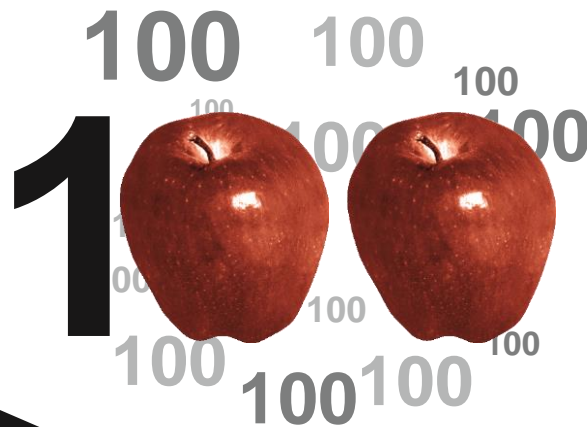


2019 Wellness Guide



Savings up to \$360* in 2 Easy Steps

Personal Coaching • Online Classes • Free CEUs •
Helpful Wellness Advocacy Services


**Wellness 100 is your healthcare premium reduction program.
Please see detailed information on back of this form.
Questions? Call 866-799-2731.**



Wellness Services are made available
by Virginia United Methodist Pensions, Inc.
through Health Advocate, Inc.

2019 Healthcare Premium Reduction Program

Wellness 100

* Save up to \$360/year (individuals save \$180/year, couples save \$360/year) in 2 easy steps .
For couples, both subscriber and spouse must complete both steps to qualify.

1. PHYSICAL (50 Points)

Complete and submit physical between **November 1, 2018 - October 31, 2019**. Anthem pays for one physical every calendar year. Your physical must include a blood test to measure *Fasting* Blood Glucose, Total Cholesterol, HDL and LDL Cholesterol, and Triglycerides.

- There is no cost to you for the Wellness Physical and blood panel.
- Download form at www.healthadvocate.com/vcwministries and click on "Wellness"
- Have your physician complete and submit form by October 31, 2019.
- If you do not have a physician, Health Advocate will find one for you. **Call 866.799.2731.**

2. PERSONAL HEALTH PROFILE (50 Points)

Complete the online Personal Health Profile (PHP). Call Health Advocate at 866.799.2731 for assistance. Online registration and completion of the PHP are required prior to enrolling in workshops, participating in online activities, or receiving personal coaching.

- Go to Health Advocate's secure site, www.HealthAdvocate.com/vcwministries
- Register as new user or login to start.
- When registering or speaking with Health Advocate, please use your name as it is printed on your Anthem card.

OPTIONAL ACTIVITIES

Monitor your health and wellness by logging: exercise completed, food consumed, water intake, and sleep. Need assistance? Call Health Advocate (HA) at 866.799.2731.

- Login to www.HealthAdvocate.com/vcwministries and click on "Wellness".

Online Workshops Earn Free CEUs!

- Topics include Stress Management, Benefits of Walking, and Weight Loss. Each workshop can be used to earn ½ CEU (please refer to the Virginia Conference Continuing Education Policy).
- Participation in workshops and online activities is unlimited; these services are available to active health plan participants, their spouses, and dependent children, ages 18-26.

ADVOCACY SERVICES

The Many Ways We Can Help You...

- Help transfer medical records
- Find the right doctors
- Schedule appointments
- Help resolve insurance claims
- Assist with eldercare issues
- Get cost estimates
- Work with insurance companies
- Answer questions

A Personal Health Advocate is Here to Help!

Your Health Advocate benefit is paid by your plan sponsor

and covers active plan participants, spouses, dependent children to age 26, parents and parents-in-law.