



BENEFITS INSIGHT

Baltimore-Washington Conference

QUARTERLY NEWSLETTER BROUGHT TO YOU BY THE HUMAN RESOURCES AND BENEFITS TEAM

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HIGH PRIORITY

2014 Health Care FSA Grace Period

Your 2014 FSA balance must be used by March 15, 2015. Claims must be submitted no later than April 30, 2015.

Flexible Spending Account

When using your Wageworks healthcare card, participants do not have a choice of selecting which of the accounts (MRA/HRA) to use. The system automatically uses ALL of your MRA balance before moving on to your HSA.

New United Health Care Card

NEW VENDOR ANNOUNCED

THERE WERE TIMES when you've left the pharmacy because you were told that you do not have prescription benefits, and without knowing that the information is at the back of your ID card, you made that frantic call to the benefits office. That era is no more because that information is now on the FRONT of the new United Health Care ID card. The New UHC ID cards were issued in December

and you should have received yours by now. The UHC ID card can only be used for medical and prescription needs, but cannot be used for dental or vision. If you have not received your card, please contact the General Board at 1-800-851-2201, press "2" for medical and press "o" to speak to a HealthFlex representative to request a replacement.



Dates to Note:

Class of 2015 Retirees only

Retirement Workshop
Thursday, March 26
9:00 a.m. – 12:00 p.m.
More information coming soon.

Clergy Benefits Session

Tentative date
Thursday, October 22
Mission Center

Wageworks Healthcare Card

ANOTHER CARD THAT came in the mail which is kind of strange for some of you is the HealthFlex WageWorks Healthcare Card. This card is worth \$500 to be used for out of pocket eligible expenses. The HealthFlex debit card is like a bank debit card linked

specifically to your health reimbursement account (HRA) and/or your health care flexible spending account (FSA, also called medical reimbursement account of MRA) which is an optional plan. Please follow the instructions that came with the card to activate the card and to do the required one-time registration. For more information on the use of the debit card, please login to your HealthFlex/WebMD account.

WageWorks Contact Information

1-877-924-3967
(1-877-WageWorks)

www.gbophb.org
HealthFlex/WebMD
Select "Reimbursement Accounts"



HEALTHFLEX INCENTIVES

HEALTHFLEX WELLNESS INCENTIVES encourage and reward participants and spouses for choosing healthy behaviors that increase vitality and improve well-being. This year's incentives are similar to last years. *You must be enrolled in Virgin Pulse to earn HealthCash.

For more information on the 2015 wellness incentive, log in to your HealthFlex/WebMD account.



MONEY-EARNING DEADLINES

January 1 – December 31

Wellness Points on WebMD
– Earn \$150 HealthCash* for accumulating at least 150 wellness points

January 1 – December 31

Virgin Pulse Quarterly Activity Targets
– Earn up to \$150 HealthCash* (\$25 HealthCash each quarter and a bonus of \$50 for reaching all four quarterly goals)

April 1 – July 31

Blueprint for Wellness Biometric Screening – Earn \$100 HealthCash*

August 1 – September 30

HealthQuotient (HQ) – Take Health Quotient to save on 2016 deductible



Visit <https://www.virginhealthmiles.com/v2/Activity/Devices> for a full description of the above approved activity tracking devices and more.

Enrolling In Virgin Pulse HealthMiles

It's easy to enroll

1. Log in to HealthFlex/WebMD by clicking the HealthFlex link at www.gbophb.org. Can't remember your username or password? Retrieve it online or contact WebMD's customer service team at 1-866-302-5742.
2. Click "Virgin Pulse" under the "HealthFlex Vendor Links" menu on the left side of the page to enroll or learn more about the program.
3. At the bottom of the enrollment page, click "Join Now!" again to enroll.
4. Enter the required Personal Information. Then choose a password (at least eight characters), and click "Continue."
5. Review and confirm your details. Then read and accept the Membership Agreement & Privacy Policy, and click "Submit." An activity tracker will be shipped directly to the address you selected.
6. Write down your Member ID and remember your password—you will need them to log back into your account.
7. Log in to the Virgin Pulse website (www.virginpulse.com) using your Member ID or the e-mail address you used to register. Complete the Health Snapshot—a short health questionnaire. (Note: The Health Snapshot is not the same as the more detailed HealthQuotient™.)
8. Download the software at www.virginpulse.com/software
9. Activate your activity tracker when it arrives by following the package instructions. If you have trouble, visit the support page on the Virgin Pulse website (www.virginpulse.com). Still need help? Contact the Virgin Pulse Customer Service department at 1-800-830-4312.

HealthFlex information readily available

ALMOST ALL OF the information you need about the HealthFlex plans and services can be accessed through the HealthFlex/WebMD website. Go to the General Board website at www.gbophb.org and select “HealthFlex/WebMD” to log in. Visiting the HealthFlex/WebMD should not only be done once a year when completing the Health Quotient (HQ), it is the easiest way to stay up-to-date on information about your benefits. You can access details about HealthFlex benefits and wellness

programs that are available to you as a participant.

Make the HealthFlex/WebMD website your first stop for answers to all your health-related questions.

Visit the website regularly for updated announcements about relevant health topics and HealthFlex benefits and programs. The website also offers extensive health information and direct

links to our HealthFlex vendors such as United HealthCare (Medical), Catamaran (Prescription) Cigna (Dental), VSP (vision) and United Behavioral Health (EAP).

Please contact the Baltimore-Washington Conference for HealthFlex Enrollment, Rates and Plan Design Change.

HEALTH TEAM

For questions about your HealthFlex benefits contact the General Board of Pension and Health Benefits (General Board) Health Team at 1-800-851-2201

Health Team representatives are available **Monday through Friday, 8 a.m. to 6 p.m., Central time.**

If you need help logging into the HealthFlex/WebMD website, contact WebMD at **1-866-302-5742**

Employee Assistance Program (EAP) is available through HealthFlex

// THERE WAS A time in my life when I thought seeking help was a sign of weakness. I don't think that anymore. Anyone can use a little help sometimes” – United Methodist clergy person.

All HealthFlex participants or spouses covered by HealthFlex are enrolled in EAP. The HealthFlex EAP benefit is administered by United Behavioral Health.

Let the Employee Assistance Program lighten your load – with confidential resources available online, on the phone or in person, such as:

- Personal and professional

- development
- Information resource benefits
- Family and relationship issues
- Lifestyle benefits
- Legal information benefits

- Counseling benefits

Services are completely confidential – your employer will not be informed if you use these resources. Some services are available over the phone or online at no charge. For more information, log in to your HealthFlex Web/MD account and choose EAP-Live and Work Well under HealthFlex vendor links.

The EAP contact information is also at the back of your UHC ID card.

....Remember, it's OK to ask for help!

