

*HR Contacts-*

*Below are the July 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!*

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## IMPORTANT NEWS FROM HEALTHQUEST



*Hope everyone  
has a safe and  
happy 4<sup>th</sup> of  
July holiday  
weekend!*

### *Rx Savings Solutions*

Rx Savings Solutions provides a consumer tool to help you and all State Employee Health Plan (SEHP) members save money on their prescription medications. Rx Savings Solutions began working with the SEHP July 2014 and has helped thousands of SEHP members find savings.

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 get an alert via email or text message. You can also contact the Rx Savings Member Services Team at 800-268-4476 for information.

### *Savings Method of the Month – Check Your Formulary*

Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply checking their formulary. A formulary, also known as a preferred drug list, is a list of generic and brand name drugs that are preferred by a health plan. Health plans will choose formulary drugs that are just as safe and effective as the alternatives but cost less. Patients can access their formulary through their health plan website or by contacting their health plan by phone. Formularies are reviewed by a team of pharmacists and physicians, and are updated regularly, so it is important for patients to re-check their formulary periodically.

Here is an example of how checking your formulary can save you money:

One SEHP member paid \$123.10 for 6 tablets of the migraine medication Axert 6.25mg, which is a non-preferred drug. Another SEHP member paid \$7.37 for 6 tablets of rizatriptan 10mg (generic for Maxalt®), which is a preferred formulary drug, and studies have shown rizatriptan to be as effective as Axert for treating migraine<sup>1</sup>. That is a savings difference of \$1,388.76 per year!

Significant savings can be found by switching to a preferred formulary drug. We encourage you to discuss these options with your doctor. It is important for patients to be active participants in managing their health.

References:

Ferrari MD, Goadsby PJ, Roon KI, et al. Triptans (serotonin, 5-HT1B/1D agonists) in migraine: detailed results and methods of a meta-analysis of 53 trials. Cephalgia. 2002; 22:633-658. <http://www.opm.gov/faqs/OA.aspx?fid=fd635746-de0a-4dd7-997d-b5706a0fd8d2&pid=162b86b1-5da8-45dc-ab32-3385f17e3460>



❖ *The STRIVE FOR 5 Challenge Wrapped up Friday June 26<sup>th</sup>! Be sure to log your points before Friday July 3<sup>rd</sup> to earn 5 HQ Credits!*

❖ *[www.kansashealthquest.com](http://www.kansashealthquest.com) – Log on to the portal to record your Challenge points!*



✓ Did You Know you may be eligible for free nicotine replacement therapy (patches or gum) through the HealthQuest Quit for Life Tobacco Cessation Program!!

*Employee Assistance Program (EAP) Webinar - July 14th, 2015 at 11:30am  
(Worth 1 HQ Credit - Automatically uploaded to your HQ account)*

### **From Smoker to Smoke Free**

It can be very difficult to quit using tobacco, whether you smoke, dip or chew it. What may seem like a casual, relaxing habit can quickly turn into a serious, expensive addiction that gradually takes a toll on your health. Protect yourself by learning about treatment options and begin the process of quitting today.

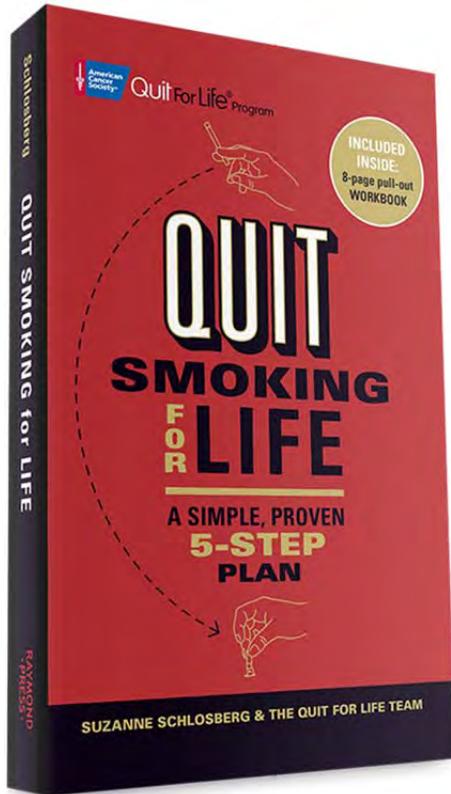
- Register at <https://attendee.gotowebinar.com/register/1049401750929585921>. When you fill in the registration form completely, one credit will be awarded to your HealthQuest account the month after the webinar (up to a maximum of three credits).

Have a conflict?? Or not enough time for the webinar?? But you are very interested in Becoming Tobacco Free..... We offer a dozen fun and interactive online **On-Demand 5-10 minute** Modules and From Smoker to Smoke Free is one of them!

<http://www.kdheks.gov/hcf/healthquest/download/OnDemandTraining.pdf>

This training is designed to help smokers quit cigarettes and stay quit for good! The training provides an overview of the 5 basic steps of quitting

## Quit for Life Employee Success Story



“Enrolling into this program was one of the best things I have done for myself. All of the coaches helped me in so many ways. I never realized how much I depended on cigarettes to deal with my stress and emotions. My coaches helped me to create a plan on how to cope in ways that didn’t include smoking. Now I feel like I have the skills to keep me quit for good. They also sent me free nicotine patches to help wean me off of cigarettes. I really appreciate what you all have done for me. My life has changed for the better. I can breathe better, be more active and just feel better. I am so proud of myself for making the choice to do this. If I hadn’t, I would still be puffing away on cigarettes. If I could tell people one thing, it would be to call and try it out for themselves so that they can feel how I do.”

*– 22 year, pack a day smoker*

- **Enroll in Quit for Life before July 31<sup>st</sup> and receive a free copy of “Quit Smoking for Life – A Simple, Proven 5-Step Plan” Enroll by calling 1.888.275.1205 Option 3**

JULY 2015

### MAKE A GREAT PLATE.

Add protein-rich toppings to turn a salad into a meal.

#### ORANGE CHICKEN SALAD

**Ingredients**

3 grilled, skinned chicken breasts	2 tsp Dijon-style mustard
1 cup nonfat plain Greek yogurt	1 medium chopped orange bell pepper
4 tbsp frozen orange juice concentrate	2 tbsp sliced roasted almonds

**Directions**

Cut chicken into 2-in. strips. Whisk next 3 ingredients; combine with chicken and pepper. Serve on 4 plates of greens; top with almonds.

Makes 4 servings. Each: 224 calories • 33g protein • 6.5g fat • 12g carbs • 1.3g fiber • 123mg sodium

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*Employee Assistance Program (EAP) Webinar - July 21st, 2015 at 11:30am*

*(Worth 1 HQ Credit - Automatically uploaded to your HQ account)*

## Eating Healthy on a Budget

No matter what your financial situation is, everyone looks for ways to reduce their grocery bills. Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy nutritious foods.

- Register at <https://attendee.gotowebinar.com/register/2302598715989639937>. When you fill in the registration form completely, one credit will be awarded to your HealthQuest account the month after the webinar (up to a maximum of three credits).
- If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you following the webinar.



**WHY STAY PHYSICALLY ACTIVE?**

**Physical activity** increases your chances of living a longer, healthier life. As well as helping you feel your best, exercise can also help:

- Control your blood pressure, blood sugar and weight.
- Raise your HDL (good) cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

**Start Slow:** Work out for at least 10 minutes at a time. Combine aerobic and muscle-strengthening activities.

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*HealthQuest Seminar - Available July 1st, 2015 (Worth 1 HQ Credit)*

## Taking the Stress Out of Relationships

Let's face it; some people in your life can stress you out. From bosses to your friends to your kids, handling conflict with others can be tough.

Are there people in your life who are difficult to deal with? Does a certain coworker, friend or relative regularly stress you out? This seminar will help you find healthy, positive ways to deal with stressful relationships.

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

## How Resilient Are You?

During personal crisis, some people are more resilient than others. Resilience is not just about coping, but about being able to confront crisis without getting overwhelmed by it. Use this assessment to gauge your level of resilience.

1. If I have a minor disagreement with others, I can be upset and preoccupied by it for hours.  
True (0) False (1)
2. When faced with a problem, I focus on the solution to resolve it.  
True (1) False (0)
3. When driving in traffic, I get easily upset when a driver does not give me the right of way.  
True (0) False (1)
4. When I make a mistake at work and get reprimanded, I am able to accept the feedback, learn from it and move on. True (0) False (1)
5. I regularly exercise, meditate or participate in activities that help me reduce stress, and stay calm and balanced.  
True (1) False (0)
6. If I am nominated for a professional award and someone else wins, I am able to move on without much disappointment. True (1) False (0)
7. I have experienced handling stressful events. True (1) False (0)
8. I could easily call on others for help during an emergency or crisis. True (1) False (0)
9. I have trouble adapting to change or new situations. True (0) False (1)
10. When my equipment at work malfunctions, it does not affect me because I know there is help staff to resolve the issue. True (1) False (0)

**8 points or above** – Your resilience appears to be quite strong. Resilient people know that there are setbacks in life, but by remaining flexible, open and willing to change or adapt, they work through it. To remain resilient, continue to work on problem-solving and crisis-management skills to help you in times of crisis.

**5-7 points** – Your resilience appears to be about average. Improve your ability to be resilient by improving your self-esteem, developing a strong social support and taking care of your physical and mental health. Work on problem-solving and crisis-management skills that are critical in times of crisis.

**1-4 points** – Your resilience appears to be weak. In order to effectively deal with crisis, it is important to develop appropriate problem solving and crisis-management skills. Work to improve your self-esteem, develop a strong social support and take care of your physical and mental health.

For additional information on improving your resilience log-on to [www.guidanceresources.com](http://www.guidanceresources.com) Company ID: SOKEAP or call your Employee Assistance Program at 1.888.275.1205 Option 7.



## Safety Corner — Sun Safe

According to the Centers for Disease Control and Prevention and the Canadian government, skin cancer is the most common type of cancer in North America. The main cause? The sun's dangerous rays. Here's some advice to keep you sun safe.

**Apply** sunscreen 15 to 30 minutes before you go outside. Best bet: Choose a broad-spectrum sunscreen with a minimum of SPF 30.

**Use** a generous amount of sunscreen – dermatologists recommend "1 ounce, enough to fill a shot glass."

**Reapply** sunscreen every 2 hours and after sweating or swimming, as recommended by the American Academy of Dermatology.

**Check** if any medications you are taking cause sensitivity to the sun.

**Wear** specially treated clothing and sunglasses to protect against UVA and UVB rays.



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