

HR CONTACTS –

Below are the April HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

Important News from HealthQuest



Developing a Positive Attitude

When your life starts to feel a little out of control, you can forge your own path by maintaining a positive attitude. Having a positive attitude is not the result of having a great life; having a great life is the result of having a positive attitude. So the choice is yours. Don't just endure life. Make an active choice every day to enjoy it!

Whether you're heading to work, school or off to take care of life's other responsibilities, there are ways you can start your day with a positive attitude:

- Tell yourself, "It's going to be a beautiful day."
- Smile and greet everyone you meet cheerfully and say something positive.
- Respond "I'm great!" when people ask how you are.
- Spread some good news around.

By making these choices, you set the tone for the rest of the day and put yourself in a better position to cope with any difficult situations.

Here when you need us. Your Employee Assistance Program

Call: 1-888-275-1205 Option 7

Online: www.guidanceresources.com

Company ID: SOKEAP

Well-Being EAP Webinar Schedule

April 21st @ 3pm: The Confident You: Taking Charge of Your Life

May 26th @ 3pm: Letting Go of the Things that Hold you Back

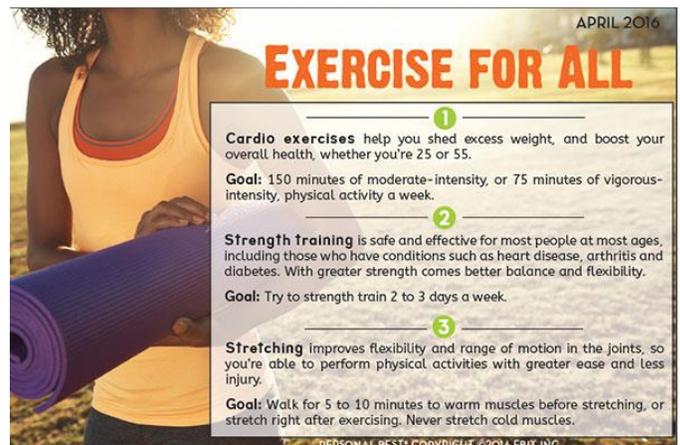
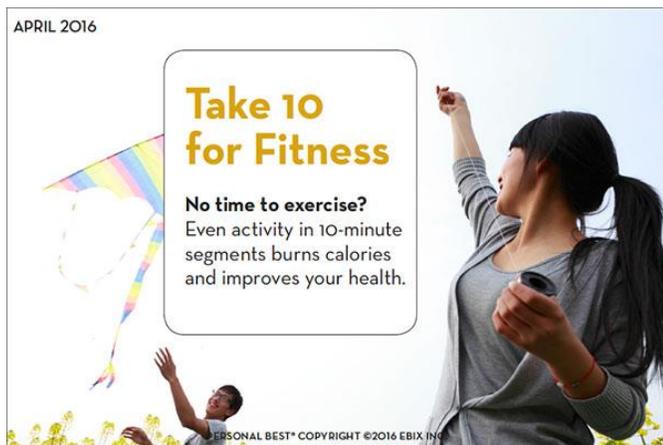
June 21st @ 3pm: Gratitude: A Skill for Happier Living

- Go to <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register.

The Confident You: Taking Charge of Your Life

Have you ever had something you really wanted to say to someone, but held it back because of some kind of fear or shyness? Have you ever given in to someone else's way, and then regretted doing so because you believed strongly in your position. Do you wish you had the confidence to stand up for yourself more firmly in some situations? This workshop will give you some tips on how to add the confidence that helps you feel like you're in control.

Register at: <https://attendee.gotowebinar.com/register/8851944187562523394>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Rx Savings Solutions

<https://portal.rxsavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

Comparison Shopping

Comparison shopping can really pay off when it comes to prescriptions. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply filling their medications at a different pharmacy. Because medication prices often vary greatly from one pharmacy to the next, consumers are sometimes unaware that they may be overpaying.

By utilizing Rx Savings Solutions, you have the ability to comparison shop at the pharmacies in your area to find out which has the lowest pricing. This allows you to obtain the lowest price on your medication without spending your time on the phone gathering information from each pharmacy. We do this at no charge for you.

Here is an example of how switching pharmacies can save you money:

Utilizing our pricing tool, 90 tablets of the asthma and allergy medication montelukast 10mg (generic for Singulair®) costs \$82.80 at one major retail pharmacy, but the same medication and quantity at another major retail pharmacy only 1.6 miles away costs \$22.20. That is a savings of \$242.40 per year!

In certain situations, you may save more by using our pricing service, compared to your co-pay or co-insurance with your insurance card. It is important for you to be an active participant in managing your health.

APRIL 2016

MAKE A GREAT PLATE.

Get heart-healthy Omega-3s from sources such as fish.

Sesame-Seared Trout

INGREDIENTS

| | |
|------------------------------------|----------------------------|
| 1 tbsp olive oil | 1 tbsp dried parsley |
| 4, 4 oz. rainbow trout fillets | ¼ tsp each salt and pepper |
| 4 tsp Dijon mustard | |
| 2 tbsp white or black sesame seeds | |



DIRECTIONS

In a nonstick pan, heat oil over medium heat. Rinse trout under running water and pat dry. Spread entire flesh (not skin) side with mustard. Combine sesame seeds, parsley, salt and pepper on medium-sized plate. Dredge trout in seeds and parsley mixture so it sticks to mustard. Add trout, seed side down, to hot frying pan. Cook about 4 minutes, then flip and cook an additional 4 minutes or until fish is evenly cooked and flakes easily with a fork. Remove and discard skin.

Makes 4 servings. Each: 338 calories • 29g protein • 18g fat • 11g carb • 3.5g fiber • 340mg sodium
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APRIL 2016

Basic Challenge:

Get the whole family's help making meals.

Learning about nutrition together develops healthy habits for life.



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Fast Break to Fitness



**Be Sure to LOG your
"Fast Break to Fitness"
Physical Activity Points by
April 15th!**

Earn 105 activity points by April 8th for 5 HealthQuest credits.

Go to www.kansashealthquest.com and find "Bulletin Board" on the lower right of the homepage and click "Success Stories" to submit one.

HealthQuest Success Stories

"When I first started with the HealthQuest programs I just wanted to do enough to earn my discount. I quickly learned that there were countless possibilities and skills that could be learned. I have been able to utilize these skills in many aspects of my life. I have been excited to try new and different wellness programs in my last 2 years working for the state. I have found that I refer to those skills learned on an almost daily basis. I believe that it is due to these programs that I am able to improve my health and well-being" **KDOC Employee**

"HealthQuest has provided to be incredibly beneficial for me! Mostly in the sense that I am more aware of my behaviors. I have done multiple challenges and as I track, it helps me to realize what I need to improve on or notice trends with my schedule and when I need to pay more attention to focusing on healthy behaviors" **Riley County Employee**

"I have successfully maintained my weight for the last 2 years! In 2014 at the onsite screening, I had gained almost 20 extra pounds and felt miserable. By participating in almost every challenge since, I have not only lost those extra 20 lbs., but have been able to maintain my optimum weight! Thank you HealthQuest personnel and my H.R. Director for always promoting the wellness programs!" **Central Kansas Mental Health Center Employee**

Castlight – (www.mycastlight.com/SEHP)

(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)

Get Your Insurance Card on Your Phone

Does your doctor ask you for your insurance card at every visit? When filling out school or camp forms for your children, do you need to include details about your medical insurance? Have you ever forgotten the name of your prescription medication or a specialist and need to find it?

The Castlight mobile app gives you quick access to your insurance card and details about your past medical care. You can also compare the cost of thousands of medical services to ensure you are getting the highest quality at the best price. The app is free and can simplify your life.

Download the app for your phone today. Available for Windows, Apple and Google.



HealthQuest Monthly **Seminar** – Worth 1 HQ Credit – www.kansashealthquest.com

Beating Barriers to Change

You want to make a change. You're motivated, you have a plan, you get started. And something gets in the way. These are barriers. This seminar will help you identify these barriers and make a plan to overcome them.

To get to the seminars: Log on to www.kansashealthquest.com, click "Rewards" at the top, scroll down and click "More" under "Spend some time in the Library"



Participation in Walk Kansas is now worth 5 HealthQuest Credits! Upon completion of Walk Kansas contact joy.huber@optum.com for an agency challenge code to enter and earn 5 HealthQuest Credits.

Email: HealthQuest@kdheks.gov