in 2021.

HealthFlex Wellness Points

Q: Why were these measurements and lab values chosen?

A: These factors are used by the AHA and other recognized medical experts to diagnose metabolic syndrome. Body mass index is included in addition to waist circumference to provide more than one measure for weight status and to respect different body types for which waist circumference may not be the best measure. Hemoglobin A1c is a valuable screening for prediabetes.

Q: What is metabolic syndrome?

A: Metabolic syndrome is a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke. The AHA identifies this syndrome by the presence of three or more of the following risk factors, or taking medication for any of these factors. Learn more at heart.org, or talk with your primary care provider (PCP). For more information about prediabetes and Wespath's diabetes prevention program see p. 15.

Blood pressure	130/85 mm Hg or higher	
Glucose	100 mg/dL or more	
Triglycerides	150 mg/dL or more	
HDL cholesterol	Men: Less than 40 mg/dL	Women: Less than 50 mg/dL
Waist circumference	Men: More than 40 inches	Women: More than 35 inches

Q: What if my PCP says that I am unable to achieve recommended or improved measures? Is there a reasonable alternative?

A: Reasonable alternatives or waivers are available for those who cannot achieve healthy or improved measures due to an underlying medical condition. If you need a reasonable alternative, you may make your request by:

- E-mail: incentiverequest@wespath.org
- U.S. mail: Wespath Benefits and Investments
Attention: Incentive Request
1901 Chestnut Avenue
Glenview, Illinois 60025

Q: How do I receive \$150 PulseCash for HealthFlex Wellness Points earned?

A: Achieve **150 Wellness Points** for actions that improve your well-being. HealthFlex Wellness Points earned are automatically "converted" to PulseCash (in your Virgin Pulse account) when you reach **150 Points**. However, please allow up to 45 days for PulseCash to be credited to your Virgin Pulse account. Wellness Points must be earned **by December 31, 2020**.

Q: If my spouse or I are enrolled in a Medicare supplement plan through Via Benefits, are we eligible to earn HealthFlex Wellness Points?

A: No, Wellness Points are for participants and spouses in HealthFlex active plans only (HSA plans, HRA plans or B1000). If one individual is in HealthFlex and one is in a Medicare supplement plan, only the individual covered by HealthFlex is eligible for the **\$150 PulseCash** for Wellness Points.



January 1 – July 31 \$100 PulseCash Incentive

Q: What is the Blueprint for Wellness screening?

A: The Blueprint for Wellness biometric screening by Quest Diagnostics involves a blood draw followed by lab analysis. When done through Quest Diagnostics, this is FREE for primary participants and spouses—and even earns you \$100 for taking care of you.

The screening includes tests for common health risks, including:

- Cholesterol and lipid screening
- Blood sugar and diabetes screening
- Screening tests for liver, kidney, thyroid, and other organs and body systems
- Measurement of blood pressure, height, weight and waist circumference (if taken at a plan sponsor event or at most local Quest Diagnostics laboratories)

A complete list of tests included in the Blueprint for Wellness screening can be found [here](#).

The screening provides a snapshot of your current health measurements to share with your primary care provider (PCP) and to help shape your personal health and well-being goals.

Q: Why does HealthFlex offer this screening to participants?

A: Screenings are an important way to identify areas for improvement, so health concerns can be addressed before they become more serious. By enabling early detection when conditions are most treatable, screenings help keep our participants healthier and promote well-being throughout the denomination.

Q: Why offer the Blueprint for Wellness (BFW) screening through Quest Diagnostics?

A: The Quest Diagnostics screening program was chosen because it:

- Allows flexible access for all eligible participants and spouses, including those unable to attend on-site events such as Annual Conference or an employee event;
- Offers administration, including assistance with registration and scheduling, and full support for on-site events;
- Facilitates an economy of scale for screening, which promotes stewardship of HealthFlex plan resources while providing excellent services to participants.

Q: How do I earn \$100 for completing the Blueprint for Wellness screening?

A: HealthFlex will deposit **\$100 PulseCash** in your Virgin Pulse account when you complete the Blueprint for Wellness screening. The screening must be completed between **January 1 and July 31**. The \$100 PulseCash incentive is only for *participants and spouses in HealthFlex plans*. Please allow up to 30 days for PulseCash to be credited to your Virgin Pulse account. You can also earn Wellness Points for recommended range or improved health measures, as detailed in the Wellness Points section of this FAQ.

Blueprint for Wellness Screening

Q: How can I complete the Blueprint for Wellness screening?

A: There are two main ways to complete the Blueprint for Wellness screening.

- **At an annual conference or employee health event.** Contact your conference office/human resources office about whether Blueprint for Wellness screenings are being hosted for your group. Registration for a screening at these events is *highly recommended*.
- **At a Quest Diagnostics lab.** There are many locations across the country. Find a lab that screens biometrics (preferred but not required) including height, weight, blood pressure and waist circumference. If you choose a lab without biometrics, you will be asked to self-report your height, weight, blood pressure and waist circumference. *Registration is required before going to a Quest Diagnostics lab.*

If you are unable to complete the screening on-site or at a local lab, please submit a *Physician Results Form*. To watch a video that walks you through steps on how to access the form, click [here](#).

Q: How do I register for my screening?

A: To register, call **1-855-623-9355 (1-855-6BE-WELL)** or log in to HealthFlex/WebMD on wespath.org. Select Quest Diagnostics Blueprint for Wellness, and follow the prompts.

Registering will assure that you are not billed for your screening tests. You should not have to present your medical ID card when you arrive for the screening but you may be asked for a picture ID. If you are a walk-in to an on-site event, you will need your medical ID card for your HealthFlex participant number. At on-site events, there is limited space for walk-ins.

Q: What if my annual conference/employer does not offer Blueprint for Wellness on-site or I'm unable to do the on-site event—and there is no Quest Diagnostics laboratory near my home or work?

A: A small portion of HealthFlex participants may not have a Quest Diagnostics lab within a reasonable driving distance. If this is the case, you or your primary care provider may complete a *Physician Results Form*. Login to **HealthFlex/WebMD** and click on “**Quest Diagnostics**.” Follow the directions for submitting your *Physician Results Form*.

Q: Do I have to pay for a Blueprint for Wellness screening?

A: No, you will pay nothing for the screening if scheduled through HealthFlex and you take it at either an on-site event or at a Quest Diagnostics facility. However, if you get these tests done through your PCP and submit the *Physician Results Form*—we encourage you to get them done at the same time as your annual wellness exam to avoid paying out-of-pocket costs.

Note: Any additional lab tests you may have completed at a Quest Diagnostics facility that are not part of the Blueprint for Wellness tests are subject to regular plan benefits (co-payments or co-insurance).

Q: Is the Blueprint for Wellness screening available for participants and spouses in a Medicare supplement or Medicare Advantage plan through Via Benefits?

A: It varies. Please check with your plan sponsor/benefits office.

Blueprint for Wellness Screening

Q: Now that Blueprint for Wellness and HQ have the same dates for completion, which one should a participant take first?

A: Either is the correct answer.

If a participant takes BFW first, results will populate in the HQ about 3 days after a participant completes the screening. This means there is no need to enter results.

If the HQ is taken first, simply bypass the section where you enter your biometric screening results. BFW results will be sent to WebMD, and the HQ score will recalculate.

Both steps are great places to start, and work together to provide a comprehensive picture of your health. The important thing is that you complete **both**.

Q: What if a participant's PCP says he or she is unable to achieve healthy or improved health measures? Is there a reasonable alternative to qualify for the incentive?

A: Yes. Reasonable alternatives or waivers will be made available for those who cannot achieve healthy or improved measures due to an underlying medical condition. If you have a participant who believes he or she needs a reasonable alternative, please direct the participant to make a request by e-mail or U.S. mail:

- E-mail: incentiverequest@wespath.org
- U.S. mail: Wespath Benefits and Investments
Attention: Incentive Request
1901 Chestnut Avenue
Glenview, Illinois 60025

We will work with the participant (and his/her PCP, if the participant wishes) to find a reasonable alternative so the participant can achieve the same reward.

Q: I usually see my PCP around the same time every year, which is different than HealthFlex's January – July timing for Blueprint for Wellness. How can this timing work for me?

A: We recommend telling your PCP that your employer offers a comprehensive wellness screening—including complete lipid and cholesterol testing, glucose and hemoglobin A1c testing, and multiple organ function tests (including liver, kidney and thyroid)—at no out-of-pocket cost to you. If you usually see your PCP later in the year, bring your Blueprint for Wellness screening results to your appointment.

Many participants have commented that their PCPs are very impressed with the comprehensive data in the Blueprint for Wellness screening and report.

Q: I can get a blood screening at my PCP's office—why should I do the Blueprint for Wellness screening?

A: The Blueprint for Wellness screening may be different (or even more comprehensive) than what your PCP offers. Talk to your PCP about how this screening may work with your annual checkup to meet your health and financial needs. Additionally, the Blueprint for Wellness screenings are typically more cost-effective for the HealthFlex plan than the same tests given in a PCP's office—which is good stewardship for your conference or employer and The United Methodist Church.

Q: Is my information kept confidential if I get my lab results through Quest Diagnostics?

A: Yes, your personal health information is kept confidential. Click [here](#) to read our privacy information.



January 1 – July 31 Deductible Incentive

Q: What is the HQ, and why is it important?

A: The HealthQuotient (HQ) is an online health assessment questionnaire. It helps to evaluate your risk for common health concerns, such as heart disease, diabetes, depression and high cholesterol. Identifying risk levels helps you prioritize your health goals and puts you in a better position to take steps that may lower your risk. Completing the HQ takes 20 minutes or less, but its benefits—improved well-being, enhanced vitality and prudent stewardship of resources—can be long-lasting.

Q: Why is HealthFlex continuing to add a higher medical plan deductible for participants and spouses who don't take the HQ?

A: HealthFlex, along with plan sponsors, individuals and families, have a shared responsibility to be good stewards of health and health care resources. The HQ offers information that participants and spouses can use to take greater responsibility for their own health. Individuals who complete the HQ year after year have a better chance to identify and address health risks early. These individuals also have easier access to important well-being resources offered by HealthFlex and WebMD—such as health coaching and customized information on the WebMD™ portal. Four out of five eligible HealthFlex participants and spouses have taken the HQ every year since 2010 and avoided a higher deductible.

Q: How can I avoid a higher deductible in 2020?

A: It's easy! Just complete the HQ between January 1 and July 31.

If both you and your spouse are covered by HealthFlex—you both must complete the HQ during this timeframe to avoid the higher medical plan deductible in 2021 (**\$250 extra** for “single” coverage or **\$500 extra** for “family” coverage).

Q: I did the Blueprint for Wellness screening; does it matter if I do the HQ too?

A: You are not required to do either or both. However, Blueprint for Wellness and HQ provide different information about your health that complement each other. Blueprint for Wellness results will be automatically and securely uploaded to your HQ on WebMD™—making the HQ easier to complete and more accurate.

Q: What if I am covered by HealthFlex but my spouse is not?

A: If your spouse is not in HealthFlex [including spouses covered by Medicare supplement plans (including Via Benefits)], he or she is not eligible to take the HQ. As long as you complete the HQ **between January 1 and July 31, 2020**, you will avoid the higher medical plan deductible.

Q: Is my information kept confidential if I enter it through the HQ?

A: Absolutely—click [here](#) to read our privacy statement.

HealthQuotient (HQ)

Q: Who sees the information I enter into the HQ?

A: Depending on your risk factors, your responses to the HQ may be shared with your WebMD™ health coach, if you choose to work with one. WebMD™ and its health coaches are subject to the federal government's strict HIPAA privacy regulations. Although your conference or employer will know whether you completed the HQ, the personal information you enter in your HQ is not shared with your annual conference, employer, Wespath or your insurance carrier.

Q: How do I take the HQ?

A:

1. Login to **HealthFlex/WebMD** from wspath.org
2. Click on **"Take HealthQuotient"** under your **Action Plan**, or go to **"Health Tools"** at the top of the webpage
3. Or download the **WebMD "Wellness at Your Side™"** mobile app (connection code: **HEALTHFLEX**) for easy completion of the HealthQuotient

Q: What if I am unable to complete the HQ?

A: If you are unable to complete the HQ, your written request for accommodation should be addressed to:

- E-mail: incentiverequest@wspath.org
- U.S. mail: Wespath Benefits and Investments
Attention: Incentive Request
1901 Chestnut Avenue
Glenview, Illinois 60025

Please have your request to Wespath by the **end of June** to allow enough time for review before the end of the HQ incentive time period. Plan accordingly; if your request is not approved, you will be responsible for completing the HQ by **July 31, 2020**—or the higher deductible will apply in **2021**.





January 1 – December 31 Earn Up to \$160 PulseCash

Q: Why should I participate in Virgin Pulse?

A: Results have shown—conferences and employer groups that participate in Virgin Pulse have lower health care claims and have more energy and feel better!

Q: Can I earn PulseCash for getting or staying active through the Virgin Pulse program?

A: Yes! Participants and spouses can earn **up to \$40 PulseCash** each quarter for earning Virgin Pulse Points and reaching new levels—**up to \$160** for the year. (Virgin Pulse incentives do not apply to Medicare supplement plans through Via Benefits, unless your plan sponsor offers the program separately to its Medicare participants.)

Q: How do I earn Virgin Pulse Points?

A: You can earn Virgin Pulse Points for measuring your physical activity through the Virgin Pulse program. The program includes an uploadable activity tracker (Max or Max Buzz) to wear every day to count your steps. (It also works with other trackers such as AppleWatch, Fitbit, Polar heart rate monitor and Garmin.) Plug the step tracker into a computer with the Virgin Pulse software and Internet access, and your step count is automatically uploaded to your personal account. Activity trackers can also upload steps wirelessly using the free Virgin Pulse app.

	Description	Points	Frequency
Activity	Per 1,000 steps (up to 140 Points/day for 14,000 steps)	10	Daily
	15 or more active minutes	70	
	30 or more active minutes	120	
	45 or more active minutes	140	
	Take 7,000 steps 20 days in a month	400	Monthly
	Take 10,000 steps 20 days in a month	500	
Measurement	Enter your measurements (weight)	100	Monthly
Self-Tracking	1 entry (up to 30 Points/day)	10	Daily
	Achieve the promoted Healthy Habit for 5 of 7 days	200	Monthly
Cards	Complete card (2/day—20 Points each)	40	Daily
Challenges	Join challenges set up by your conference or employer	100	Quarterly
	Join a personal challenge	100	Monthly

Q: What are the Levels and PulseCash rewards?

A: Each quarter, you earn PulseCash as you reach new Levels, based on Points earned. PulseCash is awarded as follows:

Level	Points	PulseCash Earned	Cumulative PulseCash Earned
1	1,000	\$5	\$5
2	5,000	\$15	\$20
3	10,000	\$10	\$30
4	15,000	\$10	\$40

Q: How were the Levels decided?

A: Studies by the American College of Sports Medicine (ACSM) and the Centers for Disease Control and Prevention (CDC) found that taking *7,000 steps/day* most days of the week showed health improvements in people with chronic conditions like diabetes and hypertension. They also found this level of regular physical activity to lower the risk for developing health concerns. The Levels match those recommendations, and the PulseCash incentives support this healthy behavior. By reaching Level 3 every quarter, research indicates most people are doing enough physical activity to improve overall well-being.

Q: When is the PulseCash rewarded?

A: PulseCash earned is deposited into your Virgin Pulse account immediately when you reach each Level. It can then be direct-deposited into your checking or savings account, or used to purchase a gift card, new activity tracker or merchandise online at virginpulse.com or even donated to UMCOR. It rolls over to the next year if not redeemed. If you have questions about redeeming PulseCash, contact the Virgin Pulse customer service team at **1-800-830-4312**.

Q: Is my information kept confidential if I enter it through Virgin Pulse?

A: Absolutely—click [here](#) to read our privacy statement.



Diabetes Prevention Program



One-Time Opportunity

Earn 150 Wellness Points

Q: What is the Diabetes Prevention Program (DPP)?

A: The Diabetes Prevention Program is an evidence-based lifestyle change program to reduce or delay the development of type 2 diabetes in at-risk individuals. The DPP is endorsed by the Centers for Disease Control and Prevention who certifies DPP providers.

HealthFlex is providing two ways to participate:



	Online	In-Person Community-Based
Who is eligible?	HealthFlex participants and enrolled spouses: <ul style="list-style-type: none"> at risk to develop type 2 diabetes OR diagnosed with type 2 diabetes (non-insulin dependent) 	HealthFlex participants and enrolled spouses: <ul style="list-style-type: none"> at risk to develop type 2 diabetes
Who provides the program?	Omada Health (in partnership with Wespeth and Quest Diagnostics)	Local YMCA, hospital system, other community organizations
What is the cost to me?	HealthFlex covers the cost of participation	HealthFlex will reimburse participation costs up to \$500 per individual
How long is the program?	<ul style="list-style-type: none"> Year 1: 16 weekly foundational sessions, then ongoing education and support Year 2: maintenance program 	One year with 16 weekly foundational sessions, then meetings once/twice a month
How can I know if I'm "at-risk" and may qualify?	Go to omadahealth.com/wespeth to take a 1-minute risk test and apply if found to be at-risk	Go to DoIHavePrediabetes.org to take a risk test
Is there an incentive for participation?	Yes! Achieve 9 weeks of high engagement (completing lessons, weigh-ins, food tracking) to earn 150 Wellness Points toward your \$150 PulseCash*	Yes! Complete at least 9 foundational sessions, (verified through the reimbursement claim process) to earn 150 Wellness Points toward your \$150 PulseCash*
Where can I learn more about this option?	Check out the Omada Health FAQ	Enter your zip code at DoIHavePrediabetes.org to find a class near you Follow steps on the next page to begin reimbursement process

*Please allow up to 45 days for Wellness Points to be credited to your account. Must be enrolled in Virgin Pulse to earn PulseCash.

Diabetes Prevention Program

Community-Based DPP Reimbursement Process:

1. Call the HealthFlex Health Team at **1-800-851-2201**.
2. The Health and Wellness Team will send your information to WageWorks® (a HealthFlex vendor partner). The DPP reimbursement information will display in the WageWorks account of the primary HealthFlex participant. This may take up to 1 week.
3. For existing WageWorks account holders, access your account by logging in to **HealthFlex/WebMD**, clicking on **My HealthFlex Benefits**, then **Health Accounts-WageWorks**.

New account holders can also access the WageWorks site in the same way. Then under the **“Log In/Register”** tab, select **“Employee Registration”** from the drop down menu. You will be asked to validate 5 pieces of information: First Name, Last Name, Date of Birth (MM/DD), Home Zip Code, and your ID Code. The ID Code is the last 4 digits of your Social Security Number.

4. In your WageWorks dashboard, click on **“Diabetes Prevention Program”** where you will find more details. Go to the **“Help”** area to download the Claim Form with the required Attendance Verification Form. Follow the instructions on the forms.

NOTE: You will need the receipt(s) showing the Total amount paid for the year-long DPP program. A reimbursement will only be processed one time.

5. If you need assistance with filing your reimbursement claim, contact WageWorks at **1-877-924-3967**.





January 1 – December 31

50% discount on membership fees for HealthFlex participants

Q: What is WW?

A: WW is the new name for Weight Watchers. The program’s purpose is to inspire healthy habits for real life. It supports goals to lose weight, eat healthier, move more, develop a more positive mindset—or all of the above—with science-based solutions that adapt to unique lifestyles. WW welcomes everyone who seeks to be healthier, not just manage their weight.

Q: Why does HealthFlex Partner with WW?

A: HealthFlex has teamed up with WW to bring you a program that gives you real-life solutions to get healthier, at a special price.

Q: Who can take advantage of the WW offerings?

A: All participants, their spouses and dependents who meet the criteria can participate. Workshops (which used to be called meetings) are not available in some areas in the U.S. To find out if the county you reside in is a non-participating area, please visit: <http://wwfranchisecountylist.com>.

To become a WW member, you must be at least 18 years old, not be pregnant, and not have an active medical diagnosis of bulimia nervosa or anorexia nervosa.

Q: How do I join?

A: Visit ww.com/us/HealthFlex, click “I’m Ready” or “Join Now”. Enter Employer ID: 15481112 and select your membership type. Then enter your first and last name (as printed on your HealthFlex ID card) and date of birth in month/day/year (00/00/0000) format - no spaces between names and date of birth.

Q: Is WW membership and personal weight information confidential?

A: Yes. Although HealthFlex will receive information about the total membership’s weight loss, it will not receive any individual or personally identifiable information. Read more about our confidentiality policy [here](#).

Q: If I was a WW member before I joined HealthFlex can I receive special pricing?

A: Of course! There’s an option to link your current account through Wespath’s registration process. If you have any issues, call WW at 1-866-237-6032 for assistance with getting your membership switched.

Q: What are the WW offerings and monthly cost through HealthFlex?

A: You can choose the plan that fits your lifestyle.

Offering 1: Digital

\$8.48 per month

Offering 2: Digital + Workshops

\$19.11 per month

You will be charged each month until you cancel your membership or if you are no longer eligible for the HealthFlex subsidy. State taxes will be added where applicable.

Q: How do I cancel my WW membership?

A: You can easily cancel your membership on the WW website. Simply log in to your account, go to “Settings,” > “Account” to view cancellation options. If you would like assistance with canceling your account, you can call 1-866-204-2885.

Employee Assistance Program (EAP)



January 1 – December 31

Earn 15 Wellness Points

Q: What is the EAP?

A: The HealthFlex Plans offered by Wespeth include an Employee Assistance Programs (EAP) provided by Optum Health. The EAP provides a variety of support services around emotional well-being, including confidential counseling and support to help manage issues in your personal or professional life that may impact your work, family and ministry.

Q: How much does it cost?

A: HealthFlex provides 8 FREE sessions per issue per family member per year, so there is no cost within that time frame. If you continue with counseling, after the 8 free sessions, for the same issue, they are covered as noted in your health plan benefits booklet located on Wespeth.org

Q: What are some common reasons participants use the EAP?

A: Participants use the EAP for help with things like:

- Conflict resolution at work
- Maintaining boundaries between professional life and personal life
- Emotional impact of living with chronic or serious illness, or caring for an ailing family member
- Stress, anxiety or depression
- Substance abuse
- Marital and family satisfaction

In addition, there is a “live and work well” component that provides resources that can help with:

- Legal matters, such as wills and adoption
- Finding child care or elder care in your community

Q: How do I sign up for services?

A: There is a dedicated team at Optum Health who has been trained specifically for the HealthFlex EAP to assist UMC members and their families. The dedicated team can be reached at **1-866-881-6800**.

The EAP can be accessed online, by phone and in-person. Log in to the [HealthFlex/WebMD website](#), click on “**My HealthFlex Benefits**” and choose “**Counseling - Support Resources - EAP**”.

You can also download the **myliveandworkwell** mobile app to learn about EAP services and locate providers.

Q: Is the EAP confidential?

A: Services are confidential. Annual conferences and employers will not know if you choose to use the EAP. Click [here](#) to read our privacy policy.



January 1 – December 31 Earn 150 Wellness Points

Q: What is MDLIVE?

A: MDLIVE is a telemedicine service available for HealthFlex participants. It provides 24/7 access to state-licensed, board-certified doctors (including pediatricians) via phone, secure video or an easy-to-use MDLIVE mobile app to treat non-emergency medical conditions. MDLIVE doctors can diagnose your symptoms, prescribe non-narcotic medication, and send prescriptions to your pharmacy of choice.*

** Some state laws require that a doctor can only prescribe medication in certain situations and subject to certain limitations.*

Q: Is MDLIVE appropriate for every medical condition?

A: No. MDLIVE is designed to handle non-emergency medical issues. Telemedicine can make sense for a wide range of common non-emergency conditions such as cold/flu, sore throat, rash and more—after normal office hours, when you are traveling, or any time you cannot get in to see your regular provider.

MDLIVE is not intended to replace your primary care doctor—a virtual doctor’s appointment through MDLIVE can sometimes substitute and provide a cost-effective alternative to urgent care or an emergency room visit, for non-emergency conditions.

Q: What are the most common conditions MDLIVE treats?

A: MDLIVE can be appropriate for these common conditions:

- Acne
- Fever
- Rash
- Allergies
- Flu
- Respiratory problems
- Constipation
- Headache
- Sore throats
- Cough
- Insect bites
- Urinary problems/urinary tract infection
- Diarrhea
- Nausea/vomiting
- Ear Problem
- Pink eye

Q: How much does it cost to use MDLIVE?

A: The consultation fee is **\$40 per visit** (deductible/co-insurance applies for HSA and HRA plans, and **\$20 co-payment** for PPO—see chart below for details). You will only be charged after you choose to consult with a doctor and your appointment time and payment information are confirmed. You can cancel your appointment and receive a full refund, provided that you cancel at least 24 hours before your appointment time.

There is no cost to activate your MDLIVE account—you are charged only when MDLIVE services are used.

HealthFlex Plan	Deductible Not Yet Met	Deductible Met
B1000	\$20	\$20
C2000-HRA	\$40	\$8
H1500-HSA	\$40	\$8
C3000-HRA	\$40	\$20
H2000-HSA	\$40	\$12
H3000-HSA	\$40	\$24

More Information!

Important Contacts

- Virgin Pulse **1-800-830-4312**
- Quest Diagnostics **1-855-623-9355 (1-855-6BE-WELL)**
- WebMD™ **1-866-302-5742**
- EAP **1-866-881-6800**
- MDLIVE **1-888-750-4991**
- Omada Health **1-888-409-8687**
- Weight Watchers **1-866-204-2885**
- Wespah Health Team **1-800-851-2201**

wellnessteam@wespah.org

You can access the websites for HealthFlex vendors by going to wespah.org and “Log In” to **HealthFlex/WebMD**. The vendor websites are under **HealthFlex partners**.

Privacy Statement

Your annual conference, employer, HealthFlex or Wespah Benefits and Investments (Wespah) cannot see any information in your personal HealthQuotient, Blueprint for Wellness, Virgin Pulse account or WebMD™ web pages. HealthFlex requires its vendor partners to adhere to the strictest privacy standards. These vendors protect personal health information in accordance with federal Health Insurance Portability and Accountability Act (HIPAA) regulations. Additionally, vendors do not share individual information with your conference, employer, HealthFlex, Wespah or your insurance provider.

Take Action—Feel Better—Earn Rewards!
wespah.org—select “Log In” then “**HealthFlex/WebMD**”

