



# Wespath

BENEFITS | INVESTMENTS



Wholistic Resources for the UMC

## Healthy You... Healthy UMC

a general agency of The United Methodist Church

# Healthy You...Healthy UMC

Wespath is committed to maintaining your well-being and the strength, vitality and reach of the Church's mission and ministry.

## Your Well-Being Lasts a Lifetime

Health is important. It affects the whole connection: family, congregation, community and the Church itself. Improving the well-being of clergy, laity and congregations is our priority. It is essential to maintaining the strength, vitality and reach of the Church's mission and ministry.

## Wespath Well-Being Programs Belong to You

To promote well-being across the denomination, Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families.

Our multi-dimensional focus is specific to the UMC population and its needs, structure and processes.

Among our offerings are: well-being programs, resources, educational opportunities, trends and research, and well-being partnerships within the UMC.

## Strategic Collaboration

We work directly with annual conferences to bring health and well-being plans and programs to all participants.

We also collaborate with other UMC agencies to provide webinars and synchronize well-being efforts to further the mission of church vitality. We are available to help conferences define available resources and learn how to maximize strengths.

### 5 Dimensions of Well-Being—A Healthy Equation



PHYSICAL



FINANCIAL



EMOTIONAL



SPIRITUAL



SOCIAL

**PROGRAMS**

+

**RESEARCH**

=

**HEALTHY UMC**

All UMC



HealthFlex



Biannual Well-Being Survey—  
Key Findings



# Well-Being Programs

Best-in-class well-being programs help promote both individual and denominational health and well-being, and include:

## Virgin Pulse® website and app\*

Your reference point to vendor partner websites, health tools and more. Log in at [virginpulse.com/login](http://virginpulse.com/login). Never used Virgin Pulse? No problem! You can register at [join.virginpulse.com/wespath](http://join.virginpulse.com/wespath).



### Health Check Online Health Assessment\*

By answering questions about your emotional well-being, sleep, nutrition and physical activity, you can learn your risks for common health concerns—and simple changes you can make to reduce your risks.



### Blueprint for Wellness® health screenings (through Quest Diagnostics®)

Biometric screenings offered onsite, at a Quest facility or via an at-home test kit provide a snapshot of your current health status and test for common health risks. Aggregate information for plan sponsors is available.



### Virgin Pulse well-being program

Interactive program with an uploadable steptracker, designed to increase physical activity, improve sleep and eating habits, and enhance overall well-being. Earn Pulse Cash to spend or make a direct donation to UMCOR.



### Diabetes/Heart Disease Prevention and Diabetes Management Programs\*

Offered through Omada Health®, these programs are for those at risk for diabetes or heart disease, or for those with diabetes.



### Employee Assistance Program\*

Confidential counseling and support to help manage issues in your personal or professional life. Participants covered by HealthFlex—as well as participants' family and household members, including those not covered by HealthFlex—have access to eight free sessions per concern per year.



### WeightWatchers®\*

HealthFlex offers a 50% subsidy on WeightWatchers membership fees.



### MDLIVE\*

Consult with a physician, licensed therapist or board-certified psychiatrist by phone, video or MDLIVE app anytime, 24/7.



All of these wellness programs **must** be sponsored by annual conferences or other United Methodist-affiliated organizations.

### TAKE ACTION

#### Your Checklist for Success

Take the next step on your personal or congregational well-being journey with Wespath. The following action items will get you started.

- Engage in your well-being programs.
- Visit Wespath's website and learn something that inspires you to take action—for your own health, and that of your congregation or conference.
- View a webinar and discover what you can do to improve your own health or that of your pastor or church.
- Improve your own well-being.
  - Assess your own health status.
  - Develop an action plan.
  - Talk with your health care provider or parish/faith community nurse.
  - Involve your family and friends.
- Improve the well-being of your church or conference.
  - Determine what your conference or church is currently doing to promote clergy and congregational well-being.
  - Get involved in well-being promotion or health ministry.

\* These programs are for HealthFlex participants.

HealthFlex well-being programs are voluntary.

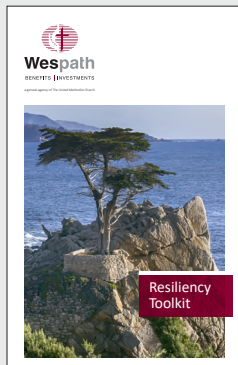


# Well-Being Resources

To order copies, schedule an event or request information, e-mail us at: [welnessteam@wespath.org](mailto:welnessteam@wespath.org)

## Toolkits

*Comprehensive evidence-based information on well-being topics.*



*Resiliency Toolkit*

- *Understanding Physical Activity*
- *Nutrition Toolkit*
- *Diabetes Prevention*
- *Tobacco Cessation Tips*
- *Recognizing and Coping with Stress*

## Resources

*Brochures, health statistic reports and additional resources that help you understand and improve well-being.*

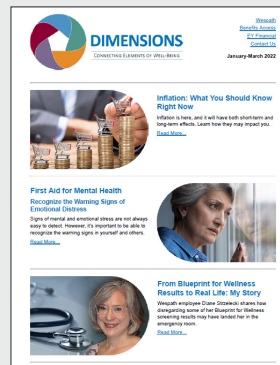


*50 Ways to Support Your Pastor's Well-Being*

- *Clergy Well-Being Survey*
- *HealthFlex Well-Being Programs*

## Newsletters

*Great well-being information in easy to read and share format.*

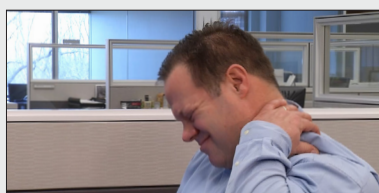


*Dimensions e-newsletter*

- *Wespath Update—monthly*

## Videos

*Interactive videos to inform and inspire activity.*



*Video Series: Deskercise*

- *Be Humble*
- *Ear to Earth*
- *Extended Prayer*
- *Greet Your Neighbors*
- *Open Your Heart*
- *Reach for the Heavens*

## Webinars

*Webinars to improve the well-being of your family, congregation and self.*



*First Aid for Mental Health*



*Series: Sifting Through the Facts*

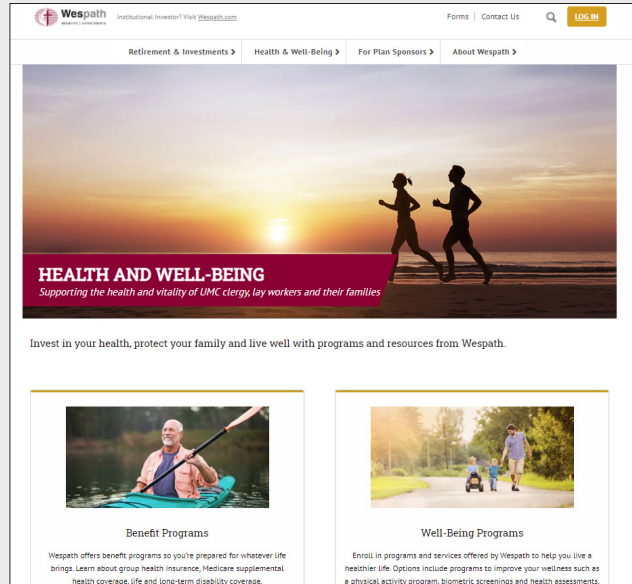
# Interactive Websites

## Wespath Website

[wespath.org/health-well-being](https://wespath.org/health-well-being)

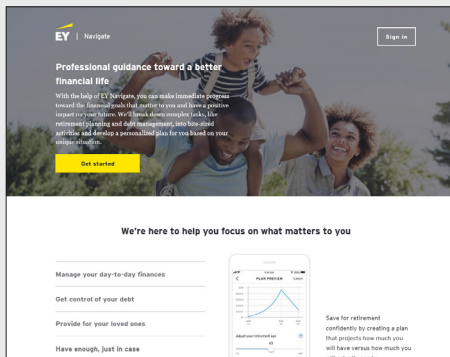
Log on 24/7 for tips, tools and other resources for improving health and well-being. The website's content is practical and educational, and organized for easy navigation and quick click-through. Find information about:

- Health and welfare benefit plans, wellness information and well-being programs
- Health and well-being resources to help individuals make positive changes in each of the five dimensions
- Clergy and congregation resources designed to help churches foster healthy clergy, church leaders and congregations



## Financial Planning, Benefits, Health and Well-Being Websites

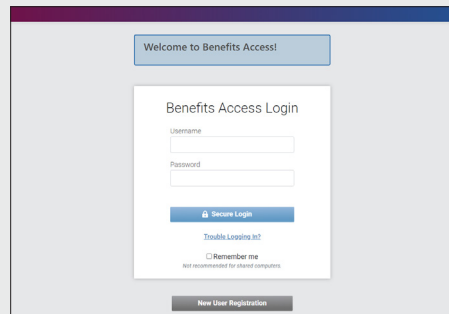
### EY Financial Planning Services\*



[wespath.eynavigate.com](https://wespath.eynavigate.com)

Info designed to help you evaluate your financial situation and make changes to improve your financial future. Take the Financial Wellness Assessment for a 5-minute check on your financial well-being and behaviors.

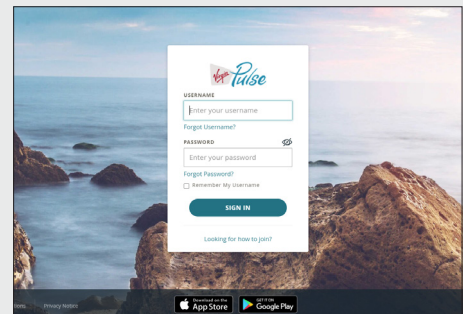
### Benefits Access



[benefitsaccess.org](https://benefitsaccess.org)

Your source for all HealthFlex health plan information and account support for your retirement benefits.

### Virgin Pulse



[virginpulse.com/login](https://virginpulse.com/login)

Your source for all HealthFlex well-being programs.

\* Financial planning services are available to active participants and surviving spouses with an account balance in Wespath-administered plans, and to terminated and retired participants with an account balance of at least \$10,000.

Costs for these services are included in Wespath's operating expenses that are paid for by the funds.

# Educational Opportunities

A variety of educational opportunities are available from Wespeth, in print, webinar or even live format. Topics such as stress management, self-care, financial well-being, and what makes church leaders healthy are just some of the topics. Find toolkits and webinars online at [Wespeth.org/benefits/resources](http://Wespeth.org/benefits/resources).



Find more resources at [Wespeth.org/benefits/resources](http://Wespeth.org/benefits/resources)



PRINT

## Toolkits

**Reversing Prediabetes—Congregational Tips**

You can help your congregation combat or even reverse prediabetes in several ways

**Food Choices**  
Offer healthy, low-sugar or sugar-free food and drink options at all church gatherings and events, such as: fresh fruit on the dessert table, whole grain breads, low-fat salad dressings, unsweetened tea, ice water, etc. This will help those who may not otherwise make healthy choices, and can be an act of Christian hospitality to help all feel welcome and included in church events.

**Exercise Opportunities**  
Consider making your facilities available to those who want to exercise indoors. Hosting exercise classes or walking groups is another great way to support a healthy lifestyle.

**Health Ministry**  
Begin or expand health ministry in your congregation, using nurses or others interested in supporting healthy living to coordinate educational events, health screenings, etc. For resources on health ministry in the UMC, go to [www.wespeth.org/benefits/umchm](http://www.wespeth.org/benefits/umchm).

**Educational Events**  
Contact a local hospital system or a local chapter of the American Diabetes Association to find a diabetes educator who can come to your church to do a workshop on diabetes prevention.  
You can also contact the Center for Health Wellness Team at [wellnessteam@wespeth.org](mailto:wellnessteam@wespeth.org) for support on this and other wellness topics.

Wespeth is providing information in this publication as an educational service to illustrate some practices that may have positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice or legal, counseling, accounting, tax or other professional advice or services on any specific matter.

**Resiliency Toolkit**



ON DEMAND

## Account Support

Benefits Access  
Virgin Pulse  
EY Financial Planning

## Webinars



## Videos



Stay active with deskercising!

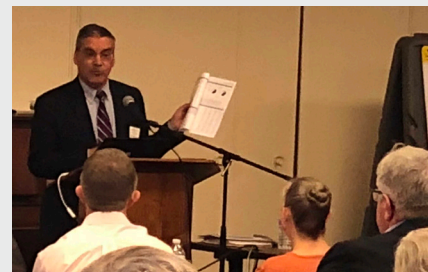


VIRTUAL OR IN-PERSON

## Well-Being Support



## Retirement Seminars



## EY Financial Visits





# Trends and Research

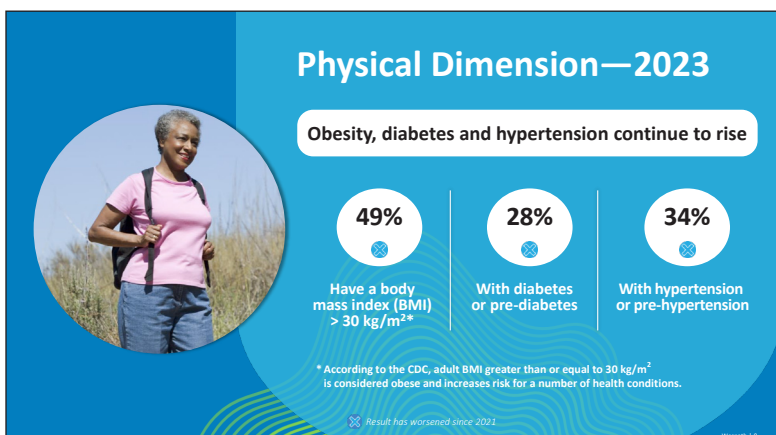
Wespath uses a systematic research approach to designing and implementing programs

- Biennial Clergy Well-Being Report
- Periodic health assessments, follow-up and reporting
- Program efficacy
- Plan sponsor and clergy/participant surveys

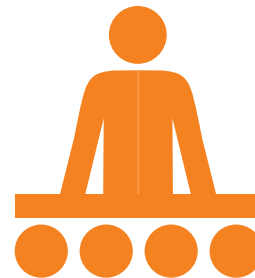


Use the valuable findings at ([wespath.org/r/well-being-research](https://wespath.org/r/well-being-research)) to inform clergy, church leaders, congregations and agencies of critical aspects of clergy well-being to work toward improved vitality for mission and ministry.

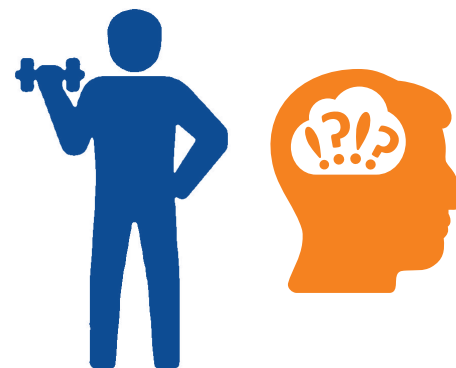
## 2023 Clergy Well-Being Survey



\*Questions did not cover actual assets held in our plans or elsewhere.



*Clergy health has a significant effect on congregations, on communities and on the overall mission of the Church. Healthy clergy are inextricably linked to vitality in mission and ministry.*



*Exercise helps fight obesity and depression. Wespath has a Physical Activity Toolkit that provides a variety of thoughtful ways you can work activity into any setting.*



# Wespath

BENEFITS | INVESTMENTS

*Caring For Those Who Serve*

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wespath.org

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