



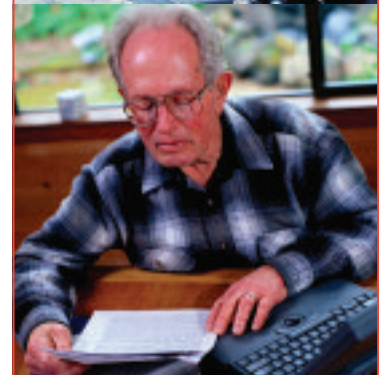
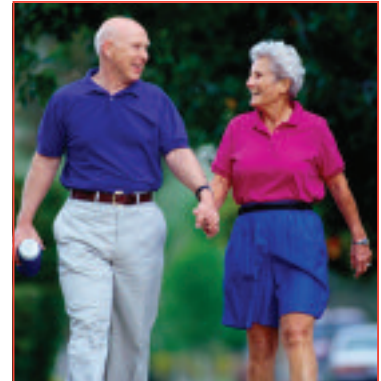
For Participants and Spouses Covered by Medicare Companion Plans 2009 Incentive Opportunities at-a-Glance

Improving wellness and lowering health risks can really pay off in 2009 with the HealthFlex Participant Incentive Program. You have the opportunity to earn up to **\$300** in incentives this year. If your spouse also is covered by a HealthFlex Medicare Companion Plan, he or she also can earn up to **\$300**—for a household total of **up to \$600**.

Incentives provide short-term rewards for improving health. But the real payoff comes later, with a lower risk for heart disease, diabetes, stroke, obesity, some cancers and kidney disease. HealthFlex incentives are awarded throughout 2009 for staying focused on your fitness and wellness. The more you do to enhance your health, the more “HealthMiles” you’ll accumulate and the more you’ll earn in “HealthCash.” You can redeem HealthCash for gift cards or payment by check.

How to Earn HealthCash

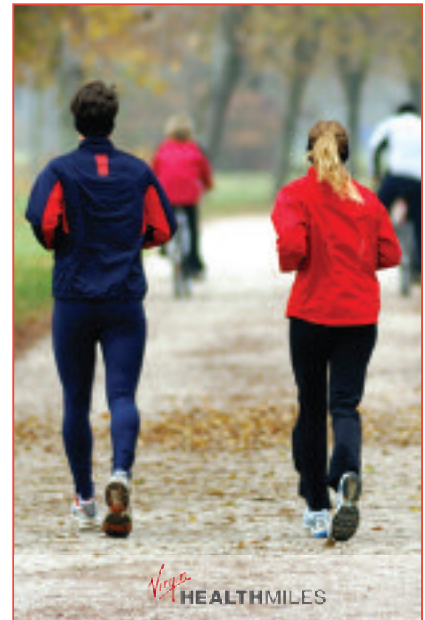
- **Enroll.** You must enroll in the Virgin HealthMiles walking program to be eligible for any HealthFlex incentives in 2009. To enroll, go to the www.gbophb.org Web site, log in to your HealthFlex/WebMD account and click “**Join Now!**” Your spouse (if covered by HealthFlex) also can enroll in the HealthMiles walking program to earn incentives.
- **Move and earn.** Use the free GoZone pedometer from Virgin HealthMiles to track your physical activity. Every step you take is one step closer to earning HealthCash rewards, which you can redeem for gift cards from major retailers or a check payable to you, your church or a charity of your choice. The GoZone gives you credit for something you do anyway: walking. If you exercise more strenuously—or if you’re unable to walk—customize the HealthMiles walking program to fit your lifestyle. Learn more at www.virginhealthmiles.com or on the HealthFlex/WebMD Web site.
- **Assess your wellness.** Complete the online HealthQuotient™ (HQ) health risk assessment under your own HealthFlex/WebMD account in 2009, and you’ll earn 2,500 bonus HealthMiles—the equivalent of nearly six weeks of “free” HealthMiles if you upload 7,000 steps per day from your GoZone pedometer. Those extra HealthMiles might boost you to the next level of HealthCash rewards. HQ may help you identify possible risk factors for serious medical conditions, such as heart disease, diabetes and stroke. Log in to your HealthFlex/WebMD account to access HQ. If you’re married and your spouse is covered by HealthFlex, you each can earn the bonus 2,500 HealthMiles.



What You Need to Know

- You must enroll in the Virgin HealthMiles walking program to be eligible to earn any HealthFlex incentives.
- If your spouse is covered under HealthFlex, he or she must also enroll in the walking program to earn any incentives.
- HealthMiles are measured for 12 months following your sign-up date.
- The HQ doesn't replace your doctor's expertise. Be sure to bring the HQ results to your next doctor visit and work together to develop a personal action plan for better health.
- Your 2,500 bonus HealthMiles for completing the HQ will be posted to your HealthMiles account by the seventh day of the month after you complete your online HQ.

HealthFlex recognizes that taking care of yourself represents good stewardship for the United Methodist Church. These 2009 HealthFlex incentives can motivate your progress toward a healthier new year for you and the Church.



For more details about earning incentives, log in to the HealthFlex/WebMD Web site, or call the Health Team at **1-800-851-2201** and enter "1" at the prompt.



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