



Center for Health

Blueprint for Wellness Is Coming

Earn \$100 HealthCash* and Up to 120 Wellness Points

Event: _____

Date: _____

Time: _____

Location: _____

Pre-register by: _____

Learn More!

www.gbophb.org > "HealthFlex/WebMD"

The 2016 Wellness Incentives FAQ includes details about pre-registration, health measures and how to meet the incentive if you can't get to an on-site event or Quest Diagnostics facility.



Once again, Blueprint for Wellness provides opportunity to earn double—you'll earn **\$100 HealthCash***, plus up to **120 Wellness Points** (depending on your screening results) on your path to 150 Points (and \$150 more in HealthCash). You'll also gain personalized data on 30 health factors.

Blueprint for Wellness Highlights

- **Incentives**—\$100 HealthCash* and up to 120 Wellness Points. 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 pre-registered at a local Quest Diagnostics facility.
- **Wellness Points**—earn 20 Points for *each* of six health measures that meet the American Heart Association's recommended range (or for showing improvement vs. your 2015 Blueprint for Wellness results). Six health measures that meet the criteria = **120 Wellness Points total**. *If you didn't do Blueprint for Wellness in 2015, don't miss out in 2016!*
- **Fast overnight** 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**. Share the results with your PCP.

Pre-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.

- Phone: **1-855-623-9355**
Employer group: **HealthFlex or United Methodist Church**
- Online: **www.gbophb.org > HealthFlex/WebMD**
Select "**Quest Blueprint for Wellness**"

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@gbophb.org)
- U.S. mail—General Board of Pension and Health Benefits, Attention: Incentive Request, 1901 Chestnut Avenue, Glenview, IL 60025

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

* **Must be enrolled in HealthFlex and in Virgin Pulse to earn HealthCash.**

Participation in HealthFlex wellness programs is voluntary.

4371/022416



General Board

Pension and Health Benefits

Caring For Those Who Serve