



Blueprint for Wellness Is Coming!

Convenient. Confidential. No Cost to You.



Event:

Date:

Time:

Location:

Preregister:

Earn **\$100 HealthCash*** incentive and learn vital details about your health. The Quest Diagnostics Blueprint for Wellness[®] screening involves one blood sample and a few quick measurements to evaluate more than 30 health factors. Results assess your risk for diabetes, heart disease, certain cancers, osteoporosis and more. *Results are confidential.*

Blueprint for Wellness Highlights

- \$100 HealthCash incentive—*HealthFlex active plans only*. (Must be enrolled in Virgin HealthMiles at time of screening.)
- HealthFlex covers the cost at an on-site event or Quest Diagnostics facility (*must preregister for Quest site*).
- Preregistration *strongly recommended* for on-site event—at least three weeks before event.
- **Preregistration required for screening at Quest Diagnostics facility.**
- Fast 8–12 hours before screening (overnight) for most accurate results.

Alternate Time and Place

If you don't do the screening at the on-site event, you can take your Blueprint for Wellness at a Quest Diagnostics facility **between April 1 and July 31** to earn the \$100 incentive. **You must preregister** to take the screening at a Quest facility and avoid out-of-pocket costs.**

Preregister

Required for Quest facility. Recommended for on-site event to guarantee your screening.

By phone: 1-866-908-9440



Employer group: **“United Methodist Church”** or **“HealthFlex”**

Online:



www.gbophb.org

Log into **HealthFlex/WebMD**.

Select **“Quest Blueprint for Wellness”** in left column.

Registration key: **umc2012**. Follow the prompts.

If prompted, enter **ID number** from your insurance card, omitting preceding letters.

(Spouses: add **“S”** after ID number.)

* If you're not yet in Virgin HealthMiles, go to **www.gbophb.org**, click on **“HealthFlex/WebMD”** and enter your WebMD username and password. Then select **“Join Virgin HealthMiles.”**

** If there is no Quest facility within reasonable driving distance, you can still receive the \$100 HealthCash incentive by submitting a Physician Results Report Form (completed by your doctor) by **July 31**. Call your plan sponsor or the General Board of Pension and Health Benefits at **1-800-851-2201** to receive this form. **Deductible, co-payment and co-insurance costs apply for tests you receive through your doctor instead of through the Blueprint for Wellness screening.**

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After the Screening

You'll receive a confidential report from Quest Diagnostics by mail. You may also receive an e-mail notification to retrieve your results online. Discuss your results with your doctor. Your screening data will be automatically and *privately* uploaded into your HealthQuotient (HQ), which will make completing your HQ much easier this summer for HealthFlex Incentives Step 2.

We Value Your Privacy

On-site screenings are conducted in private. Results are sent directly to you. Results and measurements *cannot be viewed* by your annual conference, church, employer, insurance carrier, HealthFlex or the General Board of Pension and Health Benefits.

Steps for Wellness

April 1 – July 31

✔ **Step 1:** Blueprint for Wellness

August 1 – September 30

✔ **Step 2:** HealthQuotient (HQ)

All Year Long

✔ **Take Action:** Earn Wellness Points and achieve Virgin HealthMiles targets

Learn more about HealthFlex 2012 wellness incentives online. Go to www.gbophb.org; click on "HealthFlex/WebMD" and select "2012 Incentives Frequently Asked Questions." No password is needed.



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