



INSURANCE NEWSLETTER



Flexible Spending Account Reminder

Check your Flex Spending Account balances and file for 2023 reimbursements! The Healthcare FSA and the Dependent Care FSA allow \$610 to be carried over from 2023 to 2024. Any balance above that will be forfeited if not spent by December 31. Claims on expenses incurred by December 31, 2023 can be filed by April 30, 2024.

The Benefits of the Blueprint for Wellness

Maximize your benefits by participating in the annual Blueprint for Wellness health screening. Conference health plan members and their spouses will receive:

- \$100 each in Pulse Cash that can be redeemed for gift cards, merchandise or transferred to your checking account.
- Up to 140 Wellness Credits based on your Blueprint for Wellness results. Achieve 150 Wellness Credits for the year and receive \$150 in Pulse Cash.
- Free, personalized, confidential data on 30 health factors that can be shared by the participant with their primary care provider. Healthcare providers have said that this valuable information supports them in creating an overall plan for the health of their patients.
- That same health data can also be entered in the Virgin Pulse Health Check. By taking the Health Check participants avoid a higher deductible in 2025. Participants and their spouses must both complete the Health Check. Plus you'll have a baseline for next year's BFW screening.

Schedule the Blueprint for Wellness by logging into your Virgin Pulse account online, selecting the "Benefits" tab and searching for Quest Blueprint for Wellness Screening. A screening will be offered onsite at Annual Conference this year! The deadline to complete the screening is **August 31**.

Have You Joined the Virgin Pulse Well-being Program Yet?

There's still time to earn points toward cash rewards before the end of this first calendar quarter! Visit the Insurance Wellness Programs webpage at the URL below to learn about this new benefit through Wespath. Both active **and retired** participants can join today!

<https://nccumc.org/treasurer/insurance/nc-conference-wellness-programs/>

Where Do I Find Information About My HealthFlex Insurance Benefits?

Call your Care Coordinator! Care Coordinators can help you with anything related to health care and benefits. They are available at (833) 762-0876, Monday-Friday, 8:30 a.m. - 10:00 p.m., Eastern. Or access your Care Coordination account now at mywespathhealth.com.

Benefits Team - NC United Methodist Conference

benefitsteam@nccumc.org

nccumc.org/treasurer/insurance

nccumc.org/treasurer/pension

March 2024