

HEALTHQUEST REWARDS PROGRAM

www.kdheks.gov/hcf/healthquest/rewards.html

How to obtain Biometric Values needed for Health Assessment Questionnaire

Completion of the Health Assessment Questionnaire is a requirement for employees to earn the premium incentive discount for Plan Year 2017.

You will need your current biometric values in order to complete the Health Assessment Questionnaire. These measures may be obtained in one of three ways:

1. At an onsite biometric screening event (**worth 5 HealthQuest credits**) held near your home or work location
2. With an at-home screening kit (**worth 5 HealthQuest credits**, does not include results for blood pressure, height, weight or waist circumference)
3. From your personal physician as part of your annual Well Person Exam

For more information on these options visit www.kdheks.gov/hcf/healthquest/screening.html



These are the values you will need from your physician to complete the Health Assessment Questionnaire

Measures should be taken while fasting – no food for nine hours. Please drink water to stay hydrated for your test (coffee or tea with no cream or sugar are also okay). Take all prescribed medications on the regular schedule.

Cholesterol

Total Cholesterol _____mg/dL

HDL Cholesterol _____mg/dL

Triglycerides _____mg/dL

Glucose

Glucose _____mg/dL

Blood Pressure

Blood Pressure _____

Body Measures

Height _____feet/inches

Weight _____lbs

Waist Circumference _____inches

Complete the Online Health Assessment Questionnaire

- Log in to the wellness portal (or create an account if you do not have one) at www.KansasHealthQuest.com
- Click on “Health Assessment Questionnaire” under Your Resources at the top of the page and then click on “Online Questionnaire”
- Complete the questions and enter your biometric values when prompted
- Deadline for completion of the Health Assessment Questionnaire is November 15, 2016, to earn 5 credits for the HealthQuest Rewards Program

IMPORTANT: Employees enrolled in the medical portion of the State Employee Health Plan who complete a Health Assessment Questionnaire worth 5 credits and earn an additional 25 credits, for a total of 30 credits, by November 15, 2016, will receive a health insurance premium incentive discount of \$240 for Plan Year 2017.

HealthQuest Help Desk:
1-888-275-1205, option 9