HealthFlex Well-Being Programs

September 24, 2020

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Agenda

- Well-Being Program Overview
- WebMD Wellness Points
- Virgin Pulse—activity program and rewards redemption
- Blueprint for Wellness—Quest biometric screening
- Employee Assistance Program
- HealthQuotient—WebMD online health assessment
- Diabetes prevention and weight management
- Additional Resources
Annual Overview

Virgin Pulse Rewards
Available all year

Wellness Points on HealthFlex/WebMD website
Available all year

January 2020

Blueprint for Wellness biometric screening
January 1 – September 30

December 2020

HealthQuotient online health assessment
January 1 – September 30
Total Incentives Available

WebMD Wellness Points  $150
Virgin Pulse  $160  (up to $40/calendar quarter)
Blueprint for Wellness  $100
Total possible  $410*

PLUS: HealthQuotient—avoid higher 2021 deductible
($250 individual or $500 family)

*All paid through Virgin Pulse
WebMD—HealthFlex “Hub”

- Connections to all providers and programs
- Benefits information
- Wellness Points
- HealthQuotient
- WebMD Coaching
- EAP
- Virgin Pulse
WebMD Wellness Points

• Opportunities in 5 dimensions
• Click on “Rewards” at top of page OR “HealthFlex Wellness Points” in grey bar
• Self-report options (honor system)
  — “Access the EAP for counseling”
  — “Access the EAP for Work/Life services”
  — “Adopt a new spiritual practice”

15 points
WebMD Wellness Points

• BFW Health Measures
  — Blueprint for Wellness (BFW) data automatically sent to WebMD
  — 7 values automatically rewarded if within American Heart Association recommended range, or improved from prior year

• Opportunities external to WebMD may require up to 45 days for points to be credited

• 150 Total points = $150 Virgin Pulse PulseCash
  — Please allow up to 30 days for PulseCash to be credited to Virgin Pulse account
Virgin Pulse

Enroll through HealthFlex/WebMD by clicking “Join Virgin Pulse” in the grey bar.

New enrollees receive $28.99 credit to cover cost of Max Buzz or apply to tracker of their choice and pay difference.
Virgin Pulse

• Earn points by uploading steps, tracking healthy habits and daily cards, and participating in challenges and more...

• Mobile app is the easiest way to engage in the program
Virgin Pulse

• PulseCash (cash) earned when you reach levels
• PluseCash can be transferred to bank account, purchase gift cards and activity trackers from the VP store, OR donated to UMCOR
Blueprint for Wellness

• Register through HealthFlex/WebMD account

• Click “Quest Diagnostics” in grey bar—choices:
  1. On-site event
  2. Patient Service Center (PSC)
  3. Physician form
  4. At-home test kit
Blueprint for Wellness

- BFW incentive ($100) deposited into Virgin Pulse account within 30 days of completing screening
  - Complete between January 2 – September 30
- Participant and spouse (if covered by HealthFlex), can participate and receive incentive
Blueprint for Wellness

• Screening includes cholesterol, glucose, blood pressure, thyroid, kidney tests and more

• MyGuide to Health report

• Results are sent to WebMD
  – Appear in Health Quotient
  – Personal Health Record
  – Health Measures Wellness Points
Employee Assistance Program—EAP

- Provided by Optum
- Dedicated team
  - On-boarded to know UMC
  - Unique challenges of being clergy
- Accessible by
  - Phone at **1-866-881-6800**
  - Through HealthFlex/WebMD account search for EAP provider and more
Employee Assistance Program—EAP

- 8 sessions per concern/year
- Confidential

Emotional counseling available in person, telephonic or video chat
Employee Assistance Program—
Work Life Resources

For assistance with eldercare or childcare resources, legal questions, finding an electrician or other services, call 1-866-881-6800 for work life services

Additional resources at liveandworkwell.com
Search for EAP provider: in-person, telephonic or video chat
HealthQuotient (HQ)

- Complete HQ January 1 – September 30 to avoid higher deductible ($250 individual, $500 family)
- BOTH the primary participant and spouse (if covered by HealthFlex) must complete HQ by September 30
- Those joining HealthFlex April 1 or later—not subject to higher deductible the following year
Diabetes Prevention Program (DPP)

Approved program endorsed by Centers for Disease Control and Prevention as effective in preventing or delaying diabetes development
Online DPP Provider

• Through current partnership with Quest Diagnostics—Omada Health

• Program for those with:
  – Prediabetes
  – Metabolic syndrome
  – Heart disease risk
  OR
  – Type 2 Diabetes (non-insulin dependent)

New type 2 enrollments only through January 31, 2020

omadahealth.com/wespath
# Community-Based DPP Participation

| **WHY** | May prefer in-person program or referred by health care provider |
| **WHAT** | CDC-recognized programs - offered by many YMCAs and health systems |
| **HOW** | Participant calls Wespath Health Team |
|         | Claim Form downloaded from WageWorks account |
|         | DPP group leader signs Claim Form documenting completing at least 9 sessions |
|         | Member submits receipt + signed Claim Form to WageWorks |
|         | WageWorks verifies requirements are met and issues check to member |
WW (formerly Weight Watchers)

- Two offerings:
  1. Digital only: **$8.48/month** (HealthFlex member price)
  2. Digital + workshops (meetings): **$19.11/month**

- Sign up at [www.ww.com/us/HealthFlex](http://www.ww.com/us/HealthFlex)
- Member enters First and Last name, date of birth
  Example: **JANESMITH01051925** (no spaces)
- Monthly charges continue until cancellation

**Wespath pays 50% of registration fees**
Resources and Toolkits

**wespath.org**

- Webinars
- Toolkits (Nutrition, Prediabetes, Resiliency, etc.)
- Quarterly Newsletter and Bulletins

**Mini videos explaining how to:**

- Access well-being programs
- Complete the HealthQuotient
- Register for Blueprint for Wellness and Virgin Pulse
- Access HealthFlex benefits