

Blueprint for Wellness Screening



January 2 – July 31 \$100 PulseCash Incentive

Q: What is the Blueprint for Wellness screening?

A: The Blueprint for Wellness biometric screening by Quest Diagnostics involves a blood draw followed by lab analysis. The screening includes tests for common health risks, including:

- Cholesterol and lipid screening
- Blood sugar and diabetes screening
- Screening tests for liver, kidney, thyroid, and other organs and body systems
- Measurement of blood pressure, height, weight and waist circumference (if taken at a plan sponsor event or at most local Quest Diagnostics laboratories)

A complete list of tests included in the Blueprint for Wellness screening can be found [here](#).

The screening provides a snapshot of your current health measurements to share with your primary care provider (PCP) and to help shape your personal health and well-being goals.

Q: How do I earn \$100 for completing the Blueprint for Wellness screening?

A: HealthFlex will deposit **\$100 PulseCash** in your Virgin Pulse account when you complete the Blueprint for Wellness screening. The screening must be completed between **January 2 and July 31**. The \$100 PulseCash incentive is only for *participants and spouses in HealthFlex plans*. Please allow up to 30 days for PulseCash to be credited to your Virgin Pulse account.

Q: Why should I take the Blueprint for Wellness screening?

A: The Blueprint for Wellness screening is a comprehensive screening provided by HealthFlex at no cost to you. Blueprint for Wellness gives you and your PCP information about your current health status and gives you a year-by-year measurement to evaluate improvements. It is far more thorough than what most PCPs complete during wellness exams—and costs The United Methodist Church *much less due to efficiencies and economies of scale*. Quest Diagnostics is an industry leader in laboratory testing. You can also earn Wellness Points for recommended range or improved health measures, as detailed in the Wellness Points section of this FAQ.

Q: How can I complete the Blueprint for Wellness screening?

A: There are two main ways to complete the Blueprint for Wellness screening.

- **At an annual conference or employee health event.** Contact your conference office/human resources office about whether Blueprint for Wellness screenings are being hosted for your group. Registration for a screening at these events is *highly recommended*.
- **At a Quest Diagnostics lab.** There are many locations across the country. Find a lab that screens biometrics (preferred but not required) including height, weight, blood pressure and waist circumference. If you choose a lab without biometrics, you will be asked to self-report your height, weight, blood pressure and waist circumference. *Registration is required before going to a Quest Diagnostics lab.*

If you are unable to complete the screening on-site or at a local lab, please submit a *Physician Results Form*.

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Q: How do I register for my screening?

A: To register, call **1-855-623-9355 (1-855-6BE-WELL)** or log in to HealthFlex/WebMD on wspath.org. Select Quest Diagnostics Blueprint for Wellness, and follow the prompts.

Registering will assure that you are not billed for your screening tests. You should not have to present your medical ID card when you arrive for the screening but you may be asked for a picture ID. If you are a walk-in to an on-site event, you will need your medical ID card for your HealthFlex participant number. At on-site events, there is limited space for walk-ins, so registration is recommended. *Registration is required at local Quest Diagnostics labs.*

Q: What if my annual conference/employer does not offer Blueprint for Wellness on-site or I'm unable to do the on-site event—and there is no Quest Diagnostics laboratory near my home or work?

A: A small portion of HealthFlex participants may not have a Quest Diagnostics lab within a reasonable driving distance. If this is the case, you or your primary care provider may complete a *Physician Results Form*. Login to **HealthFlex/WebMD** and click on **"Quest Diagnostics."** Follow the directions for submitting your *Physician Results Form*.

Q: Do I have to pay for a Blueprint for Wellness screening?

A: No, you will pay nothing for the screening if you take it at either an on-site event or at a Quest Diagnostics facility. However, if you get these tests done through your PCP and submit the *Physician Results Form*—we encourage you to get them done at the same time as your annual wellness exam to avoid paying out-of-pocket costs.

Note: Any additional lab tests you may have completed at a Quest Diagnostics facility that are not part of the Blueprint for Wellness tests are subject to regular plan benefits (co-payments or co-insurance).

Q: Is the Blueprint for Wellness screening available for participants and spouses in a Medicare supplement or Medicare Advantage plan through Via Benefits (formerly OneExchange)?

A: It varies. Please check with your plan sponsor/benefits office.

In order for your data to import into WebMD™, make sure you checked **"Yes, I would like to update my WebMD™ Health Record with my imported personal health information"** in **"Settings"** in your **WebMD™ online personal account**.

Q: I usually see my PCP around the same time every year, which is different than HealthFlex's January – July timing for Blueprint for Wellness. How can this timing work for me?

A: We recommend telling your PCP that your employer offers a comprehensive wellness screening—including complete lipid and cholesterol testing, glucose and hemoglobin A1c testing, and multiple organ function tests (including liver, kidney and thyroid)—at no out-of-pocket cost to you. If you usually see your PCP later in the year, bring your Blueprint for Wellness screening results to your appointment.

Many participants have commented that their PCPs are very impressed with the comprehensive data in the Blueprint for Wellness screening and report.

Q: I can get a blood screening at my PCP's office—why should I do the Blueprint for Wellness screening?

A: The Blueprint for Wellness screening may be different (or even more comprehensive) than what your PCP offers. Talk to your PCP about how this screening may work with your annual checkup to meet your health and financial needs. Additionally, the Blueprint for Wellness screenings are typically more cost-effective for the HealthFlex plan than the same tests given in a PCP's office—which is good stewardship for your conference or employer and The United Methodist Church.

Q: Is my information kept confidential if I get my lab results through Quest Diagnostics?

A: Yes, your personal health information is kept confidential. Click [here](#) to read our privacy information.