



Blueprint for Wellness Is Coming!

Take Step 1 for a Healthier You



Date:

Time:

Location:

Preregister* by:

Quest Diagnostics Blueprint for Wellness[®] is:

- **Quick**—one blood sample, a few measurements
- **Convenient**—take on-site or at a local Quest Diagnostics facility
- **For HealthFlex** participants and spouses (active and Medicare companion plans)
- **No out-of-pocket cost**
- **Easy way to earn \$100 HealthCash****

Blueprint for Wellness is a comprehensive “biometric” screening that provides information about your heart, liver, kidney function, diabetes risk and blood sugar control, calcium and iron—plus PSA screening for men.

Confidential: Results are mailed directly to you. Your conference, church, employer, insurance company, HealthFlex or the General Board of Pension and Health Benefits cannot see your lab results or personal health data.

You Must Preregister*

By Phone: 1-866-908-9440

Employer/group: “HealthFlex” or “United Methodist Church”

Online: www.gbophb.org

Log into “HealthFlex/WebMD.”

Under **HealthFlex Vendor Links**, choose “Quest Diagnostics.”

Registration key: **umc2011**

Step 1



Step 1 of your 2011 HealthFlex wellness initiatives

- ✓ **Take** the Blueprint for Wellness screening.
- 💰 **Earn \$100 HealthCash**** (active plans only).
- ✓ **Share** the results with your doctor.

Three Steps for Wellness

April 1 – July 31

- ✓ **Step 1:** Blueprint for Wellness[®]

August 1 – September 30

- ✓ **Step 2:** HealthQuotient (HQ)

After the HQ

- ✓ **Step 3:** Take Action

* Preregister three weeks in advance for the on-site event. If you go to a local Quest facility instead, you can preregister up to the same day (based on availability).

** HealthCash incentive applies only to HealthFlex active plans. Must be enrolled in Virgin HealthMiles and take the screening **between April 1 and July 31**. Eligible participants and spouses can **each** earn \$100 HealthCash.



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