

IMPORTANT NEWS FROM HEALTHQUEST

No Issue Too Big or Too Small for Your Employee Assistance Program!!

Wish you had a personal assistant because there are not enough hours in the day? Are you aware that you have access to one at your fingertips?? Take advantage of your Employee Assistance Program!

Looking for a new Dentist? Need help planning a vacation? Wanting to know how to get on a game show? Seeking a magician for a child's birthday party? Needing short notice moving help? Save yourself the stress and let your EAP find the answers or do the work for you!!

Join us for a brief (15-20minute) webinar over lunch to learn how EAP can work for you!

❖ March 31st at 11am and 12pm

❖ April 1st 12 and 1 pm

❖ April 2nd 12pm

EAP Webinars NOW AVAILABLE FOR HQ CREDITS!!

❖ Join us for the EAP Webinar and have HQ Credits Automatically Posted to your HQ Account by US!!

❖ To Receive Credit Be Sure to Fill in All the Information Requested on the Webinar Registration Form.



MARCH 2015

March to Your Own Beat

It's easier to exercise regularly if you like what you're doing. It's the ultimate motivation. Just give yourself the chance.

Explore what's fun for you:

- Play a sport with friends.
- Hike or bike on nearby trails.
- Try a water exercise class.
- Lift some handheld weights while you watch TV.
- Try a comforting mind-body approach with yoga.

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*Employee Assistance Program (EAP) Webinar - March 26, 2015 at 11:30am
(Worth 1 HQ Credit)*

Time Management Principles

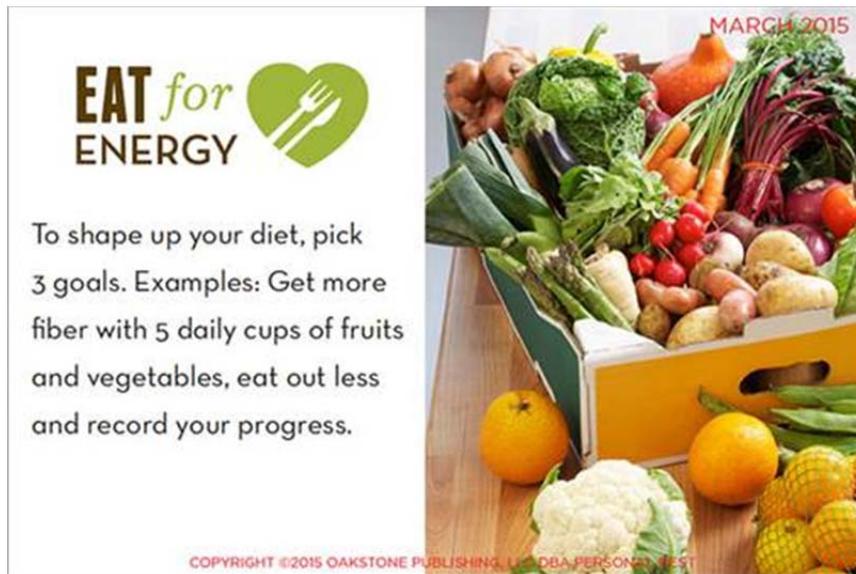
Work, family and personal life responsibilities can feel overwhelming, and it sometimes seems as if a 24-hour day simply isn't long enough to get everything done. Unfortunately, no one has yet found a way to add a 25th hour to the day, so we're all forced to do the best with the time we have. By following the principles discussed in this workshop, you may still never get everything done, but you should feel more in control of your everyday busy life.

- Register at <https://attendee.gotowebinar.com/register/8739568593130997506>. By filling in the three optional fields at the bottom of the registration form, one credit will be awarded to your HealthQuest account the month the webinar (up to a maximum of three credits).

Have a conflict?? Or not enough time for the webinar?? But very interested in Time Management.....We offer a dozen fun and interactive online **On-Demand 5-10 minute** Modules and Time Management is one of them!

Time is consistent. The key, then, is to get control of the 24 hours we do have. This training will describe prioritization and other techniques to help you make the most of your time.

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



Shopping for College? Fall is just around the corner!

It is never too early to begin searching for college but before searching for a college, you and your child will need to assess his or her career and life goals. This takes a bit of soul searching, but you can help your teen by sitting down together, asking some questions and jotting down the answers.

Ideas to consider:

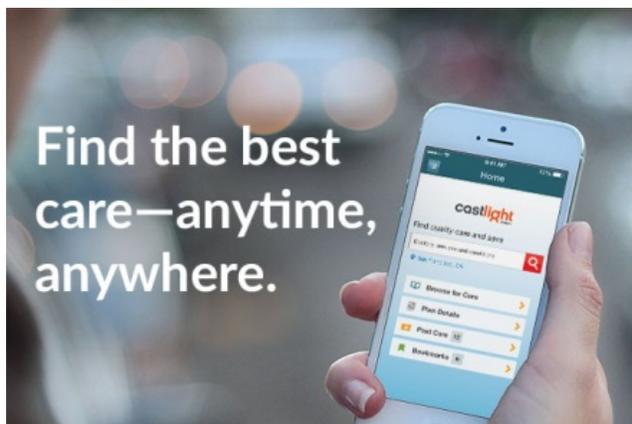
- Does your teen have any hobbies that could blossom into a career?
- What are his or her strengths and weaknesses academically?
- What would make your teen happy in life?
- What are his or her particular interests or talents?

Talking with your child about goals not only helps him or her make the right college choice, it also shows that you are committed to providing guidance and support. Be there to help them choose a college, a major and then prepare them for the college experience.

For more information check out the attached article, go online to www.guidanceresources.com or call 1-888-275-1205 Option 7. All family members within the household feel free to contact the Employee Assistance Program.

***Instant healthcare information – in the palm of your hand – with the Castlight Mobile app!
(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)***

Need urgent care? Need to find a doctor or specialist? Need directions on how to get there? Forgot to bring our medical card? The Castlight mobile app can solve all of these problems—and more!



When your doctor refers you to a specialist or for a lab test or X-ray, find out where to go for high quality and affordable care by reviewing your options with the Castlight Mobile app *before* you leave the doctor's office!

Find information about how to download the Castlight Mobile app at www.mycastlight.com/mobile. The app is available on iPhones, Androids, and any web-enabled smartphone.

***HealthQuest Seminar - Available March 1, 2015 (Worth 1 HQ Credit)
Eat Healthy Foods for Less!***

Healthy eating doesn't have to be expensive. Learn how to make healthy food choices that won't take a big bite out of your budget. Take away shopping and cooking tips to help you get the most value with your grocery list.

Log-on to www.kansashealthquest.com anytime to access the seminar.

The Heart Smart Challenge has Wrapped Up!!

Thank you to all who participated! We hope everyone enjoyed the challenge and the Heart Healthy activities during Heart Month!! We still encourage everyone to stick with these behaviors now that the challenge has wrapped up. If you need assistance or motivation, log-on to www.kansashealthquest.com and get access to

the **Progress Trackers**!! You will find them in **Library**, under **Healthy Lifestyle**. They are there to help you with your health goals from weight, nutrition, exercise, stress, smoking and pain!

Friday February 27th was the last day to earn points but you have until Friday March 6th to log those points on the portal for 5 HQ credits!

Passionate About Wellness? - Become a Wellness Champion!!

Are you passionate about wellness and helping others? Do you want to make a difference and promote wellness to your co-workers? Interested in learning how to build on your leadership skills?

The Wellness Champion Network is a fun group who has an enthusiasm for promoting wellness. They look at ways to improve the quality of life. It is a volunteer program with representatives across the entire state.

Click here to get involved! <http://www.kdheks.gov/hcf/healthquest/wcn.html>

✓ ***Did You Know the HealthQuest portal - www.kansashealthquest.com is accessible anytime and anyplace...not just at work?***

MARCH 2015

MAKE A GREAT PLATE.

Add crunchy nuts for flavor, fiber and healthy fats.

GARLICKY GREEN BEANS

Ingredients

1/4 cup sliced pecans	1/2 lb sliced mushrooms
2 tbsp olive oil	1 tsp minced garlic
1 lb fresh green beans	

Directions

Toast pecans in large dry skillet over high heat, stirring 2-3 minutes; remove, set aside. Heat oil in skillet over medium temp. Cut beans in 2-in. pieces and sauté with mushrooms and garlic 6-7 minutes; season with salt (1/4 tsp) and pepper. Serve with pecans on top.

Makes 5 cups. Each: 146 calories • 8g protein • 8.3g fat • 13g carbs • 5.5g fiber • 130mg sodium

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LifeStyle Coaching

(Worth 10 HQ Credits)

African Proverb – *“If you want to go fast, go ALONE. If you want to go far, go TOGETHER!”*

Change is something that doesn't come easy. We need support, encouragement, tips, new ideas and sometimes even an accountability partner to help us reach our goals. Let the HealthQuest Lifestyle Coach be that partner.

The Lifestyle Coaches are there to help you reach your goals no matter how big or small. Our coaches are experts from social workers, fitness professionals, registered dietitians to registered nurses. You will get a coach who is specialized in the area you would like to focus on such as diet, exercise, stress, weight management or smoking.

Call **1-888-275-1205, Option 4** or log-in to www.kansashealthquest.com today to start reaching those goals.

March is NATIONAL NUTRITION Month

“Bite into a healthy lifestyle” this March. National Nutrition Month is designed to help focus attention on the importance of making informed food choices and develop sound eating and physical activity habits. It’s about encouraging the adoption of eating and physical activity plans by focusing on fewer calories, making informed food choices and getting daily exercise to maintain healthy weight and decrease risks for chronic diseases and overall promote health!

Learn more at: www.nationalnutritionmonth.org/nnm



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 they 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 the Rx Savings Member Services Team at 1(800)268-4476 for information.

Savings Method of the Month - Generics

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 switching to **generic** medications. **Generic** medications contain the same active ingredient(s) as brand-name medications, and are the same in dosage form, safety, strength, route-of-administration, quality, performance characteristics and intended use. FDA-approved **generics** must meet the same rigid standards as the brand-name medication.¹

Here is an example of how savings can be obtained by making the switch to **generics**:

A SEHP Member paid \$132.56 for 30 tablets of the cholesterol lowering medication Lipitor 20mg. The SEHP Member switched to the generic product and began paying only \$9.51 for 30 tablets of the generic, atorvastatin 20mg. That is a savings difference of \$1476.60 per year!

Take an active role in your health and register today to have the Rx Savings Solutions team help you find generic alternatives to the medications you take. Register at www.rxsavingsolutions.com/start_saving.

¹ www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingGenericDrugs/

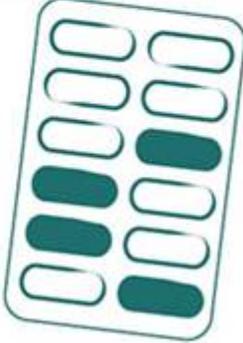
MARCH 2015



Safety Corner POISON PREVENTION

According to PoisonPrevention.org, more than 2 million poisonings are reported each year to poison control centers nationwide. More than 90% of these poisonings occur in the home. Here's how you can reduce that statistic:

- Buy child-resistant packages when available.
- Store all medicines and vitamins locked and out of reach.
- Keep products in original containers.
- Put the Poison Control Center's number (1-800-222-1222) on speed dial on your home and cell phone. Post it near the home phone for sitters.
- Use cabinet locks wherever you keep cleaning products, toiletries, makeup and medicines.
- Store purses out of the reach of young children, especially if you carry makeup or medicines in them.
- Don't grow poisonous or toxic plants if you have small children at home.



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