

LIVE LIFE LIVELY



Virgin
HEALTHMILES

A Healthy Start to Your New Year

Walk Your Way to Health with a New HealthFlex Program

The top five New Year's resolutions are to lose weight, pay off debt, save money, find a better job and get fit, according to www.usa.gov. But four out of five people who make New Year's resolutions eventually break them. In fact, a third of people who make them don't even last until the end of January!

The **Virgin HealthMiles walking program** can help you achieve four of these New Year's goals—and you'll earn rewards for enhancing your fitness and overall wellness. Daily steps toward better health can line your pockets with **UP TO \$300** over a 12-month period.

When you join HealthMiles, a **FREE** GoZone pedometer tracks your progress toward health goals and rewards. The most valuable HealthMiles benefits will be measured in inches, pounds, blood pressure or a boost in energy, but the cash you can earn is a nice reward, too.

With HealthMiles, every step makes cents!



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve



HealthMiles—the exciting, new walking program sponsored by HealthFlex and the *Center for Health*—works in concert with existing program offerings to support overall wellness. The WebMD HealthQuotient™ assessment raises awareness of health risks; ProCheck screenings focus on prevention, early detection and treatment; and HealthMiles promotes increased activity as a means to improve your health.

Earn HealthMiles—Cash In on a Healthier You

Research shows that physical activity lowers the risk for many chronic conditions, including diabetes, heart disease, obesity, orthopedic problems and some types of cancer. If you're like most people, you may need a little "push" to exercise more and lower health risks. That's how the HealthMiles walking program can help. The bottom line: Increase activity to become healthier and earn extra cash.

Walk, run, bike, play basketball or tennis, golf, dance or take part in any physical activity you enjoy and you'll accrue steps. The GoZone pedometer—sent free by mail after registration—tracks your steps. Upload your daily steps to the secure HealthMiles Web site, and you'll receive:

- 20 HealthMiles for up to 7,000 steps
- 60 HealthMiles for 7,000 to 12,000 steps
- 80 HealthMiles for 12,000 to 20,000 steps
- 100 HealthMiles for more than 20,000 steps

Also earn HealthMiles by **taking health measurements, filling out a health snapshot, participating in challenges, improving fitness levels and measurements, and more!**

Plus, all Health Flex participants (in active and Medicare plans) who are enrolled in HealthMiles will receive 2,500 bonus HealthMiles for taking the HealthQuotient™ health risk assessment in 2009. Participants and spouses who are enrolled in active plans (not Medicare plans) will receive an additional \$25 "HealthCash" bonus for completing a ProCheck screening in 2009.

Step Up to the Next Level

HealthMiles offers five different reward levels. Reach a new program level to earn HealthCash. Use it to purchase gift cards at more than 50 national retailers (e.g., Target and Best Buy) or to write a check to yourself or your favorite charity.



Enroll Now!

Sign up for HealthMiles and step up your commitment to health. The earlier you enroll and become active, the sooner you'll start earning HealthCash rewards. Better yet, the faster you'll see results: more energy, lower health risks and greater vitality to focus on your mission, job and family.

It's easy to enroll.

1. Log in to **HealthFlex/WebMD** by clicking the HealthFlex link at **www.gbophb.org**. Can't remember your username or password? Retrieve it online or contact the Health Team at **1-800-851-2201**, press "**option 1**" then "**0**" for a Health Team representative.
2. Click "**Join Now!**" in the box at the top of the page to view program details on the enrollment page.
3. At the bottom of the enrollment page, click "**Join Now!**" again to enroll.
4. Enter the required Personal Contact Information. Then choose a password (at least four digits), and click "**Continue.**"
5. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click "**Submit.**"
6. Write down your Member ID and remember your password.

Member ID: _____

7. Log in to the **Virgin HealthMiles** Web site using your Member ID or e-mail address. Complete the Health Snapshot—a short health questionnaire—then complete the "**Manage Account**" page to ship a GoZone pedometer directly to your address. (Note: The Health Snapshot is not the same as the more detailed HealthQuotient™.)
8. Activate your pedometer by following the package instructions or visit the GoZone pedometer support page on the HealthMiles Web site. (Go to **www.virginhealthmiles.com**, choose "**Activity**" and then select "**Activity Tracking Devices/GoZone Support.**") Still need help? Contact the Virgin HealthMiles Customer Service department at **1-866-852-6898**.
9. Start walking, riding, running, dancing, playing and moving—when worn properly, the GoZone pedometer records every step on the road to health.

You must enroll in the
Virgin HealthMiles program
in order to receive HealthFlex
incentives for 2009.

QUESTIONS?

For questions about registration or the HealthMiles program, read the FAQs at **www.virginhealthmiles.com** or call Virgin HealthMiles at **1-866-852-6898**.





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1201 Davis Street
Evanston, Illinois 60201
1-800-851-2201
www.gbophb.org

HealthMiles is here—sign up online today!

Key Terms

GoZone Software—Equips computers to load steps from the GoZone pedometer to your personal Web account, so you can accrue HealthMiles. Download this software once, before pedometer activation. To download, go to www.virginhealthmiles.com and click on “**Activity**,” then select “**Activity Tracking Devices**” and “**Download the GoZone Software**.” **Note:** The software is not compatible with Macintosh computers; Macintosh compatibility is expected by the end of March 2009.

HealthCash—Steps or HealthMiles translate into HealthCash. Redeem HealthCash to purchase gift cards at major national retailers or to write a check to yourself or to a charity. Rewards are redeemable as soon as they accumulate, beginning at the \$25 level. Accrue up to \$300 in HealthCash within a 12-month period from your enrollment date, depending on how many HealthMiles you earn.

HealthMiles—HealthMiles are like frequent flyer miles—walk or move more to accrue more HealthMiles. Complete all of the program levels to accrue **up to \$300** in HealthCash within a 12-month period from the date you enroll.

HealthMiles Command Center—Visit this HealthMiles Web page to estimate how many HealthMiles you’ll earn over 12 months, if current activity is maintained. Set targets to increase your total HealthMiles and reward prospects. Log in to your HealthMiles account at www.virginhealthmiles.com and click “**Rewards**.”

LifeZone—Your personal, secure HealthMiles Web site to manage health and fitness information. Use it to track uploaded HealthMiles, accrued HealthCash, health measurements (e.g., blood pressure, weight and body mass index) and the steps you take toward better health.

Safety Strap—Protect the pedometer by thinking “safety first”—the safety strap prevents loss or damage. Loop the safety strap cord around the base of your pedometer’s clip, and secure the safety clamp to your belt loop or pocket. Lost pedometers can be replaced for \$24.99. Visit the HealthMiles Web site for details.



GoZone

Your personal pedometer—wear it at all times to track steps. It only stores up to 99,999 steps or two weeks of data, so make sure that you don’t lose any steps by forgetting to upload. Clip it to your waistband, belt, hip pocket or shoe...and be sure to attach the safety strap.