

HealthFlex Wellness Points— New Way to Earn HealthCash



Additional Incentives

Accumulating wellness points is just one part of the HealthFlex 2012 Wellness Incentives Program. Here's a quick look at additional incentives.

- Blueprint for Wellness screening—Participants and spouses each earn **\$100 HealthCash** (active plan only)
- HealthQuotient (HQ) online health risk assessment—Participants and spouses **save \$250 or \$500** on 2013 medical plan deductible (active plan only)
- Virgin HealthMiles walking/physical activity program—Earn **up to \$150 HealthCash** (active and Medicare companion plans)

Watch for more details about all the incentives—in your mail, e-mail and online.

HealthFlex is expanding its wellness incentives in 2012 with the introduction of “HealthFlex wellness points.” You can earn **up to \$150** HealthCash in 2012 for wellness activities such as talking with a WebMD health coach, using digital health assistants on the WebMD website, or sharing your wellness success story through WebMD’s “Wellness Stories from the UMC” Web page (viewable only by HealthFlex participants). You can earn **up to \$400** for all the 2012 incentives (see “Additional Incentives” on the left side).

Wellness Points at a Glance

- Earn HealthFlex wellness points for all eligible activities listed on the WebMD website. WebMD will keep track of your points automatically as you take action toward better health.
- Applies only to participants and spouses in HealthFlex *active* plans. Each individual may earn **up to \$150** HealthCash in 2012 for reaching the appropriate level of wellness points.
- **Accumulate 150 wellness points by December 31, 2012 to earn \$150 in HealthCash.** Can't quite make it to 150 points? We'll give you **\$50 HealthCash** if you get at least **100 points** by December 31. (You can earn either \$150 or \$50, not both.)
- HealthCash will be automatically credited to your personal Virgin HealthMiles account, and can be redeemed for retailer gift cards or direct-deposited into your bank account.
- You must be enrolled in Virgin HealthMiles *at the time you reach your wellness points target* to receive HealthCash. If you're not yet enrolled, go online to **www.gbophb.org**, click on “**HealthFlex/WebMD**” and log in with your WebMD username and password. Then select “**Join Virgin HealthMiles**” in the “Get Started” column.

HealthCash Potential (Active plan, per person)

Blueprint for Wellness	\$100
Taking Action	
✓ Wellness points on WebMD website	up to \$150
✓ Virgin HealthMiles targets	up to \$150
Total maximum potential	\$400



(over)

WebMD—Web Portal for Wellness Information

Visit the WebMD website often to complete activities that are eligible for HealthFlex wellness points and to track your progress toward 150 points. Listen to success stories from around The United Methodist Church, use WebMD’s online digital health assistants, or update your personal health record.

Your personal HealthFlex rewards page on WebMD will include your wellness points accumulation to date, as well as certain health data. Rest assured: your privacy is protected. *Your church, annual conference or employer, HealthFlex or the General Board of Pension and Health Benefits cannot see your personal health data.*

Look under **“Your Notices”** to view your wellness points after logging into the HealthFlex/WebMD website. A detailed list of wellness points opportunities will be available on this website on January 1.

Opt In for Optimal Earnings

WebMD will keep you informed about your incentives earning opportunities—but only if you receive and open the WebMD e-mails.

If you’ve opted out of receiving e-mails from WebMD in the past, now is the time to opt back in. (Go to www.gbophb.org, click on **“HealthFlex/WebMD”** and log in with your WebMD username and password. Then click on **“Settings”** by your name near the top of the page (see figure 1). Under your e-mail address listing, check the top box to receive WebMD communications (see figure 2).)

Staying informed will help you stay on top of all of your incentive earnings potential.

The screenshot shows the WebMD Health Manager interface. At the top, there is a navigation bar with links for Home, Message Center, Benefits, Health Topics, Health Tools, and Settings. The Settings link is highlighted with a red box labeled '1'. Below the navigation bar, there are several sections including 'Your Notices', 'Get Started', and 'WebMD Recommends'. The 'Settings' page is shown below, with a red arrow pointing from the 'Settings' link in the navigation bar to the 'Settings' page. On the 'Settings' page, there is a section titled 'Personalize your account' with a red box labeled '2' highlighting the checkbox for receiving email communications, which is checked.

WebMD Customer Service—1-866-302-5742
Call for help logging in or navigating the WebMD website.

