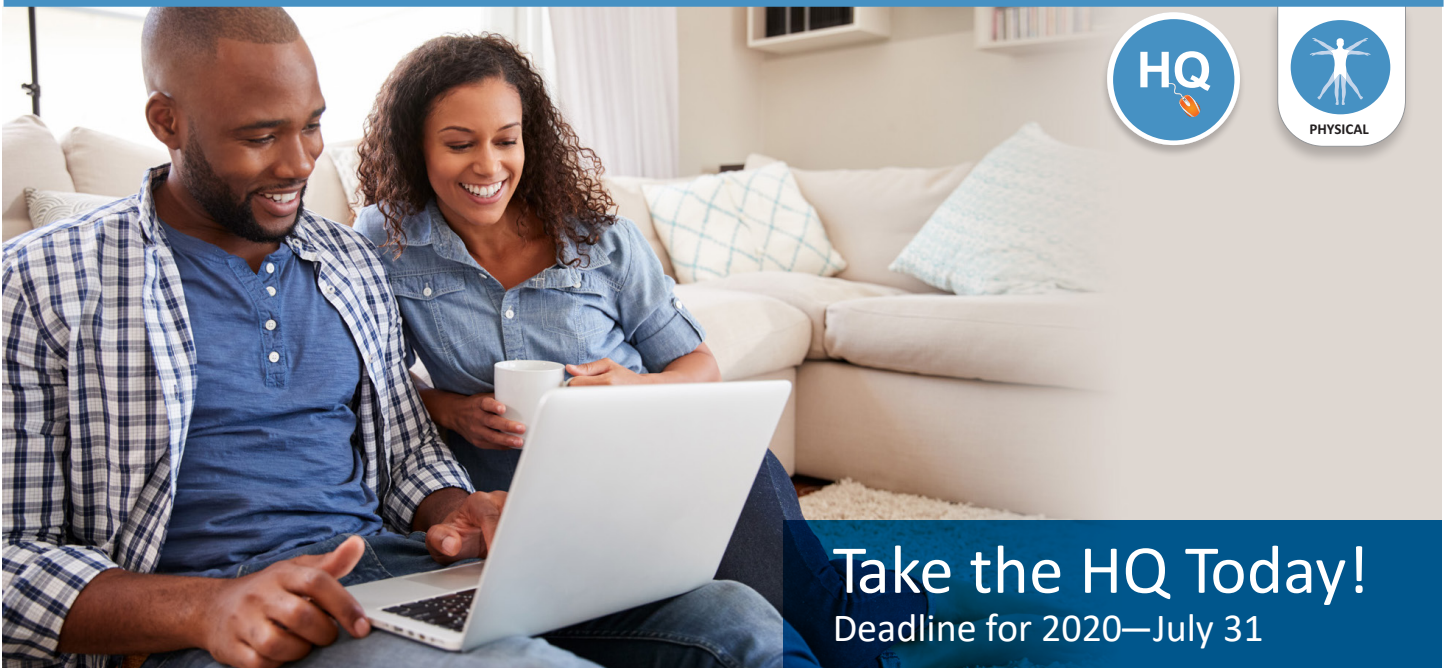




Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



Take the HQ Today!
Deadline for 2020—July 31

Improve Your Well-Being and Save Money

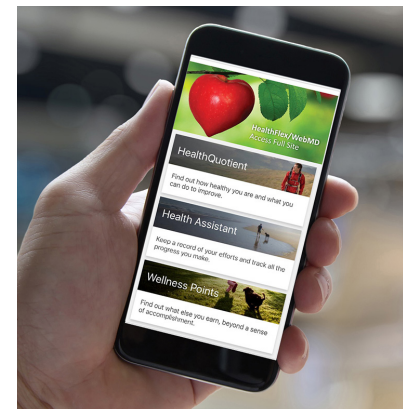
HealthQuotient (HQ) is:

- **Online health assessment**—administered by WebMD
- **Great way** to gain access to health coaching
- **Quick**—15 minutes or less—even faster if you took the Blueprint for Wellness® screening this year as results upload automatically into your HQ
- **Cost-saving**—avoid paying extra on your 2021 HealthFlex deductible (\$250 extra for individual deductible or \$500 extra for family deductible).
Primary participant and covered spouse must both take the HQ by July 31 to avoid higher deductible
- **Confidential**—your church, conference, employer and HealthFlex cannot see your HQ information or other health details

Complete the HQ from your computer

1. Log in to your **HealthFlex/WebMD** account from [Wespath.org](https://www.wespath.org).
2. Go to **Health Tools** and select “**HealthQuotient**” under Assess My Health.
3. Once complete, check your score and see how risks and your lifestyle may impact your health. Then you can work with a health coach to improve your well-being through lifestyle changes. You will earn Wellness Points toward \$150 PulseCash* by working with a coach.

**You must be enrolled in Virgin Pulse to earn PulseCash. The IRS considers incentives taxable income. Please consult your tax adviser. Participation in HealthFlex well-being programs is voluntary.*



HQ—Even Easier by App!

Use WebMD's **Wellness at Your Side**™ mobile app for quick access to your HQ and other HealthFlex resources. Connection code: **HEALTHFLEX**.

More details:
[2020 Well-Being Program FAQs](#)