

WELLNESS INITIATIVE FOR SOUTH GEORGIA

The Conference Board of Pensions continues to embrace better health and "wellness" for our ministers and laity. Because of the increasing cost of health care, and the increasing number of our participants with chronic illnesses, the Board of Pensions realizes that by emphasizing "wellness" and working to improve the health of our clergy, we will not only improve the ability of clergy to be in ministry but should in the long term have an effect on the rising costs of insurance.

Health Flex has begun giving conferences a rebate on the premiums for ministers in our active plan if the conference reaches certain goals. During 2008 the rebate required taking the WebMD Health Quotient and Completion of a "wellness" exam and / or Pro Check. Once completed, the Conference Board of Pensions checks of \$240 were sent to each participant with a maximum of \$480 per family. We rejoice that 67.5 % of our participants took the Health Quotient in 2008 and that 25.4 % participated in the Pro Check Health Screening during Annual Conference.

Health Flex's Web MD Health Quotient (HQ) must be taken or updated each calendar year in order to satisfy the Web Md HQ requirement of the incentive. We encourage all ministers to have a "wellness" exam annually. The only cost of a wellness exam for our ministers is the co-pay. Guidelines related to "wellness" exam by age groups are on the South Georgia Conference website, www.sgaumc.com. At Annual Conference this year, the Conference Board of Pensions will again be offering a Health Screening by Pro Check. This screening will be qualify as a "wellness" exam for purposes of the incentive being offered by Health Flex.

In 2009 Health Flex is offering incentives that can earn participants and their spouses in the PPO plan up to \$ 425 each and participants in the Medicare Companion Plan can earn up to \$ 300 in incentives. In order to receive the incentives participants are required to be enrolled in the Virgin Health Miles program. The incentives earned will be credited to participants Virgin Health Miles account. Information on enrolling in Virgin Health Miles can be obtained on the South Georgia Conference website or by contacting the Administrative Services Office at 1-800-535-4224. This is the first year that our retiree participants are eligible to participate in the incentive programs.