Healthy You...
Healthy UMC

Wholistic Resources for the 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

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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](http://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

*These programs are for HealthFlex participants. HealthFlex well-being programs are voluntary.

**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.

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**Your Checklist for Success**
Take the next step on your personal or congregational well-being journey with Wespath. The following action items will get you started.

- Engage in your well-being programs.
- Visit Wespath’s website and learn something that inspires you to take action—for your own health, and that of your congregation or conference.
- View a webinar and discover what you can do to improve your own health or that of your pastor or church.
- Improve your own well-being.
  - Assess your own health status.
  - Develop an action plan.
  - Talk with your health care provider or parish/faith community nurse.
  - Involve your family and friends.
- Improve the well-being of your church or conference.
  - Determine what your conference or church is currently doing to promote clergy and congregational well-being.
  - Get involved in well-being promotion or health ministry.

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Well-Being Resources

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

**Toolkits**

Comprehensive evidence-based information on well-being topics.

- Resiliency 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

**Newsletters**

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

- Five Dimensions of Well-Being—October 2018

**More Toolkits:**
- Reduced Screen Time Toolkit
- Tobacco Cessation Toolkit
- Prediabetes Toolkit
- Physical Activity Toolkit

**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!—January 2019

**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.
Food Choices
Offer healthy, low-sugar or sugar-free food and drink options at all church gatherings and events, such as: fresh fruit on the dessert table, whole grain breads, low-fat salad dressings, unsweetened tea, ice water, etc. This will help those who may not otherwise make healthy choices, and can be an act of Christian hospitality to help all feel welcome and included in church events.

Exercise Opportunities
Consider making your facilities available to those who want to exercise indoors. Hosting exercise classes or walking groups is another great way to support a healthy lifestyle.

Health Ministry
Begin or expand health ministry in your congregation, using nurses or others interested in supporting healthy living to coordinate educational events, health screenings, etc. For resources on health ministry in the UMC, go to www.wespath.org/benefits/umchmn.

Educational Events
Contact a local hospital system or a local chapter of the American Diabetes Association to find a diabetes educator who can come to your church to do a workshop on diabetes prevention. You can also contact the Center for Healthcare Team at wellnessteam@wespath.org for support on this and other wellness topics.

You can help your congregation combat or even reverse prediabetes in several ways:

Wespath is providing information in this publication as an educational service to illustrate some practices that may have positive impact on well-being. Wespath’s sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.
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

**2019 Clergy Well-Being Report Summary**
A snapshot of Clergy Well-Being in each of the 5 Dimensions

- **Physical**
  - 81% are either overweight or obese (up from 78% in 2012)
  - Average 4¾ hours of physical activity/week (compared to just 3¾ hours average for U.S. citizens)

- **Emotional**
  - 84% feel that they are on track for a comfortable retirement
  - Over 60% of reporting clergy state that they have little or no financial stress

- **Spiritual**
  - 77% of clergy feel understood by their family and friends
  - More clergy feel God’s grace and God’s love
  - Less clergy are finding strength and comfort in their faith

- **Social**
  - 81% of clergy suffer from depression and 29% feel down or hopeless (greater than the national average)

- **Financial**
  - Clergy are taking an average of 16 vacation days per year

More than 1,200 clergy responded to our survey; representing a demographically-matched sample of the UMC clergy population. All data was self-reported.

*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.
The information in these resources is provided by Wespath Benefits and Investments as an educational service. The sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice or other professional advice or services on any specific matter.