



Wespath

BENEFITS | INVESTMENTS



Wholistic Resources for the UMC

Healthy You... Healthy UMC

a general agency of The United Methodist Church

Healthy You...Healthy UMC

Wespath is committed to maintaining your well-being and the strength, vitality and reach of the Church's mission and ministry.

Your Well-Being Lasts a Lifetime

Health is important. It affects the whole connection: family, congregation, community and the Church itself. Improving the well-being of clergy, laity and congregations is our priority. It is essential to maintaining the strength, vitality and reach of the Church's mission and ministry.

Wespath Well-Being Programs Belong to You

To promote well-being across the denomination, Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families.

Our multi-dimensional focus is specific to the UMC population and its needs, structure and processes.

Among our offerings are: well-being programs, resources, educational opportunities, trends and research, and well-being partnerships within the UMC.

Strategic Collaboration

We work directly with annual conferences to bring health and well-being plans and programs to all participants.

We also collaborate with other UMC agencies to provide webinars and synchronize well-being efforts to further the mission of church vitality. We are available to help conferences define available resources and learn how to maximize strengths.

5 Dimensions of Well-Being—A Healthy Equation



PHYSICAL



FINANCIAL



EMOTIONAL



SPIRITUAL



SOCIAL

PROGRAMS



RESEARCH



HEALTHY UMC

All UMC



HealthFlex



Biannual
Well-Being Survey—
Key Findings



Well-Being Programs

Best-in-class well-being programs help promote both individual and denominational health and well-being, and include:

HealthFlex/WebMD website*

Your reference point to vendor partner websites, benefits information, health tools, wellness videos and more. Start at wespath.org; select “HealthFlex/WebMD” and log in.



HealthQuotient Online Health Assessment*

Online health assessment tool provides information about how your choices support good health or may increase your likelihood of developing certain chronic conditions.



Blueprint for Wellness health screenings (through Quest Diagnostics)

Onsite and local biometric screenings provide a baseline for current health indicators for individuals. Aggregate information for conferences and organizations is also available.



Virgin Pulse well-being program

Interactive program with an uploadable steptracker, designed to increase physical activity, improve sleep and eating habits, and enhance overall well-being. Earn PulseCash to spend or make a direct donation to UMCOR.



Diabetes Prevention Program*

CDC-recommended Diabetes Prevention Programs are offered through Omada Health® and provide reimbursement for your local/community-based program.



OptumHealth work/life services and counseling*

Programs and resources to help individuals manage issues that arise in their personal or professional lives that may impact their ability to perform their work or ministry.

- Employee Assistance Program
- elder care
- relocation
- child care



WeightWatchers®

HealthFlex offers a 50% subsidy on WeightWatchers membership fees.

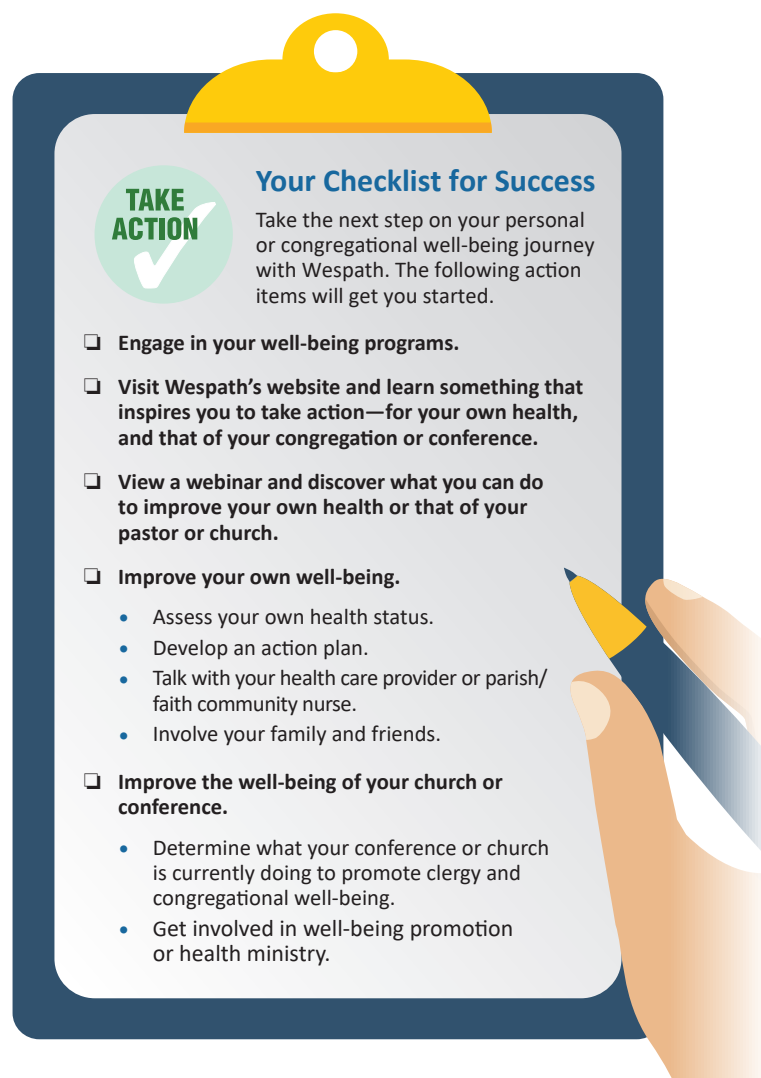


MDLIVE*

Consult with a physician by phone, video or MDLIVE app anytime, 24/7.



All of these wellness programs **must** be sponsored by annual conferences or other United Methodist-affiliated organizations.



*These programs are for HealthFlex participants.

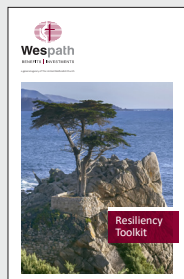
HealthFlex well-being programs are voluntary.

Well-Being Resources

To order copies, schedule an event or request information, e-mail us at: wellnessteam@wespath.org

Toolkits

Comprehensive evidence-based information on well-being topics.



Resiliency Toolkit

More Toolkits:

- Reduced Screen Time Toolkit
- Tobacco Cessation Toolkit
- Prediabetes Toolkit
- Physical Activity Toolkit

Resources

Brochures, health statistic reports and additional resources that help you understand and improve well-being.



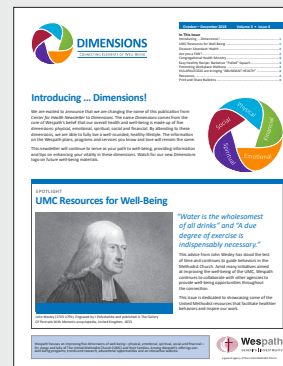
50 Ways to Support Your Pastor's Well-Being

Printable Resources:

- Social Well-Being
- Financial Well-Being
- Stress Management

Newsletters

Great well-being information in easy to read and share format.



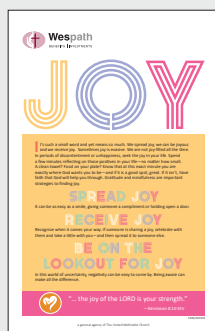
Five Dimensions of Well-Being—October 2018

More Newsletters:

- Social Well-Being—July 2016
- Financial Well-Being—October 2016
- Physical Well-Being—April 2017
- Welcome 2019: 100 Tips to Reach Your Goals—January 2019
- Hark!—quarterly

Church Bulletins

Church bulletins on all 5 dimensions—easy to understand information to improve the well-being of your congregation.

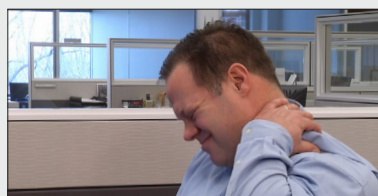


Emotional Well-Being:

- Joy
- Stress Management
- Laughter

Videos

Interactive videos to inform and inspire activity.



Video Series: Deskercise

- Be Humble
- Ear to Earth
- Extended Prayer
- Greet Your Neighbors
- Open Your Heart
- Reach for the Heavens

Webinars

Webinars to improve the well-being of your family, congregation and self.



Series: What's Your 2020 Vision?



Series: Sifting Through the Facts

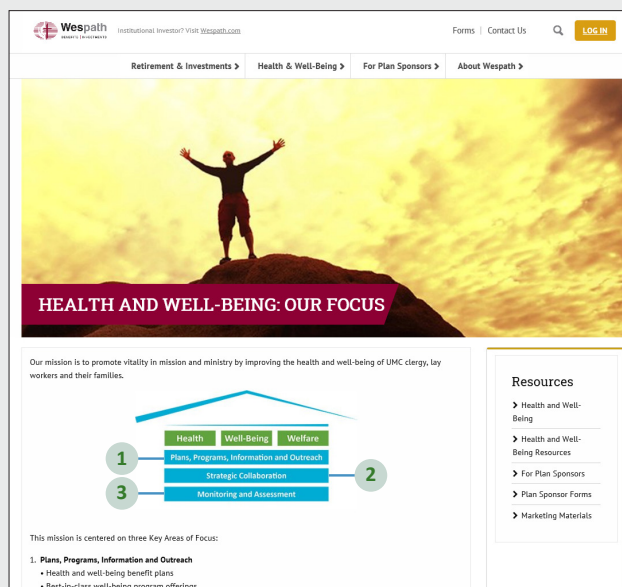
Interactive Websites

Wespath Website

wespath.org/benefits/resources

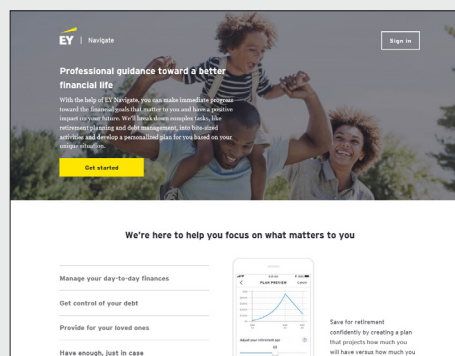
Log on 24/7 for tips, tools and other resources for improving health and well-being. The website's content is practical and educational, and organized for easy navigation and quick click-through. Find information about:

- 1 Health and welfare benefit plans, wellness information and well-being programs
- 2 Info about partnerships with annual conferences, and other UMC groups to maximize efforts and reach of well-being efforts
- 3 Long-term clergy well-being status, periodic health assessments



Financial Planning, Benefits, Health and Well-Being Websites

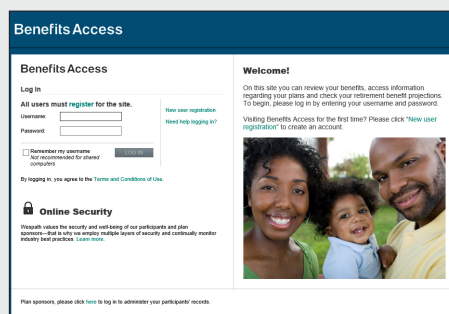
EY Financial Planning Services*



wespath.eynavigate.com

Info designed to help you evaluate your financial situation and make changes to improve your financial future. Take the Financial Wellness Assessment for a 5-minute check on your financial well-being and behaviors.

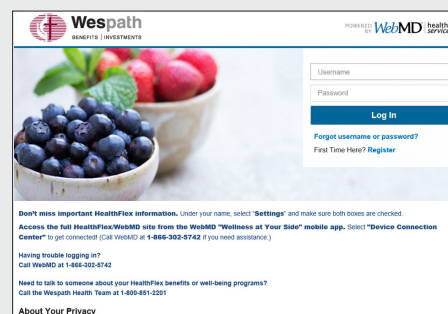
Benefits Access



benefitsaccess.org

Account support for your retirement benefits.

HealthFlex/WebMD



webmdhealth.com/gbophb/

Your source for all HealthFlex health plan information.

* Financial planning services are available to active participants and surviving spouses with an account balance in Wespath-administered plans, and to terminated and retired participants with an account balance of at least \$10,000.

Costs for these services are included in Wespath's operating expenses that are paid for by the funds.

Educational Opportunities

A variety of educational opportunities are available from Wespath, in print, webinar or even live format. Topics such as stress management, self-care, financial well-being, and what makes church leaders healthy are just some of the topics. Find toolkits and webinars online at Wespath.org/benefits/resources.

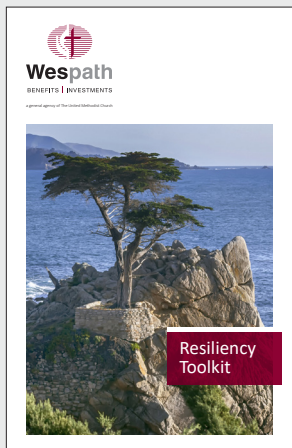


Find more resources at Wespath.org/benefits/resources



PRINT

Toolkits



ONLINE

Account Support

Benefits Access
HealthFlex/WebMD
EY Financial Planning

Webinars



Videos



Stay active with deskercising!

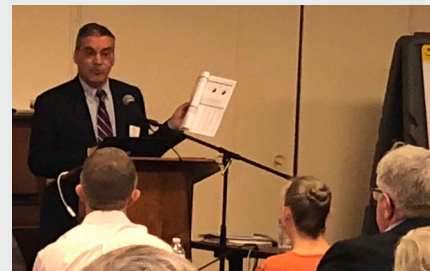


LIVE

In-Person Well-Being Support



Retirement Seminars



EY Financial Visits



Trends and Research

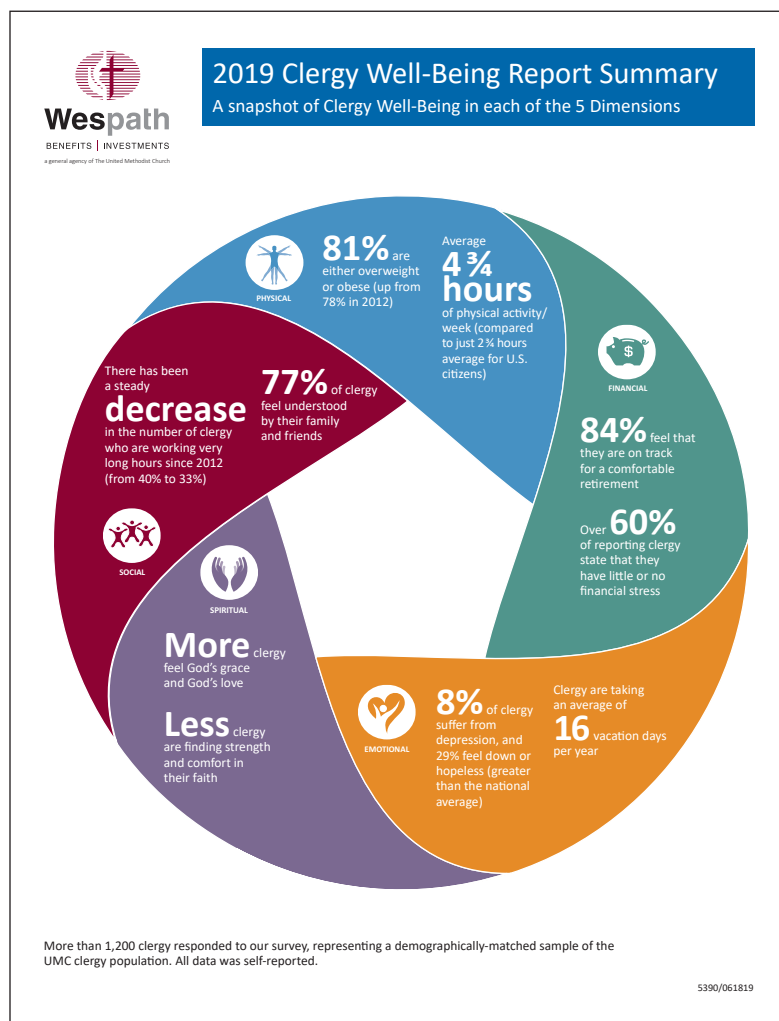
Wespath uses a systematic research approach to designing and implementing programs

- Biennial Clergy Well-Being Report
- Periodic health assessments, follow-up and reporting
- Program efficacy
- Plan sponsor and clergy/participant surveys

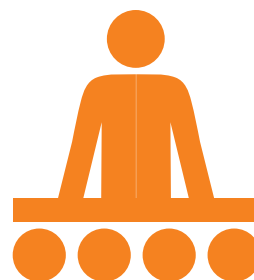


Use the valuable findings at (wespath.org/r/well-being-research) to inform clergy, church leaders, congregations and agencies of critical aspects of clergy well-being to work toward improved vitality for mission and ministry.

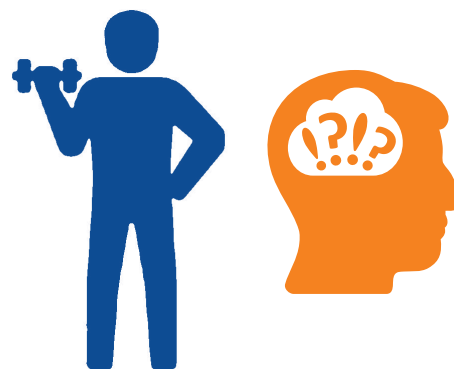
2019 Clergy Well-Being Survey—Key Findings



*Questions did not cover actual assets held in our plans or elsewhere.



Clergy health has a significant effect on congregations, on communities and on the overall mission of the Church. Healthy clergy are inextricably linked to vitality in mission and ministry.



Exercise helps fight obesity and depression. Wespath has a Physical Activity Toolkit that provides a variety of thoughtful ways you can work activity into any setting.



Wespath

BENEFITS | INVESTMENTS

Caring For Those Who Serve

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Glenview, IL 60025-1604
1-800-851-2201
wespath.org

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