IMPORTANT NEWS FROM HEALTHQUEST

STRIVE-FOR-5 CHALLENGE
June 1 – 26, 2015
Goal: 85 points

The STRIVE FOR 5 Challenge has begun!!!!

Try to focus on incorporating more Fruits and Veggies into your diet to help with weight control and to lower your risks of chronic diseases such as:
- stroke
- cancer
- type 2 diabetes

Earn points for eating up to 5 servings of Fruits and Veggies daily and earn 85 points before JUNE 26th for 5 HealthQuest Credits!

Think of a serving as:
- 1 cup of fruits or veggies
- ½ cup of dried fruit, or
- 2 cups of leafy greens

www.KansasHealthQuest.com

www.KansasHealthQuest.com – Log on to the portal to record your Challenge points!

Did You Know the best way to preserve an AVOCADO is to put it in a sealed container with a large piece of ONION?? The onion doesn’t change the flavor of the avocado, just keeps it from BROWNING!!
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. Rx Savings Solutions began working with the SEHP July 2014 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 Rx Savings Solutions does the work.** When they find savings you will get an alert via email or text message. You can also contact Rx Savings Member Services Team at 800-268-4476 for information.

**Savings Method of the Month – Tablet Splitting**

Saving money on prescriptions does not have to be a big hassle or unsafe. Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by considering tablet splitting. Tablet splitting is the practice of cutting a tablet that is twice the strength of your current tablet in half, and taking the half tablet as directed by your physician.

Here is an example of how tablet splitting can save money:

One SEHP member paid $275.77 for 30 tablets of the mental health medication Abilify 5mg, but another SEHP member paid only $130.27 for 15 tablets of Abilify 10mg, taking just 1/2 tablet (or 5mg) daily (the same dose as the above member). Both of these prescriptions were for a 30 day supply, and both were filled at the same pharmacy. That is a savings difference of $1,746.00 per year!

Tablet splitters are available for a minimal cost at your local pharmacy. **Please keep in mind, not all tablets can be split due to their size, shape, or if the tablet is made to break down a specific way in the body. Capsules should not be split either.** It is important for patients to be active participants in managing their health. Discuss your options with your doctor at your earliest opportunity.

---

**Most weight losers who keep the pounds off are serious about staying active. Blend exercise into your routine so you enjoy it. Get moving!**

COPYRIGHT © 2015 EBIX INC.
“Due to my high blood glucose levels and BMI I enrolled in the disease management program for Diabetics. Since enrolling I have developed a regular exercise routine that includes walking, zumba classes and working out with a trainer. It has become a major part of my daily routine. I have began making healthier food choices and eliminated sweets and simple carbs. I have also begun watching portion size. Since making these changes my BMI has dropped 4 points, my A1C is down to 5.9% from 7.4% and I have optimal BP. The program has made me want to become more educated about health and helped me to stay connected with my goals.”

Employee Assistance Program (EAP) Webinar - June 23rd, 2015 at 11:30am (Worth 1 HQ Credit – Automatically uploaded to your HQ account)

Laughter, Humor and Play to Reduce Stress and Solve Problems

Professional comedians shouldn’t be the only people to use smiling, laughter, humor and play as part of their daily routine. These skills are valuable for everyone. A good smile has long been a key tool for anyone who needs to influence others. Laughter is now shown to improve our pain tolerance. Humor and play can be the building blocks of problem-solving. Together they can improve our happiness and effectiveness.

- Register at https://attendee.gotowebinar.com/register/1255274308114303745. 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.
- Please provide any feedback on topics you’re interested in or different schedule options to selwell@kdheks.gov or ahawley@compsych.com
Stress, Anxiety and Depression are an inevitable part of our lives!

People can feel overwhelmed by thoughts, feelings, actions, and relationships and this may impair our ability to function effectively in our daily lives. Everyone experiences depression, stress or anxiety at one point or another, but if you find yourself in a constant state of stress, worry or depression, you may be suffering from an anxiety disorder, depression or both.

To a certain degree, feeling these emotions is a normal, healthy response to life’s events and challenges. However, over time the body’s continued response to these emotions can lead to unhealthy symptoms.

Generalized Anxiety Disorder (GAD) is marked by chronic, exaggerated worries provided by no apparent cause or illness. Those who suffer from GAD expect the worst to happen and have constant worries.

Depression is more than feeling sad or having a bad day, it’s more intense than that. Its constant symptoms of being overwhelmed with sadness, irritation, frustration, sleeping and eating less and so much more.

There are many things you can do to improve your mood:

- Stay active: something as simple as taking a brisk walk or as involved as going to the gym or joining a team sport. Start small and build over time.
- Structure your day: create a schedule to stay busy. It is important to socialize with friends and family whenever you can.
- Talk to others: do not isolate yourself. Having daily contact with others will help your mood.
- Build rewards into your life: many who are depressed find fun and rewards missing from life. It is helpful to find ways to reward yourself even in small ways.

Some people may even need therapy. By seeking professional assistance, you may learn new ways to manage these problems. It is typically based on “talk-therapy” which is developing a trusting, confidential relationship with a professional and honestly exploring one’s feelings, concerns and emotional needs. It may bring greater insight into the difficulties one may be facing.

For additional information log-on to www.guidanceresources.com Company ID: SOKEAP or call 1.888.275.1205 Option 7.
Shop, Compare and Save on your Healthcare with Castlight!

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

Would you shop for an item online without comparing prices on other websites? Would you stay at a hotel without reading the reviews? Would you pay $150 for an item you can purchase for $50 at a nearby store? If you answered “no” to any of these, then you should know that Castlight is here to help you shop, read reviews, and compare your healthcare options.

Use Castlight to shop for nearby, network doctors, prescriptions, imaging services, lab tests, surgeries, and so much more. Compare prices, read reviews, and see your healthcare options today with Castlight!

Castlight is available to employees AND spouses enrolled in a SEHP provided medical plan. Get started and earn HealthQuest credits at: www.mycastlight.com/SEHP

Email: Healthquest@kdheks.gov