

Friendly reminder for those clergy on the Conference health insurance:

The Health Check is required to avoid any additional deductible next year. **The deadline is August 31, 2021, at 10:59 pm CT.** So, if you haven't enrolled in Virgin Pulse yet or logged in and completed the Health Check, please do so today at www.virginpulse.com (WebMD is no longer available to access any of our benefits).

Clarification on completing the Health Check:

- You do **NOT** have to have any blood work or physical completed before you complete the Health Check. You can complete the Health Check without those numbers. So don't wait to get a physical or scramble to try and get in to see someone before the end of the month as you may not be able to do so. Go ahead and complete the Health Check today to avoid the additional deductible in 2022.

Also remember if you have a spouse on your coverage, they too must enroll in Virgin Pulse, if they haven't already, and complete the Health Check.

The annual physical and Blueprint for Wellness screening are both just benefits. They can coordinate with the Health Check but are not required.

- You certainly want to get your annual physical each year, but you do not necessarily need to have it done before you complete the Health Check. Although the blood work results do give you a better look at your health status.
- Next year you can schedule your annual physical earlier in the year. *You do NOT have to wait 12 months in between yearly exams.* It can be any time during a calendar year.

Benefits to enrolling in Virgin Pulse:

- You receive your first tracker device free. You have options of using more technical devices such as a FitBit or Garmin that you may already be using. You just have to set up the device to sync with Virgin Pulse.
- You can earn up to \$410 Pulse Cash each year.
- Pulse Cash can be deposited in your checking or savings account; used to buy new tracking devices, buy gift cards; or donate it.
- Healthy habits and ideas to help you daily.
- Walking challenges that you can join with colleagues to have fun getting exercise and earning points that can turn into Pulse Cash.

There is the Virgin Pulse App that you can download to your phone so that when you are on vacation you can download your steps with ease as well as when you are at home.



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