IMPORTANT NEWS FROM HEALTHQUEST

Farmer's Markets are in Full Swing

"Don't be afraid to go out on a limb. It's where all the fruit is" –Shirley MacLaine

Why shop at farmer's markets? Because they have the most fresh, delicious, locally grown fruits and vegetables, and sound advice from the farmers who know really good food.

- Only 1 in 5 adult Kansans consume the recommended 5 servings of fruits and veggies daily.

In early Summer you will find salad greens, herbs, greenhouse produce, spinach, green onions, turnips, radishes, beets, strawberries, peas, rhubarb, asparagus, broccoli, potatoes and much more in season!

Stop and pick up some strawberries. Did you know the average strawberry has 200 seeds? Also, you shouldn't wash them until you're ready to eat them? They are high in vitamin C and folate. There are plenty of ways to enjoy strawberries. You can dip them in dark chocolate for a special treat, top a salad with walnuts and strawberries and use a vinaigrette dressing, use with bananas to top your pancakes or breakfast cereal, use in a smoothie and so much more!

Radishes are also in season….they are a great vegetable to eat. Their greens are edible also!! You can substitute radish greens for spinach or collard greens, you can add the chopped radish to slaws or salads for a crunch and flavor, cut them in half, cover with oil and salt then roast, or just go the easy way and dip them in a little butter and salt and eat raw!

Go to www.localharvest.org to find a farmers market near you and visit www.kansashealthquest for recipes and fun ways to incorporate new fruits and vegetables into your diet.

Employee Assistance Program (EAP) Webinar - May 20th, 2015 at 11:30am

(Worth 1 HQ Credit – Automatically uploaded to your HQ account)

School's Out: Getting Everyone Through The Summer

It is summertime, and school is out! For many people, summer conjures images of lazy, relaxing days at the beach. However, for many working families, summer brings the challenges of balancing the demands of adult work schedules with the desire to provide safe, fun activities for children. This workshop offers several ideas on summer activities and provides practical suggestions on how to keep your kids safe while you're at work.

- Register at https://attendee.gotowebinar.com/register/4724193911328918529. 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).

MAY 2015

MAKE A GREAT PLATE.

Fresh fruit makes for the perfect naturally sweet dessert.

FRESH FRUIT KEBOBS

Ingredients

1 1/2 cups whole medium strawberries
1 1/2 cups fresh pineapple, large chunks
4 pitted nectarines, quartered
4 pitted plums, quartered

Directions

Thread fruit onto metal skewers. Oil your grill rack with a paper towel dampened with vegetable oil. Grill until fruit is just lightly marked, warmed through, sweet and juicy. **Topping ideas:** toasted coconut, lime zest or fresh grated ginger.

Makes 4 tbsp. Each: 141 calories • 2.6g protein • .7g fat • 35g carbs • 5.2g fiber • trace sodium

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Eating Healthy During Summer Cookouts

Summer cookouts are an excellent opportunity to make healthy (and tasty) choices. Follow these simple steps and enjoy the pleasures of dining outdoors without the guilt.

Keep It Healthy – Portion size is key. Load up a plate with seasonal fruits and veggies and enjoy small portions of favorite summer treats. Make kebobs. Instead of eating a full hamburger, chicken breast or steak, make a skewer with marinated mushrooms, tomatoes, zucchini, onions, and peppers. Add a few choice chunks of lean meats for a meal packed with vitamins, nutrients and fiber. Opt for salsa, guacamole, hummus and black bean dip instead of high-fat mayonnaise-based dips for veggies and chips. Even healthy foods have calories, so continue to watch portion sizes of chips and dips. Try grilling fruit like pineapple or mango for a delicious low-fat dessert.

Make it Hydrating – Foods that have high water content are natural appetite suppressants. Fruits and veggies have high water content and are naturally hydrating. Have a naturally-sweetened slice of watermelon or a fruit salad made with melons and berries for dessert. Make popsicles out of fruit juice or lemonade for a satisfying treat. Choose water, tea or sugar-free sports drinks instead of regular soda or alcohol.

Focus on Hearty Choices – The fiber in whole grains provides energy and keeps hunger at bay longer. Choose whole-grain or whole-wheat rolls, buns and noodles for dishes. Load up on fruits, veggies, baked beans and legumes. Choose lean cuts of beef, chicken and pork. Avoid batters or breading on meats. Avoid mayonnaise-based salads and opt for zesty marinades instead.

Practice Food Safety – Do not leave food out longer than 2 hours if the temperature is warmer than 90 degrees. Preheat the grill for at least 20 minutes before grilling anything new; this will kill any leftover bacteria. Use a meat thermometer to cook meats to a safe temperature. Store leftovers in separate containers in the refrigerator immediately after eating.

For additional information log-on to www.guidanceresources.com Company ID: SOKEAP

❖ STRIVE FOR FIVE HealthQuest Challenge begins June 1st.

❖ Focus on Fruit and Veggie Intake to lower your risks of chronic diseases such as stroke, cancer and type 2 diabetes, and for weight control

❖ More Information coming soon!

✓ Did You Know there are quick & easy personalized videos to learn about making better health choices? On your portal main page click Tools>Converstations to see choices like: Healthy Eating, Dealing with Stress and Low Back Pain…..Bonus – They are worth 1 HQ Credit!

Rx Savings Solutions

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

Divide and Conquer with Rx Savings Solutions

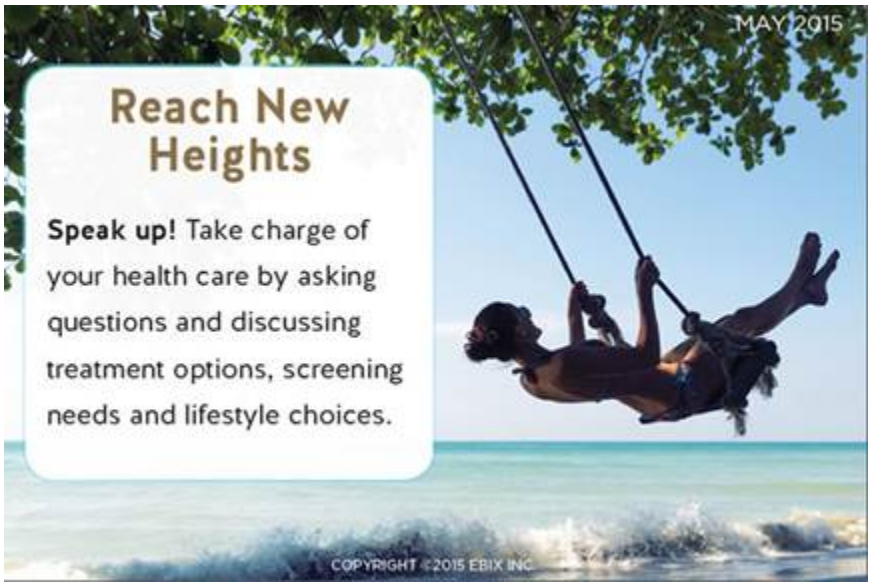
Combination prescription medications may be convenient for your lifestyle, but not always convenient for your wallet. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by filling the individual active ingredients of combination medications as separate prescriptions[1].

Here is an example of how filling combination medications as separate prescriptions can save money:

Through the SEHP, 90 tablets of the antidiabetic medication, pioglitazone-metformin 15-850mg (generic for Actoplus Met®), costs $201.31. However, 90 tablets of the individual ingredients costs $10.03 for pioglitazone 15mg, and $9.01 for metformin 850mg respectively. That is a savings of $729.08 per year!

[1]Not all combination medications are available to be filled as individual ingredients, and patients need to be aware that increasing the number of prescriptions taken means more responsibility. Talk with your doctor to see if this is an option for you. It is important for patients to be active participants in managing their health.

Please visit https://www.rxsavingssolutions.com/start_saving and register your account, to find out how you can save on your prescriptions. Our prescription savings benefit is at no out-of-pocket cost to you.



Choosing a doctor shouldn't be a guessing game. You're your perfect doctor with Castlight.

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

Do you need a new primary care doctor, dermatologist or other specialist? With so many options out there, it is hard to know which one is right for you.

Castlight takes the guessing out of finding a doctor by allowing you to compare your options in one convenient place. By using Castlight you can evaluate all of your in-network doctors based on their reviews, prices, years of experience, and so much more. Learn more about your doctor and what you'll be expected to pay out-of-pocket ***before*** your visit.

Visit www.mycastlight.com/SEHP today to see your options!

May 25th – Memorial Day

Did you know Memorial Day was originally called Decoration Day? It originated in the years following the Civil War and became an official federal holiday in 1971. It originally honored only those lost while fighting in the Civil War but during WWI the U.S. decided to make the change to Memorial Day and honor all those men and women who died while serving in the U.S. military.

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." – President Harry S Truman

Cities and towns across the country honor Memorial Day. Some have parades, some have ceremonies to honor the veteran's, others attend memorials or cemeteries to pay their respects. Others have BBQs or family events because on a less somber note, Memorial Day also marks the unofficial beginning of summer.

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

Fitness for Busy People

Think you're too busy to be active? Think again. With some simple strategies you can ramp up your activity level without a huge time commitment. Do it!

Want to know what's the latest advice on fitness? And how can you work exercise into your busy schedule? This seminar shares tips on how to make activity a vital part of your healthy lifestyle!

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

❖ *We are half way through the HealthQuest Program Year, be sure to log-on to www.kansashealthquest.com and earn those 30 credits by November 15th, 2015!*

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