

Important News from HealthQuest

- During the week of September 26th, 2016, the State Employee Health Plan will post all open enrollment materials for Plan Year 2017 on our website at www.kdheks.gov/hcf/sehp.htm.
 - Members that would like to receive printed materials can go to www.surveymonkey.com/s/OEmaterials and complete the required fields by 07/22/2016 to be added to the mailing list.

Rx Savings Solutions

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

Who We Are and How We Can Help You

June 2016 marks our two-year partnership with the Kansas State Employee Health Plan (SEHP), and we at Rx Savings Solutions would like to use this moment to reflect on how we have saved, and continue to save, employees and their dependents on their prescription drugs.

At Rx Savings Solutions, our goal is to educate, motivate and empower consumers of prescription drugs to save money. Our team of pharmacists does extensive research to find different ways to save money on prescription drugs, and these savings suggestions are communicated to members. Members can realize savings in multiple ways, and sometimes it is as simple as filling their prescription at another local pharmacy. All of the savings suggestions are optional, and it is up to the member and their doctor to make the final decision.

Our service is free to SEHP employees and their dependents, and SEHP members can earn 3 HealthQuest credits for registering. Register and log on to our website at <https://rxsavingsolutions.com/> to see how you can save. We have a team of registered pharmacy technicians available by phone and email, to answer any questions you may have.

Lifesavers Everyone Needs

Preventive tests and exams check for the most common conditions - including heart disease, stroke, type 2 diabetes and cancer.

Which tests and exams do you need - and when? »

It depends on your age, gender, health and family health history.

For everyone:

- Colorectal cancer
- Dental, hearing and vision problems
- High blood pressure
- Skin cancer
- Type 2 diabetes
- Unhealthy cholesterol

For women:

- Breast cancer
- Cervical cancer

For men:

- Prostate cancer
- Testicular cancer

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EVERYDAY CALORIE BURNERS

Home and daily life activities:	
Cooking	93
Child care (bathing, feeding, etc.)	130
Food shopping (with cart)	130
Heavy cleaning (wash windows)	167
Playing with kids (vigorous effort)	186
Home repair:	
Wiring and plumbing	112
Paint, paper, remodel (inside)	167
Cleaning rain gutters	186
Carpentry (outside)	223
Outdoor activities:	
Raking lawn	149
Gardening (general)	167
Mowing lawn (push, power)	167
Shoveling snow (by hand)	223

*Approximate calories burned per 30 minutes of activity for a 155-pound person.

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Castlight – (www.mycastlight.com/SEHP)
(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)

Download the Castlight app to find urgent care clinics and pharmacies when you are away from home

This summer, when preparing for a vacation, put “Download the Castlight app” on your pre-trip “to-do” list. You never know when you or a family member may need urgent care or a prescription while you are away from home. Castlight can help you find the most convenient care without spending more than you have to.



Castlight Mobile
Castlight Health

Download the free app for your phone. Search “Castlight Mobile.”

JUNE 2016

MAKE A GREAT PLATE.

Try grilling fruit for a sweet and nutritious dessert.

Grilled Pineapple with Ricotta

INGREDIENTS

2 tbsp slivered almonds	½ tsp cinnamon, <i>divided</i>
1 pineapple, cored and cut into ½-inch rings	4 tbsp ricotta cheese
	Mint leaves (optional)



DIRECTIONS

Add almonds to small pan set over medium heat, and toast for about 7-8 minutes, stirring often, until browned. Sprinkle pineapple with cinnamon. Place pineapple on hot barbecue or grill pan. Grill until heated through, about 3 minutes per side. Serve pineapple warm on 4 plates. Top each with ricotta cheese, toasted almonds, cinnamon and mint (optional).

Makes 4 servings. Each: 120 calories • 4g protein • 4g fat • 20g carb • 3g fiber • 25mg sodium

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JUNE 2016

10-Minute Move for Strength

Overhead Press



1 Stand or sit in an armless chair with feet shoulder-width apart. With a dumbbell in each hand, raise hands, palms facing forward, until the dumbbells are level with shoulders and parallel to the floor.

2 Slowly push the dumbbells up overhead until arms are fully extended – but don't lock your elbows.

3 Pause. Then, slowly lower dumbbells back to shoulder level, bringing elbows down close to sides. Repeat 10 times for 1 set.

Strengthens muscles in the upper arms, upper back and shoulders.

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

Better Health, Less Money

You don't need to have a lot of money to live healthier. Learn budget-friendly ways to improve your health. From workouts that don't cost a dime, to mega-healthy meals for pennies, you'll learn ways to live healthier without breaking the bank.

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”

Am I At Risk For Oral Cancer?

- Most oral cancer is preventable. However, there are certain risk factors that make you more likely than others to get it.
- A risk factor is anything that affects your chance of getting a disease.
- Some risk factors are preventable and some are not, such as your family history.
- Tobacco use is a serious risk factor. About 75 percent of all people who get oral cancer use tobacco.
- Excessive exposure to sun increases your risk for lip cancer. People who spend a long time outdoors for work or play have the greatest risk for developing lip cancer.
- Human papillomaviruses (HPV) are a group of more than 100 related viruses. Currently, 20 to 30 percent of all oral cancer is associated with an HPV infection.
- Poor dental health and poor diet can also be risk factors for developing oral cancer.

What's Your Score?

- If you have ever smoked tobacco or used smokeless tobacco
- If you consume alcohol excessively
- If you have lost teeth not due to an accident
- If you have pain when chewing or sensitivity to hot or cold

Then it's time to measure your risk for gum disease, tooth decay and mouth cancer.

Don't risk it anymore—know your score! Visit DeltaDentalKS.com/WellnessConnection to take a quick oral health risk assessment and help your dentist make a long-term plan for your smile's health.

PROTECT YOUR SMILE, PROTECT YOUR HEALTH

Current or former smoker? Lost a tooth? Have diabetes? You could be at higher risk for periodontal (gum) disease, tooth loss, or even mouth cancer. Delta Dental makes it easy to measure your risk with a quick and easy online self-assessment at DeltaDentalKS.com/WellnessConnection.

Well-Being EAP Webinar Schedule

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

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

EAP Monthly Webinar Series – Worth 1 HQ Credit – June 21st 2016 at 3PM

Gratitude: A Skill for Happier Living

Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we "ought to," we can choose gratitude as a way of looking forward to each day.

Register at: <https://attendee.gotowebinar.com/register/1392077750986289923>. 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.



Nurturing Healthy Relationships

Sometimes we take relationships for granted: We're busy with our own lives and issues and forget to let the people we care about know how much we appreciate them. All it takes to change that is a little effort and creativity. Try the following ideas for relationships with co-workers and friends.

Friends

Friendships based on trust and respect never fade. But there are ways to ensure that they survive the test of time:

- Listen when a friend mentions an item he or she has wanted; surprise him or her with it at a later date.
- Make it a rule to update your personal phone book every six months; it gives you a chance to catch up with old friends.

Co-workers

You spend a lot of time with people at work. Try these ideas to let them know how much they mean to you:

- Make their favorite foods as a surprise.
- If you see a television show or magazine article that would interest a co-worker, email them a link to the show or bring in the article.
- If someone has helped you out, let his or her supervisor know with a quick email.

Here when you need us.

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TDD: 800.697.0353

Online: guidanceresources.com

App: [GuidanceResources® Now](#)

Web ID: SOKEAP

JUNE 2016

Safety Corner



It's almost hurricane season (June to November). During **Home Safety Month**, make sure you're prepared for a hurricane:



- ✓ Assemble an emergency kit.
- ✓ Determine a family emergency plan and communications plan.
- ✓ Secure your property.
- ✓ Know the evacuation route.

For more information, visit the National Hurricane Center at www.nhc.noaa.gov/prepare/ready.php.

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