Act now to avoid higher deductibles in 2018
TAKE THE HEALTH QUOTIENT RISK ASSESSMENT EVERY YEAR TO AVOID HIGHER DEDUCTIBLES IN THE FOLLOWING YEAR.

The HEALTH QUOTIENT (HQ) is the next step of HealthFlex’s program to better wellness. The HQ online risk assessment directs you to wellness resources available at no cost through HealthFlex. If you completed Blueprint for Wellness, your health data is automatically and securely imported into your HQ, so it’s even easier to complete. You (and your spouse) can complete the HQ even if you missed Blueprint for Wellness. Taking the confidential HQ between Aug. 1 and Sept. 30 will save HealthFlex participants $250-$500 on their 2018 individual and family deductibles. The participant and enrolled spouse must complete the Health Quotient to avoid this increase. Adult children are not required to complete the HQ.

To take the HQ, visit wespath.org, log into HealthFlex/WebMD and click on the “HealthQuotient” in your Action Plan. You can take the streamlined HQ on your computer, tablet or smartphone or call 1-866-302-5742.

Beat the bug; Get your flu shot

Flu season is approaching. All HealthFlex participants are eligible to receive the flu shot anywhere the vaccine is offered at no cost. The Flu vaccine is covered under preventive services through United Healthcare. Simply show your United Healthcare ID card at the time of service.

Here are some reasons why you should get vaccinated every year (from the CDC): flu vaccination can keep you from getting sick with flu; flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults; flu vaccination is an important preventive tool for people with chronic health conditions; flu vaccination also may make your illness milder if you do get sick.
Choose your health plan for 2018 this November during Annual Election

CUSTOMIZE A PLAN FOR YOU AND YOUR FAMILY.

Annual Election will be held Nov. 1 – Nov. 16. The HealthFlex Exchange is our group health plan that offers six medical plans, three dental plans, and three vision plans. If you want to change your plan(s), this is the only time during the year you can do it. If you do not make an Annual Election, you will be re-enrolled in your current plan(s) for 2018. If you currently have a Flexible Spending Account and want to continue it in 2018, you must choose it during Annual Election. It will not automatically be funded. If you have questions, please consider participating in a one-on-one session with the Benefits Office. See the article below for more information.

HealthFlex Exchange one-on-one sessions

If "ALEX" (see above) hasn’t answered your questions, please schedule a session with us.

As your situation changed and is your current plan no longer beneficial to you? The Benefits Office is offering to sit down with you, one-on-one, for a 30-minute mini-session. We can answer your specific questions and help you navigate the available plans to best suit you and your family.

Tuesday, Nov. 7 and Thursday, Nov. 9:
BWC Mission Center – 9 a.m. – 3 p.m.

Wednesday, Nov. 1:
Jackson Chapel UMC
5609 Ballenger Creek Pike, Frederick, MD: 9 a.m. – 3 p.m.

Wednesday, Nov. 8:
Good Shepherd UMC
305 Smallwood Drive, Waldorf, MD: 9 a.m. – 3 p.m.
Want to retire in 2018?

Submit Your Formal Request in Writing by Dec. 1.

Requests for retirement must be stated in writing and addressed to Bishop LaTrelle Easterling. Copies should be sent to your District Superintendent and Board of Ordained Ministry Conference Relations Committee no later than Dec. 1, 2017.

Signed letter address:
Bishop LaTrelle Easterling
BWC Mission Center
11711 East Market Place
Fulton, MD 20759

Copies sent:
1. (Name) District Superintendent BWC
Mission Center 11711
East Market Place,
Fulton, MD 20759
2. Rev. Jennifer Karsner
BOOM CRC Chair
78 Church Road
Arnold, MD 21012

For more information on clergy retirement, read the 2016 United Methodist Book of Discipline, ¶357.

Pre-Retirement Session

The 2017 Pre-Retirement Session will take place on Thursday, Oct. 19 at the BWC Mission Center. Registration can only be completed online. To register, visit http://tiny.cc/bwc-pre-retirement2017

This session is intended to explain and highlight the different benefits that are available to clergy at retirement through the denomination. This is also for clergy to begin looking at what it takes or how much they will need at retirement so that they can start/increase their personal investment.

Upgrading to better serve you

The Center for Health Has Revised the WebMD Homepage.

On the new home page, the list of vendors has been condensed into a category labeled HealthFlex Partners. Visit webmdhealth.com/gbophb/ to explore the new layout.

New “Wellness at Your Side” mobile app!

More and more people are using their mobile devices these days. From your phone you will be able to:

- Access your personal HealthFlex/WebMD site
- Complete the HealthQuotient
- Set and track goals with the Health Assistant
- Track and earn Wellness Points

Follow these simple steps:
1. In your App or Google Play Store, search “Wellness at Your Side” and download the app
2. Select “Use your Connection Code instead”
3. Enter “HEALTHFLEX” then click “Connect”
4. Log in with your HealthFlex/WebMD username and password (Only required when connecting first time)
5. Explore!

Need help? Call WebMD at 1-866-302-5724