



# BENEFITS INSIGHT

## Baltimore-Washington Conference



HR AND BENEFITS INSIGHT FROM THE BALTIMORE-WASHINGTON CONFERENCE

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• [www.bwcumc.org](http://www.bwcumc.org)

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## New Contact Number for Employee Assistance Program (EAP)

**FREE**

THE EMPLOYEE ASSISTANCE PROGRAM (EAP) NOW HAS A DESIGNATED TEAM

There is a new dedicated team at Optum Health who have been trained specifically to assist HealthFlex members and their families. The dedicated team has a new phone number: **866-881-6800**. The EAP can also be accessed online on the HealthFlex/WebMD website, at "My HealthFlex Benefits" and then "Counseling > Support Resources > EAP".

You and your family members (if covered by HealthFlex) may schedule up to eight in-person visits per concern with a local counselor or psychologist at no out-of-pocket cost. These visits are always confidential and may be considered for a variety of reasons, such as workplace stress, family or marital challenges, communication difficulties and many other concerns. Access

these free, confidential visits by first calling the EAP at 1-866-881-6800.

There is also personal assistance available if you need to research local resources for elder care, child care or legal needs, or even something as simple as finding a local pet sitter. Services are provided by phone at no cost through the EAP.

## Weight Watchers Changes for 2020

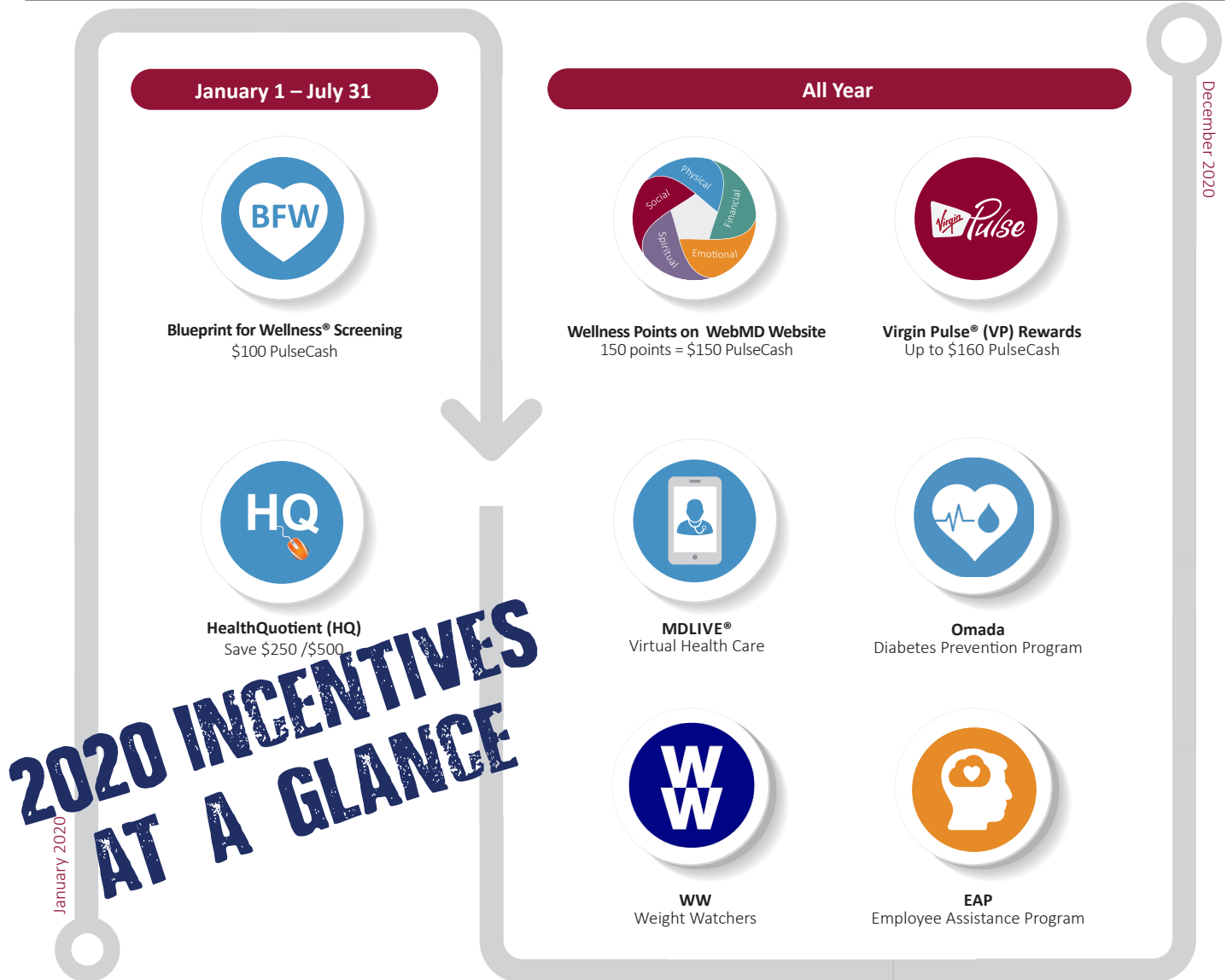
HealthFlex participants now have a dedicated Weight Watchers page: [www.ww.com/us/healthflex](http://www.ww.com/us/healthflex).

WW fees are re-occurring on a monthly basis and a participants' credit card will be automatically billed every month until they cancel.

HealthFlex will continue to pay 50% of the membership fees. Click the image below to download a detailed flier.



Choose the plan that's right for you. Plans include the following features:	Digital	Digital + Workshops (formerly meetings)
<b>Easy-to-use app and website</b> Track your food, activity, and weight any time with our digital tools.	*	*
<b>Endless food options</b> With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*
<b>Total support in real time</b> Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	*	*
<b>Connect with our online community</b> , day or night, for inspiration and motivation.	*	*
<b>Inspiration and connection</b> Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		*
Retail price per month	\$19.95	\$44.95
Your price per month	\$8.48	\$19.11



## WELL-BEING PROGRAM FAQs

THESE FAQs DETAIL THE UPDATES MENTIONED ABOVE TO THE EAP AND WW PROGRAMS, AND HIGHLIGHT SOME NEW WAYS FOR PARTICIPANTS TO EARN WELLNESS POINTS.

**Q: What if I am strong in some dimensions but weak in others?**

**A:** Each dimension of well-being supports the others, and the overall you. Seek balance across the dimensions and use these well-being programs to help. We hope you make the most of the programs Wespath has to offer to have a happy and healthy 2020!

**Q: If I am new, where should I begin?**

**A:** Log into HealthFlex WebMD, take the HealthQuotient (HQ) and register for your Blueprint for Wellness screening; join the Virgin Pulse well-being program; then look at the Wellness Point activities. These actions start you on the right path for the remainder of the year to improve overall well-being. These services come at no cost to you. In fact, some reward your participation with PulseCash.

**Q: Do I have to be enrolled in the Virgin Pulse program to earn PulseCash?**

**A:** Yes. To earn PulseCash, you must be enrolled in the Virgin Pulse program at the time the PulseCash is awarded. PulseCash is administered through the Virgin Pulse website.

**Q: How do I enroll in the Virgin Pulse program?**

**A:** From wespath.org, log in to "HealthFlex/WebMD;" select "Join Virgin Pulse" in the grey bar.

**Q: How do I redeem PulseCash?**

**A:** PulseCash can be redeemed in several ways on the Virgin Pulse website or mobile app:

- Buy gift cards to major national retailers;
- Purchase Virgin Pulse merchandise, including new activity trackers;
- Have the cash deposited directly into your bank account (only available on website); or
- Donate it to UMCOR.

## CONFERENCE BOARD OF PENSIONS EXTRA INCENTIVES

FOR THE SECOND YEAR IN A ROW, THE CBOP HAS APPROVED AN ADDITIONAL INCENTIVE OF \$300 FOR EACH PARTICIPANT ENROLLED IN THE HEALTHFLEX MEDICAL PROGRAM AS OF JANUARY 1, 2020. PARTICIPANTS WILL RECEIVE:

- an additional \$150 for completing the Blueprint for Wellness® Screening by July 31. (This is IN ADDITION to the \$100 you earn for the screening.)
- \$150 for completing the HealthQuotient (HQ) Health Risk Assessment by July 31. (This is IN ADDITION to avoiding a higher deductible.)
- Monies from the BWC will be deposited in the participant's Virgin Pulse\* account by August 31.
- Clergy couples with family coverage will both receive the full amount for completion.
- Dependent spouses, while eligible for the \$100 incentive for completing the screening from Wespath, are not eligible for the BWC additional funds.

\*You must be enrolled in the Virgin Pulse program at the time the PulseCash is awarded.

Blueprint for Wellness screenings will still be offered at Annual Conference. Registration for these appointments is already open. Click the link on your HealthFlex/WebMD homepage.

## Time to check your UMPIP Statement


Whether you review your UMPIP statement when it comes in the mail quarterly or online through Benefits Access, be sure to look at the Contributions section. Is your church sending in your contribution? Are they up to date?

If you did not know that you could review your retirement benefits online, registration is easy! Go to wespath.org, select Retirement Benefits on the right, then register.

## 2020 United Healthcare ID cards

You should have received new United Healthcare ID cards in the mail. If you are not sure if you have the most updated card, check the date on the back top right hand corner. It should be "December 2019." To request a new card, go to wespath.org and "Log In" to HealthFlex/WebMD. The vendor websites are under HealthFlex partners. You can print your own Cigna dental ID card as well.

Printed: 12/09/19



This card does not guarantee coverage. To verify benefits, view claims, or find a provider, visit the websites or call.  
 For Members: myuhc.com 800-901-1939  
 Telemedicine: 888-750-4991

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For Providers: UHCprovider.com 877-842-3210  
 Medical Claims: PO Box 740800, Atlanta GA 30374-0800

Shared Savings  
**MultiPlan**

Pharmacy Claims: PO Box 650334, Dallas TX 75265-0334  
 For Pharmacists: 855-239-8471 For Members Rx: 855-239-8471

## Important Contacts

Virgin Pulse 1-800-830-4312

Quest Diagnostics 1-855-623-9355 (1-855-6BE-WELL)

LabCorp 1-800-845-6167

WebMD™ 1-866-302-5742

EAP 1-866-881-6800 *NOTE NEW NUMBER*

MDLIVE 1-888-750-4991

Omada Health 1-888-409-8687

Weight Watchers 1-866-204-2885

Wespath Health Team 1-800-851-2201 or  
 wellnessteam@wespath.org

You can access the websites for HealthFlex vendors by going to wespath.org and "Log In" to HealthFlex/WebMD. The vendor websites are under HealthFlex partners.



# General Conference 2020

## Clergy Retirement Plan Proposal

### Why Change the U.S. Clergy Pension Plans?

Changes to the clergy retirement plan are needed so that we can continue to provide reliable and sustainable retirement income to those who serve.

The new retirement plan, *Compass*, is designed to uphold the longstanding values of the Church retirement programs which include providing lifetime income and ensuring adequate retirement income for lower paid clergy. *Compass* addresses emerging needs such as helping newly ordained clergy who have seminary debt.



Wespath is prepared to continue fulfilling our mission of caring for those who serve well into the future—under any foreseeable scenario in the denomination.

### *Compass* is Designed to:

- Increase **sustainability**, ensuring reliable retirement benefits for future generations of clergy
- Balance **affordability** with income **adequacy**
  - Strives to provide sufficient retirement income for clergy, at a cost that is affordable to annual conferences
- Provides **flexibility** that:
  - Allows benefit portability for clergy
  - Enables leaving account balance to heirs

#### Sustainability



#### Affordability



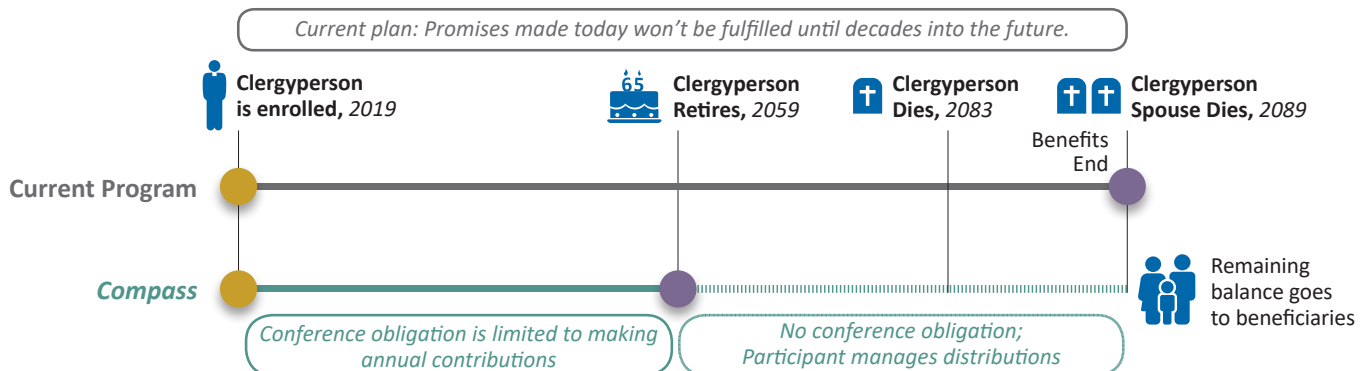
#### Adequacy



#### Flexibility



### Increasing Sustainability



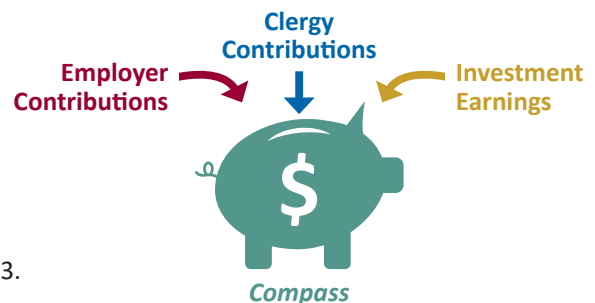
### What are the Proposed Benefits of *Compass*?

*Compass* is an account based plan, with three types of employer contributions:

- \$140 per month flat dollar contribution\*
- 3% contribution of pay
- \$1 for \$1 conference match on up to 4% of pay

The *Compass* plan is proposed to become effective on January 1, 2023.

\*2023 amount; will be indexed for inflation.



Learn more about the full GCFA proposals at [www.wespath.org/about-wespath/general-conference](http://www.wespath.org/about-wespath/general-conference)

AS A REWARD FOR READING THIS NEWSLETTER, SEND AN EMAIL TO [BENEFITOFFICE@BWCUMC.ORG](mailto:BENEFITOFFICE@BWCUMC.ORG) AND RECEIVE A VIRGIN PULSE VOUCHER WORTH 50 POINTS.