HealthQuest Health & Wellness Program

Part of the State Employee Health Plan

HealthQuest provides a variety of health and wellness services to help you and your family improve your health and enhance your quality of life. As part of your benefits plan, these services are provided at no additional cost.

New HealthQuest Rewards Program

From October 1, 2011 through July 31, 2012, employees have an opportunity to earn credits by participating in wellness activities. Those who earn at least 20 credits by July 31, 2012, will receive a health insurance premium discount of $480 beginning in 2013. Employees may select from a wide variety of online, telephonic and in-person programs to earn credits as shown in the chart below. Credits are tracked on the member portal at www.KansasHealthQuest.com. **Please note that a Health Screening and Health Assessment are required.**

Prizes: In addition to the premium discount, employees can win prizes for registering on the portal and accumulating credits. Covered spouses/dependents (age 18 and older) may also participate in programs to earn credits for the prize drawings but do not need to earn credits for the premium discount.

October 1, 2011 – July 31, 2012

Credit Goal for Premium Discount:

- Hired before 3/1/12 – 20 credits must be earned
- Hired on or after 3/1/12 – only health screening & health assessment

	Credit Value	Credit Max
Health Screening & Health Assessment (required)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Non-Tobacco User (enrollment election)	10	10
Condition Management - Enrollment + 1 call (telephonic)	10	10
Preventive Exams - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported)	5	15
Healthy Living Programs (online)	5	15
Health Coaching - 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (online)	5	15
Online Monthly Seminars (online)	2	6
HealthQuest Approved Activities (in-person, online, telephonic/self-reported)	2	6

Total Credits Possible = 97

Total Credits Required = 20

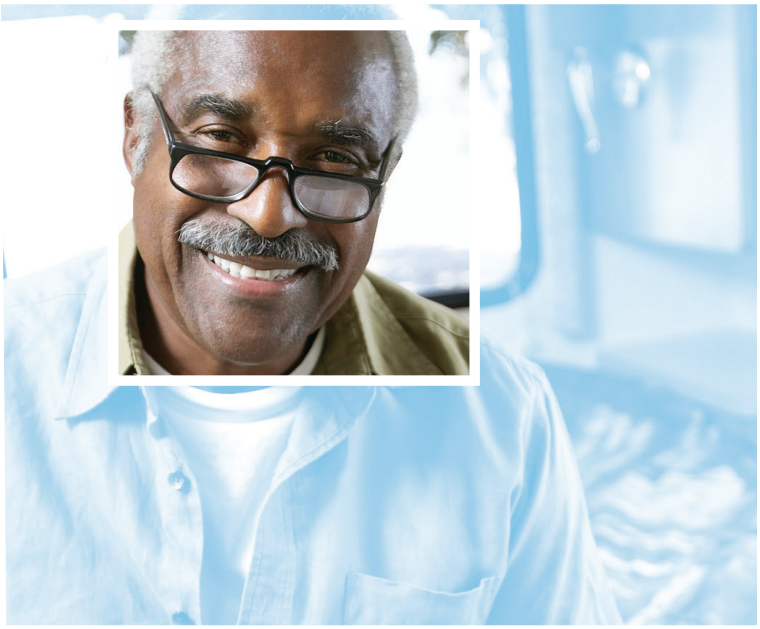
For more information: 1-888-275-1205

TTY Line: 1-888-277-1543 TDD/TT for EAP: 1-800-766-3777
HealthQuest Program Info: www.kdheks.gov/hcf/healthquest
Track Credits on Wellness Portal: www.KansasHealthQuest.com

Health Screenings

HealthQuest offers three ways you can obtain your biometric data through a health screening:

1. **Attend a free onsite health screening** offered by HealthQuest at many locations statewide. A simple finger stick test provides:
   - Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
   - Triglycerides and glucose
   - Systolic and diastolic blood pressure
   - Height, weight and body mass index (BMI)
   - Waist circumference
2. **Schedule a preventive screening visit with your physician** that is covered at 100% when using a network provider (with no co-pay).
3. **Order an at-home screening kit** if you do not have access to a health screening event in your area. Please note that the at-home test kit does not include results for blood pressure, height, weight and waist circumference needed to complete your online health assessment.



Online Health Assessment (10 Credits)

Using results obtained from a health screening, doctor visit, or at-home screening kit, complete an online health assessment to receive valuable health information and a personal health improvement plan developed just for you. **The health assessment is required to earn the premium discount.**

Tobacco Cessation Program (10 Credits)

Enroll in Quit For Life, the nation's leading tobacco cessation program, and work with expert quit coaches by telephone to develop a personal quit plan. Receive an 8-week supply of nicotine patches or gum at no cost to you (if appropriate).

Condition Management Programs (10 Credits)

Condition management coaching is designed to help you manage a chronic condition to achieve your best level of health. You'll receive guidance and encouragement to support your doctor's plan of care from an experienced team including nurses, health educators and dieticians. You may also be eligible to receive specialized health monitoring devices to help you better track your progress. Condition management programs are offered to those who have been diagnosed with or receive treatment for the following:

- Asthma
- Diabetes
- Heart Failure
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease

Health Coaching (5 Credits)

Health coaching is designed to support you in making positive lifestyle changes. Participate by telephone, instant message chat or email communication with a personal health coach who will provide the tools, motivation and support to help you:

- Lose weight
- Ease stress
- Gain energy
- Be more active
- Eat healthier foods
- Be more confident

Nurse 24 (2 Credits)

The nurse line is available 24 hours a day, 7 days a week for any health related question. Call toll-free 1-888-275-1205 (option 2) and speak confidentially with a specially trained nurse any time, day or night. From general health and medical information to urgent issues, Nurse 24 can help you make the most informed decisions about what to do.

Wellness Portal

Log on to the wellness portal at www.KansasHealthQuest.com for the most up-to-date health and wellness information 24 hours a day. Through the portal you can also:

- Schedule an appointment to attend a free health screening or request an at-home screening kit
- Complete an online health assessment to better understand your current health status and receive personalized feedback on how to improve your health
- Participate in fun wellness challenges that encourage healthy habits
- Access 13 healthy livings programs that guide you through a 6-week online course to help you achieve your goals
- Participate in online monthly seminars on a variety of wellness topics
- Self-report your preventive screening visits and HealthQuest approved activities to earn credits

Who Is Eligible to Participate in These Programs?

- State and Non State employees who are enrolled in the State Employee Health Plan are eligible to participate in these programs and to receive the premium discount
- Retirees, spouses and dependents (age 18 and older) who are enrolled in the State Employee Health Plan as well as benefits eligible employee who have waived coverage can participate in these programs but are not eligible for the premium discount

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