

IMPORTANT NEWS FROM HEALTHQUEST

JANUARY 2015

Safety Corner

PENGUINS ON ICE?

If you come to an ice spot and can't walk around it, then walk like a penguin:

- Extend arms out to the side and point feet out slightly.
- Bend your knees.
- Take short shuffling steps and walk as flat-footed as you can.

Best bet: Wear shoes or boots with treads; carry purses, briefcases and bags low to the side (or use a backpack).



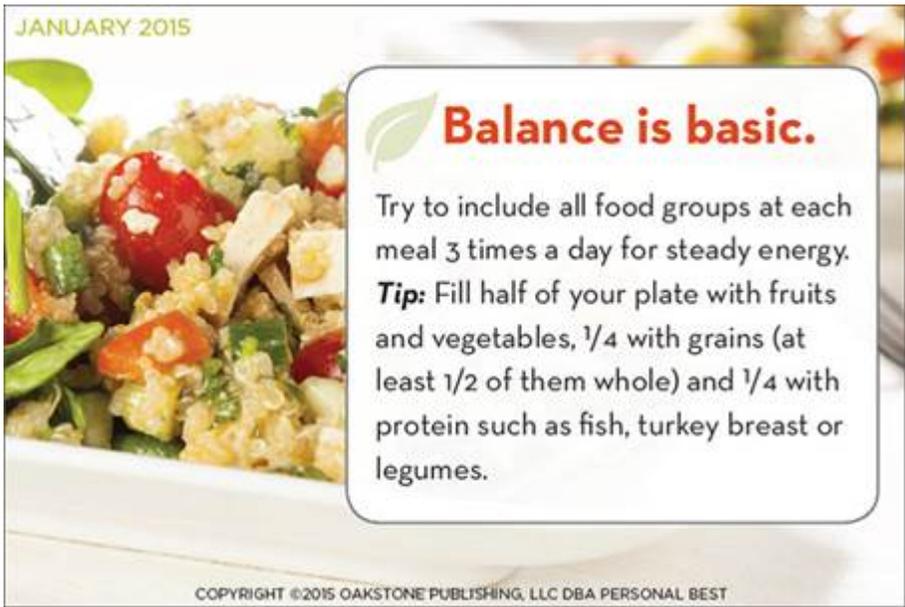
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Castlight Health is now available: Start saving money today!

Castlight, the personalized, healthcare one-stop-shop is now available for all employees enrolled in an SEHP health plan and their adult dependents! No more surprise bills when it comes to your healthcare. Castlight makes it easy to shop for medical services and prescriptions based on cost, quality, and convenience; and you'll know how much you should expect to pay *before* your visit. If you pre-registered, your account is ready to use! If not, now is the perfect time , so get started today at: www.mycastlight.com/SEHP

Registering on the Castlight site will earn employees three (3) HealthQuest credits*. Register at: www.mycastlight.com/SEHP

* HQ Credits are not automatically populated to your HQ account. Credits will be submitted to Alere for posting on a periodic basis.



HealthQuest January Online Seminar – Take Charge of Your Time

With more demands on work and personal schedules, it's really important to manage your time. This will help you take charge. You'll watch your stress level go down as you learn to prioritize some of your to-do list each day. You'll soon find that you can have time for the things that are most important to you!

Access this Seminar anytime at www.KansasHealthQuest.com.

On-Site Biometric Screenings

With the new HealthQuest Program Year underway, On-Site Biometric Screening events have also begun. The full schedule of screening events is now available. You can view the On-Site Screening Schedule [here](#). Employees can schedule their Biometric Screening appointment by following this [step-by-step guide](#) available at:. Employees can also call the Help Desk at 1-888-275-1205, Option 5 to schedule their appointment.

HealthQuest (HQ) Rewards -

Program Year is November 16, 2014 – November 15, 2015

Our new year is off to a great start! While the total number of credits required to earn the premium incentive discount of \$480 is still 30. *Please note: Some credit values for activities have changed.* The health assessment questionnaire (HAQ) is still required and worth 10 credits. You will need to earn an additional 20 credits through participation in the various wellness program offerings. To learn more about this year's program at:

<http://www.kdheks.gov/hcf/healthquest/rewards.html>

Stay Strong & Resolution ON! - January 27th – 29th, 2015

If you already abandoned that New Year's Resolution, we understand! Change is hard! When we try to do it all alone without support, encouragement, accountability, and fresh ideas from a coach it's almost impossible to succeed! HQ comes to the rescue by offering brief 15-20 minute webinars you can take part in during your lunch time January 27th – 29th to learn more about the coaching programs offered at no additional charge to you as part of your benefits. Watch for the invite in your e-mail the week of January 20th, and plan to join us!

Wanted: Your Valuable Feedback

Brief surveys were e-mailed out Wednesday, January 7th to gather your feedback on the last HQ program which ended November 16th, 2014. Please take a few minutes to complete a simple survey before January 21st so we can collect your valuable feedback! Thank You!



January Employee Assistance Program (EAP) Announcements- No Cost Financial Resources Available through your EAP!

Are you looking for ways to make your dollars go further? Rising costs for food, tuition, health care and other everyday necessities mean it's more important than ever to take charge of your money. Your EAP is here to help with financial information and resources on a wide range of issues including: getting out of debt, budgeting, retirement planning, tax questions, and much more. Click [here](#) for a helpful article on reducing debt, where you can learn tips on how to use credit responsibly and to have a plan for paying down your debts. It's never too early to prepare for the 2015 tax season and its deadlines, click [here](#) for an article on Tax Prep 2015. You and your family members can also contact the EAP toll free at 888.275.1205, Option 7, to speak with Certified Public Accountants and Certified Financial Planners for expert, impartial advice. You can also access all of our financial articles and interactive tools at www.guidanceresources.com. Your company web ID: **SOKEAP**.

January EAP Webinar- After the Holidays: Managing That Debt, Thursday January 22, 2015 at 11:30am

Did you spend more for the holidays than you intended? Did you go into debt, maybe at unfavorable terms? Are you worried about how you will pay these debts off? Would you like to avoid being in the same position next year? This workshop will help you figure out how to get out of debt quickly and cost effectively, and take steps to make sure you don't end up in debt again next year. Register now at: <https://www3.gotomeeting.com/register/573831926>

EAP Winter Weather Resources

Wind chills are dropping below zero and temperatures are dipping down to record lows. Get more information and the latest updates here on the [GuidanceResources Online](#) home page. Right now you can access informative articles on winter warmth and safety tips, preventing frozen pipes, or even winterizing your car. During emergency situations, you can even get localized information and resources for assistance, shelter, travel delays and more. Remember, the only thing you'll need to create an account is your company web ID: **SOKEAP**.

JANUARY 2015

Cardio makes you breathe harder and causes your heart to beat faster. It's a great workout for your heart's health.



Moderate-intensity activities:

Do at least 2 1/2 hours a week or 5, 30-minute sessions.

Activities to try: walking fast, dancing, playing doubles tennis and raking leaves.

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Rx Savings Solutions:

Rx Savings Solutions is a consumer tool to help you and all State Employee Health Plan (SEHP) Members save money on their prescription medications. It is a FREE BENEFIT for all members on the SEHP and is available now! We began working with the SEHP in July and have helped thousands of SEHP members find savings.

If you haven't 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 we do the work. When we find savings you will get an alert via email or text message. You can also contact Rx Savings Member Services Team at 1(800) 268-4476 for information.

Interested in learning more:

- Watch a short video to preview how Rx Savings works: <http://vimeo.com/96754764>
- RxSavings has pharmacy technicians that are available to visit SEHP locations during the first quarter of 2015 to answer questions and help members understand the services available. Contact your HR office or health insurance coordinator to see if your locations has signed up yet to host an event.

www.rxsavingsolutions.com/start_saving

JANUARY 2015

MAKE A GREAT PLATE.

Start your morning with protein and vegetables for sustained energy.

QUICHE CUPS TO-GO

Ingredients

10 oz. pkg. chopped spinach (frozen/thawed)	3/4 cup shredded skim mozzarella cheese
3 large eggs, plus 3 large egg whites	1/2 cup diced red bell pepper 1/2 cup diced onion



Directions

Line 12 muffin tins with baking cups moistened with cooking oil spray. Squeeze excess water from spinach. Whisk eggs; combine with all ingredients. Drop into baking cups. Bake at 350°F about 20 minutes, until center is firm. Option: make ahead and freeze.

Makes 12 quiches. Each: 52 calories • 4.7g protein • 2.6g fat • 1.3g carbs • .3g fiber • 104mg sodium

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Email: Healthquest@kdheks.gov