

## Blueprint for Wellness

There will be an onsite BluePrint for Wellness exam option at annual conference Saturday morning, **June 10<sup>th</sup>, at First UMC in Green Bay.** This is for active clergy only (not retirees), spouses and lay employees enrolled in the Conference Group Health Insurance plan. You need to register through your Benefits Access account or Virgin Pulse account after March 15<sup>th</sup> and no later than Friday, May 26<sup>th</sup>. Walk-ins will not be accepted.

We will also have an onsite option early in the morning the day of the **Clergy Session at Stevens Point: St. Paul's UMC on Thursday, June 1<sup>st</sup>.** Times to be announced.

Additional onsite options for the BluePrint for Wellness will be at the Sun Prairie Conference Center

Saturday morning, **May 20<sup>th</sup>**– register by May 5<sup>th</sup>  
Friday morning, **August 18<sup>th</sup>** – register by August 4<sup>th</sup>.

TO SIGN UP log into your Benefits Access account at [www.wespath.org](http://www.wespath.org), click on the Health Tab and, then on the Quest Diagnostics/Blueprint for Wellness link in the middle of the page. Spouses need sign up through your Virgin Pulse account.

If you prefer you may

- Sign up to do your blood work at a **Quest Patient Service Center** in Milwaukee, Kenosha, Racine, Rockford, IL or New Brighton, MN.
- Sign up to do an **at-home test** and mail it in
- Download a **Physician Results Form** to take to your doctor. (Be sure your provider codes these tests as preventative or for a wellness exam or you will be charged for them.)

In order to receive the \$100 reward in Pulse Cash, you need to be enrolled in Virgin Pulse and you need to complete the BluePrint for Wellness.

To enroll in Virgin Pulse, go to [www.virginpulse.com](http://www.virginpulse.com)

Personal consultation via ZOOM with a Benefits Educator at

Wespath: <https://www.wespath.org/r/consults23>