

HEALTHQUEST REWARDS PROGRAM

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

How to obtain Biometric Values needed for your Health Assessment

Completion of the Health Assessment is a requirement for employees to earn the premium discount for Plan Year 2013.

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

1. At an Onsite Health Screening event held near your home or work location
2. With an at-home screening kit (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 any of these options please visit:

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



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

Measures should be taken while fasting – no food or drink 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

LDL 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

- Log in to the HealthQuest Wellness Portal (or create an account if you do not have one) at:
www.KansasHealthQuest.com
- Click on “Health Assessment” from the left-hand column and then click on “Online Health Assessment”
- Complete the Health Assessment questions and enter your biometric values when prompted
- Deadline for completion of the Health Assessment is July 31, 2012 to earn 10 credits for the HealthQuest Rewards Program.

IMPORTANT: Employees enrolled in the medical portion of the State Employee Health Plan who complete a Health Assessment and earn 20 credits by July 31, 2012, will receive a health insurance premium discount of \$480 for Plan Year 2013.

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