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# Important News from HealthQuest

## FLU Season is Approaching! Get your FLU SHOTS!

### FLU Clinics Begin September 1st!

(Attached is the current Flu Clinic Schedule)

Flu season can start as early as October. The flu shot takes approximately 2 weeks to become effective. It is important to get your shot early to ensure protection before flu season actually occurs.

All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Remember to take your CVS Caremark card to the appointment.

To get started go to [www.occuvax.com](http://www.occuvax.com), in the box labeled “Schedule My Appointment” enter the Company ID and Password of “Kansas”



AUGUST 2015

**EAT for ENERGY** 

**Empty Calories?**  
Sugar-rich foods and caffeinated drinks provide quick energy, but as soon as your body burns through it, you might get sleepy and crave sugar again. Enjoy more whole, nutritious foods for sustained energy and satiety.

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## August is Immunization Awareness Month

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles and pneumonia, adults need to get their shots – just like kids do! Vaccines are not only important in protecting the person receiving the vaccine but also helps prevent the spread of diseases to others.

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill and can pass certain illness on to others. Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages. Adults may need other vaccines – such as shingles, pneumococcal, hepatitis, HPV – depending on one’s age, occupation, travel, health status, and other risk factors.

For more information log-on to [www.guidanceresources.com](http://www.guidanceresources.com) (company id: SOKEAP)

To see the CDC Full Size chart go to <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

➤ Did you know there are just over 90 days left to earn your premium incentive discount for 2017! Deadline to complete your Health

**2015 Recommended Immunizations for Adults: By Age**

If you are this age, talk to your healthcare professional about these vaccines →

If you are this age, ↓	Flu Influenza	Td/Tdap Tetanus, diphtheria, pertussis	Shingles Zoster	Pneumococcal		Meningococcal	MMR Measles, mumps, rubella	HPV Human papillomavirus		Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib Haemophilus influenzae type b
				PCV13	PPSV23			for women	for men				
19 - 21 years									3 doses				
22 - 26 years							1 or 2 doses	3 doses	3 doses				
27 - 49 years		1 dose of Tdap*		1 dose	1 or 2 doses	1 or more doses							
50 - 59 years	Flu vaccine every year	Td booster every 10 years								2 doses	2 doses	3 doses	1 or 3 doses
60 - 64 years			1 dose										
65+ year				1 dose	1 dose								

**More Information:**

- There are several flu vaccines available. Talk to your healthcare professional about which flu vaccines is right for you.
- \* If you are pregnant, you should get a Tdap vaccine during the 3<sup>rd</sup> trimester of every pregnancy to help protect your babies from pertussis (whooping cough).
- You should get zoster vaccine even if you've had shingles before.
- There are two different types of pneumococcal vaccine: PCV13 (conjugate) and PPSV23 (polysaccharide). Talk with your healthcare professional to find out if one or both pneumococcal vaccines are recommended for you.
- Your healthcare professional will let you know how many doses you need.
- Recommended for you if you did not get it when you were a child.
- If you were born in 1957 or after, and don't have a record of being vaccinated or having had measles, mumps and rubella, talk to your healthcare professional about how many doses you may need.
- There are two HPV vaccines but only one HPV vaccine (Gardasil\*) should be given to men.
- If you are a male 22 through 26 years old and have sex with men you should complete the HPV vaccine series if you have not already done so.
- Your healthcare professional will let you know how many doses you need.

For more information, call 1-800-CDC-INFO (1-800-232-4636) or visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

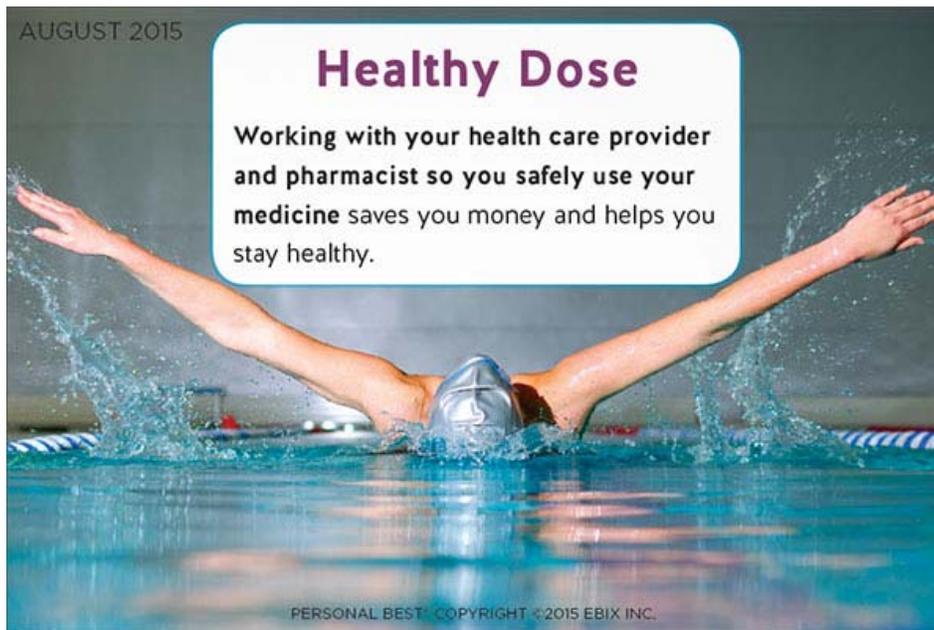
Assessment Questionnaire and earn a total of 30 HealthQuest credits is November 15<sup>th</sup>, 2015!

Biometric Screening Event Employee Comments:  
(The last screening event is 10/7/15 in Topeka for this program year)

- I've started a healthier lifestyle, more exercise, eating healthy and over the last 2 years I have lost 25 pounds. The screenings help me stay on track, especially watching my blood sugar as my father passed from diabetes complications. I now have my goals for next year.
 

-KDOT Employee
- Last year my LDL and triglycerides were a concern. As a result I made some lifestyle changes and took on a diet plan (Take Shape for Life) emphasizing 5 healthy small meals. Now my results are all in line with what is expected and demonstrates health and I feel better as well.
 

-DCF Employee



## Limited Time – Create Your Own Will - Only \$11.99

A will is one of the most important documents for you to have. With your Employee Assistance Program it is easy to take care of this difficult but important task! Get peace of mind....go to [www.guidanceresources.com](http://www.guidanceresources.com), log-on and click on EstateGuidance for online support and instructions for executing your will. Choose between a Last Will & Testament or a Living Will. The will is legally valid and enforceable.

The EstateGuidance program lets you create and download your will. With this tool you can:

- Name an executor to manage your estate,
- Choose a guardian for your children,
- Specify your wishes for your property,
- Provide funeral and burial instructions,
- Specify your wishes in an event you become terminally ill and are unable to make healthcare decisions yourself,
- And more.

**Log-on to [www.guidanceresources.com](http://www.guidanceresources.com) to get started!**

To see the promotion flyer go to [http://www.kdheks.gov/hcf/healthquest/download/F\\_WL\\_MakingAWill\\_SOK.pdf](http://www.kdheks.gov/hcf/healthquest/download/F_WL_MakingAWill_SOK.pdf)

AUGUST 2015

## 10 SECRETS TO STRENGTH TRAINING

The more muscle you have, **1** the more calories you burn and **2** the easier it is to maintain your weight. At the same time you build muscle, **3** you can reduce body fat.

Regular, moderate weight workouts, just 2 to 3 times a week, can keep muscles strong so you **4** stay mobile and active as you age, not stiff and slow.

More muscle helps **5** protect bone mass as you age, **6** reduce the risk of falls and **7** prevent injuries.

Strength training can help **8** ease depression, **9** improve sleep and **10** reduce pain from arthritis as effectively as medication.

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### Rx Savings Solutions (Registration worth 3 HQ Credits)

Rx Savings Solutions is a consumer tool to help you and all State Employee Health Plan (SEHP) Members save money on their prescription medications. If you have not already, please take a minute to create your account in order to receive alerts when you have a savings opportunity. **Once you create your account Rx Savings Solutions does the work.** When they find savings you will receive an alert via email or text message. You can also contact Rx Savings Member Services Team at 1-800-268-4476 for information.

### Lower your Prescription Costs with Rx Savings Solutions

Fast. Convenient. Immediate. We all want this, but at what cost? Let's talk prescriptions. Caduet is prescribed to lower both high cholesterol and high blood pressure. Though convenient, it's expensive! But did you know? Caduet is made by the two prescription medications, amlodipine and atorvastatin.

SEHP members can potentially save money on their prescriptions by filling the individual active ingredients of Caduet as separate prescriptions. A 30 day supply of Caduet averages \$137.55. A 30 day supply of amlodipine and atorvastatin averages \$16.26. That's an annual savings of \$1455.48!

Several, but not all, prescription medications have the potential to be divided. Find out if your medications qualify by registering with Rx Savings Solutions!

AUGUST 2015

## MAKE A GREAT PLATE.

For a refreshing treat, hydrate with fresh fruit or juice.

### TROPICAL COCKTAIL

#### Ingredients

- 2 cups ripe, sliced mango
- 1 cup pure guava juice
- 1 cup pure pineapple juice
- 1/4 cup fresh lime juice
- 2 cups seltzer water

#### Directions

Whip first 4 ingredients in blender until very smooth, about 30 seconds. Pour in seltzer and chill before serving over ice with sprigs of mint and lime slices.

Makes 6 drinks. Each: 78 calories • 1.2g protein • 1.4g fat • 19g carb • 2.7g fiber • 3.8mg sodium



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Employee Assistance Program (EAP) Webinar – August 20<sup>th</sup>, 2015 at 3PM  
(Worth 1 HQ Credit)

### Are you Financially On Track for Retirement?

One of the top financial goals for individuals and couples is to be financially secure in retirement. This goal is not one that can be planned for in just the last few years leading up to the planned retirement date, but must be set and have milestones identified throughout the different stages of life. There are many “rules of thumb” or theories on the proper amount and type of savings and investments one should have in setting aside money for retirement, but in reality, there is not one plan or solution that fits everyone.

Register at: <https://attendee.gotowebinar.com/register/561822111159384834>. If you cannot attend the scheduled time but are interested, register and a recording will be sent to you following the webinar.

HealthQuest Seminar – Available August 1<sup>st</sup>, 2015 (Worth 1 HQ Credit)

### Antibiotics and Your Health

What do you know about antibiotics? Overuse and misuse of antibiotics has decreased the effectiveness of many drugs that fight infections. Antibiotic resistance is growing all around the world. Drugs that used to fight common infections do not work like they once did. Learning more can help you and your loved ones make smart decisions.

This seminar examines this serious problem and explains what you can do to protect yourself.

Log-on to [www.kansashealthquest.com](http://www.kansashealthquest.com) anytime to access the seminar.

AUGUST 2015

## Safety Corner Lightning Safety On the Job

**If you work outdoors, you know how rapidly a storm can roll in.**  
Hear thunder? Stop and seek shelter in an enclosed vehicle or a grounded building.  
Here are some other storm safety precautions from the National Weather Service:

1. Don't start a job that can't be stopped quickly if you see or hear a storm headed your way.
2. Stay away from anything tall or high, including large equipment, towers, trees and utility poles, and stay off rooftops, scaffolding and ladders during a storm. Also avoid mountain peaks, hills and bodies of water.
3. Don't touch materials or surfaces that can conduct electricity during a storm, such as metal scaffolding, metal equipment, utility lines, water and plumbing.
4. Leave area if explosives are nearby.
5. Know your company's lightning safety policy.



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