



Baltimore-Washington Annual Conference



**Wespath**

BENEFITS | INVESTMENTS

## HealthFlex Well-Being Programs

September 24, 2020

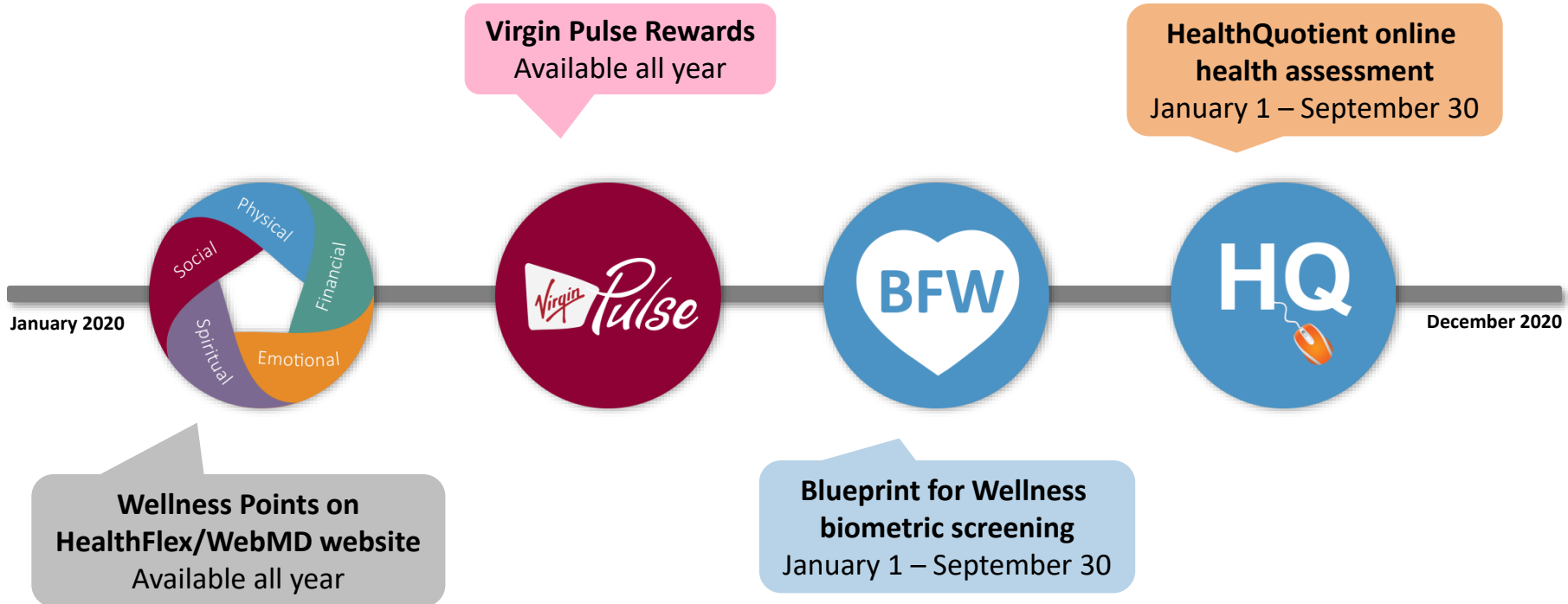
Todd Creviston

# Agenda

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- 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



# Total Incentives Available

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|                               |                                     |
|-------------------------------|-------------------------------------|
| WebMD Wellness Points         | \$150                               |
| Virgin Pulse                  | \$160 (up to \$40/calendar quarter) |
| <u>Blueprint for Wellness</u> | <u>\$100</u>                        |
| <b>Total possible</b>         | <b>\$410*</b>                       |

**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

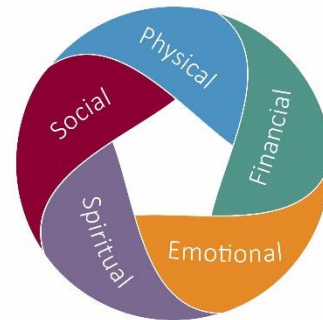


# WebMD Wellness Points

- 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

I Did This



PHYSICAL



FINANCIAL



EMOTIONAL



SPIRITUAL

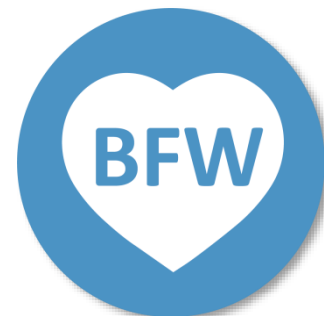


SOCIAL

# WebMD Wellness Points

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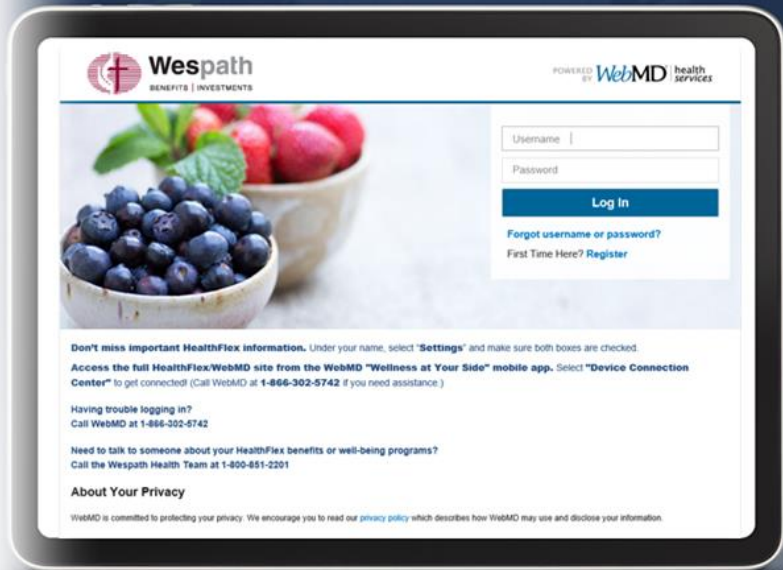
- BFW Health Measures
  - Blueprint for Wellness (BFW) data automatically sent to WebMD
  - 7 values automatically rewarded if within American Heart Association recommended range, or improved from prior year
- Opportunities external to WebMD may require up to 45 days for points to be credited
- 150 Total 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

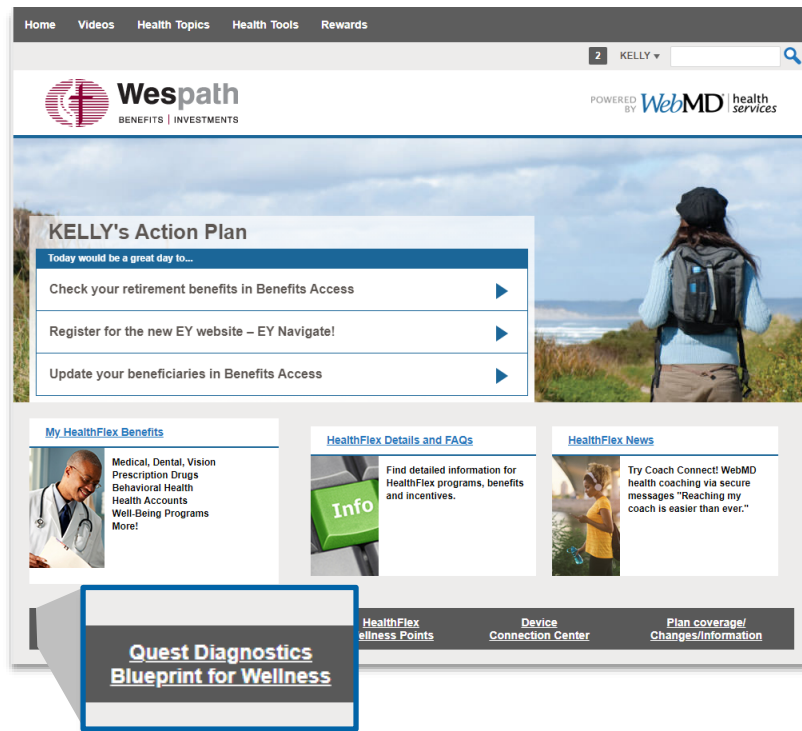
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- PulseCash (cash) earned when you reach levels
- PluseCash can be transferred to bank account, purchase gift cards and activity trackers from the VP store, OR donated to UMCOR



# 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

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- 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



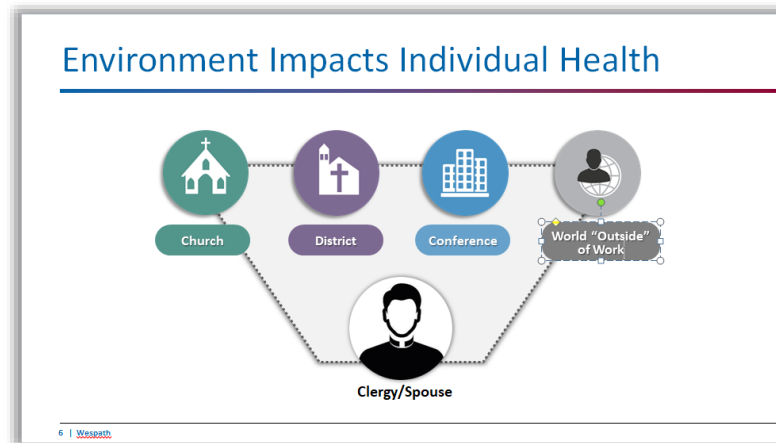
# Blueprint for Wellness

- 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

Emotional counseling available in person,  
telephonic or video chat

- 8 sessions per concern/year
- Confidential

# 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)

## WebMD online health assessment

- 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)

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Online



Community-based—in person

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

# Online DPP Provider

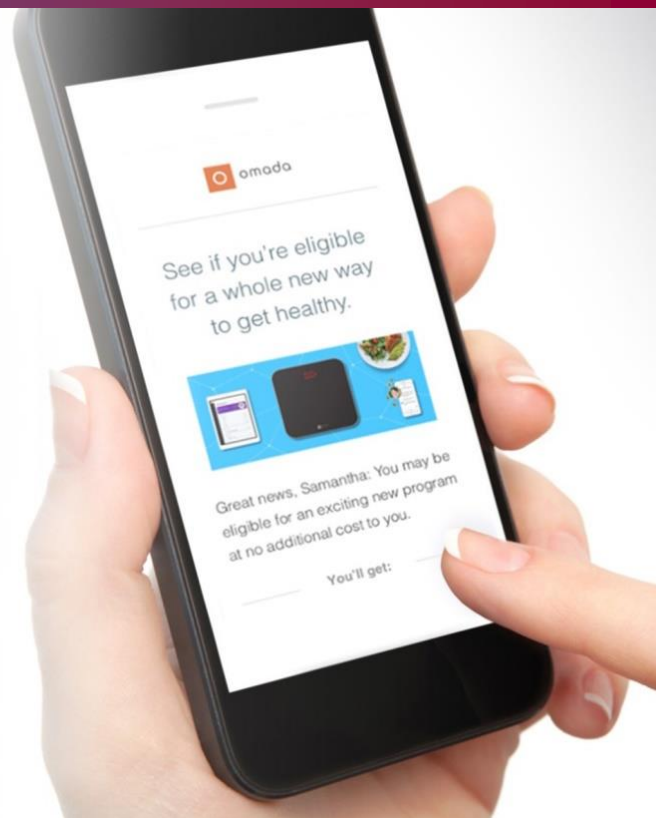
- Through current partnership with Quest Diagnostics—Omada Health
- Program for those with:
  - Prediabetes
  - Metabolic syndrome
  - Heart disease risk

OR

  - Type 2 Diabetes (non-insulin dependent)

New type 2 enrollments only through January 31, 2020

[omadahealth.com/wespath](https://omadahealth.com/wespath)



# Community-Based DPP Participation

|             |  |
|-------------|--|
| <b>WHY</b>  | <ul style="list-style-type: none"><li>• May prefer in-person program or referred by health care provider</li></ul>   |
| <b>WHAT</b> | <ul style="list-style-type: none"><li>• CDC-recognized programs - offered by many YMCAs and health systems</li><li>• HealthFlex will reimburse up to \$500</li></ul>   |
| <b>HOW</b>  | <ul style="list-style-type: none"><li>• Participant calls Wespath Health Team</li><li>• Claim Form downloaded from WageWorks account</li><li>• DPP group leader signs Claim Form documenting completing at least 9 sessions</li><li>• Member submits receipt + signed Claim Form to WageWorks</li><li>• WageWorks verifies requirements are met and issues check to member</li></ul> |



# WW (formerly Weight Watchers)

Wespath pays 50% of registration fees

- 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



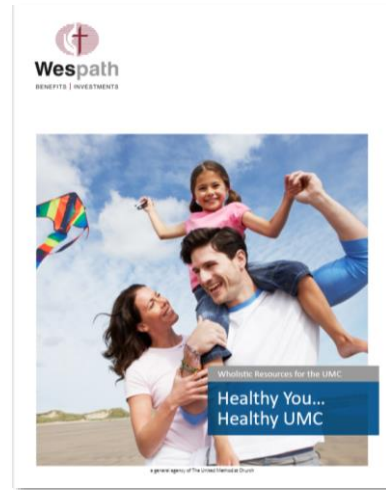
# Resources and Toolkits

## 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







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BENEFITS | INVESTMENTS