



Center for Health

# Quest Diagnostics Blueprint for Wellness®

## Executive Summary

### HealthFlex Wellness Incentives

#### Step I

Quest Diagnostics  
Blueprint for Wellness  
April 1 – July 31

#### Incentive: HealthCash

(For active-plan participants and spouses). No out-of-pocket cost if registered through Blueprint for Wellness process and performed by Quest personnel.



### Program Overview

Blueprint for Wellness includes a comprehensive blood screening and biometric measurements. This program offers:

- Access to a comprehensive screening that is consistent for all participants and spouses in HealthFlex active or Medicare companion plans;
- A more comprehensive screening than similar services offered by many primary doctors;
- A year-to-year measurement of important risk factors on an individual basis (for participant access only) and on an aggregate basis (for plan sponsors and HealthFlex), if repeated annually; and
- Ability to electronically and confidentially upload individual biometric data from the Blueprint for Wellness into the participant's HealthQuotient (HQ) online health risk assessment.

### Screening Details

The Blueprint for Wellness screening includes:

- Biometric measurements, including height, weight, blood pressure and waist circumference;
- A comprehensive blood screening that assesses:
  - *heart disease risk*—total cholesterol, HDL cholesterol, calculated LDL, triglycerides, calculated cholesterol/HDL ratio and cardio CRP;
  - *diabetes risk and management*—fasting glucose, hemoglobin A1c and estimated average glucose (eAG);
  - *kidney and liver health*—creatinine, albumin, total protein, globulin, albumin/globulin ratio, alkaline phosphatase, eGFR, ALT (alanine aminotransferase), AST (aspartate aminotransferase), total/direct bilirubin and GGT (gamma glutamyl transferase); and
  - *other total body screening tests*—TSH, free T4, calcium, total iron, iron binding capacity, iron/TIBC percent saturation, ferritin and uric acid.

### Screenings vs. Wellness Exams

Screenings such as Blueprint for Wellness *are not meant to replace an annual wellness visit with a primary doctor*. Please encourage your participants to share their Blueprint for Wellness screening results with their primary doctor at their next scheduled visit or between visits by mailing a copy of the report to their doctor's office. Our intent is for doctors to use the Blueprint for Wellness screening results rather than running their own panel of tests.

Screenings serve as a complement to wellness exams because they may identify possible health risks for participants to discuss with their doctors at an annual visit. Screenings also offer a more measureable and standardized opportunity for rewarding participants for healthy behavior through incentives, without the issue of diagnosis/service coding differences between many providers. The cost-efficient Blueprint for Wellness screening program supports wellness within our denomination and stewardship of the Church's health care resources. In 2012, almost half of eligible HealthFlex participants and spouses took this screening.

(over)



General Board

**Pension and Health Benefits**

*Caring For Those Who Serve*

## Fast for Best Results

For optimal results, participants should fast 8 to 12 hours before their screening. (However, fasting is not essential and may not be recommended for individuals with certain medical conditions or on certain medications.) Water is permitted and encouraged to prevent dehydration.

## Eligibility

Blueprint for Wellness is available at no cost to all participants and spouses covered by a HealthFlex active or Medicare companion plan. (The HealthCash incentive is only for participants and spouses in *active* plans.)

Some plan sponsors can choose to make the Blueprint for Wellness screening available to Medicare participants enrolled through Extend Health. However, details in this Executive Summary focus on HealthFlex, unless indicated otherwise.

## Screening Options for Incentive

Active-plan individuals can earn their HealthCash incentive by doing the Blueprint for Wellness screening in one of three ways:

1. At an on-site event hosted by the plan sponsor (recommended);
2. At a local Quest Diagnostics Patient Service Center (must preregister); or
3. In a physician's office, using the *Physician Results Report Form\** (out-of-pocket costs apply).

## Preregistration Options

*Preregistration for on-site events hosted by the plan sponsor is highly recommended.* Preregistration must be completed at least three weeks prior to the event date to allow for processing supplies and Quest staffing on-site. A limited number of walk-ins can be accommodated at each event.

### Preregistration is required for screening at a local Quest Diagnostics Patient Service Center.

Preregister by phone or online:

1. By phone, call **1-866-908-9440**. (Participants should identify themselves as being with HealthFlex or The United Methodist Church.)
2. Online at [www.gbophb.org](http://www.gbophb.org); log into the HealthFlex/WebMD website and click "**Quest Diagnostics Blueprint for Wellness**" under **Get Started** (left column).

Registration for participants in Extend Health plans: Participants must register by phone (**1-866-908-9440**) or through the plan sponsor. They cannot register through the HealthFlex/WebMD website.

## HealthFlex Incentives and Efforts to Promote Engagement

HealthFlex will provide incentives and direct-to-participants communications to encourage participation in the Blueprint for Wellness screening and other wellness programs. Please check the current Wellness Incentives FAQs (on WebMD login page) for details on this year's wellness incentive.

## Related Resources for Plan Sponsors (on the Extranet)

- *Blueprint for Wellness—Checklist and Timeline for On-Site Screenings*
- *Physician Results Report Form* (with letter to physician)
- *Blueprint for Wellness Incentives Frequently Asked Questions for Plan Sponsors*
- *Communications Toolkit*

\* **Please Note:** The *Physician Results Report Form* is not the preferred option because it does not promote the full comprehensive blood screening and does not allow for economies of scale associated with the Blueprint for Wellness screening program. It also will require out-of-pocket costs to the participant. However, individuals who lack access to either an on-site event or a local Quest Diagnostics facility can qualify for the HealthFlex wellness incentive (HealthCash from Virgin HealthMiles) if their doctor completes the *Physician Results Report Form* and returns it to Quest Diagnostics between **April 1 and July 31**. Participants can obtain this form from their plan sponsor or through the General Board's Health Team (**1-800-851-2201**). Laboratory tests completed in a physician office or a laboratory will be subject to regular plan benefits and cost-sharing (co-insurance or co-payment).

## Online Registration— [www.gbophb.org](http://www.gbophb.org)

### Step 1

Login to HealthFlex/WebMD page. Click "**Quest Diagnostics Blueprint for Wellness**" under **HealthFlex Vendor Links**.

### Step 2:

Add **phone number** (required) and **e-mail** (optional).

### Step 3:

Click "**Continue**" under **Schedule Your Screening**.

### Step 4:

Select a **location**.

### Step 5:

Select an **appointment time** and verify. Then print the confirmation page.

### Step 6:

Bring the confirmation page, and driver's license or other ID to the appointment.

To access the General Board's extranet:  
**[extranet.gbophb.org](http://extranet.gbophb.org)**

username: **extranet**  
password: **gbop!123**

Search under  
"**HealthFlex Tools & Resources**"

## A Trusted Partner

The General Board of Pension and Health Benefits (General Board) partners with Quest Diagnostics to offer the Blueprint for Wellness screening as part of the HealthFlex wellness program. This collaboration supports the General Board's commitment to offer best-in-class wellness programs that provide opportunities to assess and improve the health of clergy and lay workers of The United Methodist Church.

Like HealthFlex, the Center for Health and the General Board, Quest Diagnostics is firmly committed to protecting participants' privacy.