

## Blueprint for Wellness Is Coming!

**Date:** Friday, May 30 AND Saturday, May 31, 2014

**Time:** 6:00 am to 9:00 am – FAST 6-8 hours prior to test time for most accurate results.

- **Check with your doctor to determine if fasting is appropriate for you.**

**Location:** Wildwoods Convention Center, Room 9

**Pre-register:** deadline for pre-registration is midnight 5/13/14. Walk-ins are extremely limited.



***Convenient. Confidential.  
No Cost to You.***

**We Value Your Privacy:** Screenings are conducted in private, and results *cannot be viewed* by your annual conference, church, employer, insurance carrier or the General Board of Pension and Health Benefits.

Earn **\$100 HealthCash\*** and receive vital information about your health. The Quest Diagnostics Blueprint for Wellness® screening involves one blood sample and a few quick measurements to evaluate 30 health factors. *Results are confidential and mailed directly to you, to share with your doctor.*

### Blueprint for Wellness Highlights

- Screening—for HealthFlex participants and spouses (active and Medicare companion plans).
- Earn \$100 HealthCash—*HealthFlex active (PPO) plans only.* (Must be enrolled in Virgin Pulse HealthMiles at time of screening to earn HealthCash.\*)
- No out-of-pocket costs\*\* at an on-site event or Quest Diagnostics facility.
- **Pre-registration required for screening at Quest Diagnostics facility.** (Details below.)
- **Pre-registration strongly recommended for on-site event**—Walk-ins are limited.
- Fast 8–12 hours before screening (overnight) for the most accurate results. Check with your doctor to determine if fasting is appropriate for you.

### Alternate Time and Place - April 1 through July 31, 2014

You also can take your Blueprint for Wellness at a Quest Diagnostics facility **between April 1 and July 31, 2014** to earn the \$100 incentive. **You must preregister to take the screening at a Quest facility** and to avoid out-of-pocket costs.\*\*

**Pre-register**—**Required** for Quest facility. **Recommended** for on-site event.

**By phone:** 1-866-908-9440

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

**Online:** [www.gbophb.org](http://www.gbophb.org) Log into HealthFlex/WebMD. Select “Quest Diagnostics Blueprint for Wellness” in left column.

**Learn more about incentives at [www.gbophb.org](http://www.gbophb.org)**—Click on “HealthFlex/WebMD;” select “2014 Incentives FAQ.”

\* **\$100 HealthCash applies only to HealthFlex PPO plans.** If you’re not enrolled in Virgin Pulse HealthMiles, go to [www.gbophb.org](http://www.gbophb.org), click on “HealthFlex/WebMD” and enter your WebMD username and password. Then select “Join Virgin Pulse.”

\*\*If there is **no Quest facility within reasonable driving distance**, you can still receive the \$100 HealthCash incentive by submitting a Physician Results Report Form (completed by your doctor) by **July 31**. Call your plan sponsor or the General Board of Pension and Health Benefits at **1-800-851-2201** to request the form. **Applicable out-of-pocket costs apply for tests you receive through your doctor.**