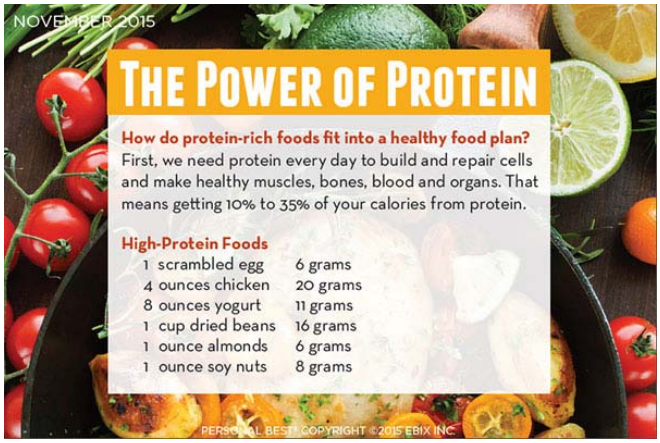
Important News from HealthQuest

❖ There are less than **15 days** to complete your Health Assessment Questionnaire and earn **30 total credits** to receive the HealthQuest premium incentive discount for 2016!! The last day to complete the program is **Sunday, November 15th, 2015**.



Want to be a part of the **Employee Advisory Committee**?

The Employee Advisory Committee (EAC) meets 4-6 times a year over different topics of discussion which may include: future plan changes, wellness initiatives and other topics that the Health Care Commission (HCC) desires to obtain member's input and feedback. State Employee Health Plan staff work with the EAC leadership on important topics of discussion. The EAC chair may be called upon by the HCC to provide a report of their activities at their regular business meetings.

- The Health Care Commission re-implemented an Employee Advisory Committee (EAC) as provided by K.S.A. 75-6501(b) by adopting EAC By-laws on August 16, 1995. The Committee is composed of 21 members, 18 of whom are active employees and three are participating through Direct Bill. Each member serves a three-year term.
- Members are selected to serve by the HCC on the basis of geographic location, agency, gender, age, and plan participation in order to assure that a balanced membership representing a broad range of employee and Direct Bill members interests are represented.
- The EAC meets 4-6 times a year in Topeka at the Landon Building. For member's selected to serve on the EAC, the agency for which the employee works must agree to their serving and must cover the cost of transportation and wages for the employee to participate. Members receive no compensation for serving.
- **Attached it the EAC Nomination Form**

❖ On this day, we encourage you to commit to healthier eating! More than two-thirds of American Adults are overweight or obese, putting them at risk for heart disease and stroke as well as other chronic conditions. A long life of health is about taking small steps each day to change how you eat and live. Small steps add up so start with the first step and commit to healthier eating!

Rx Savings Solutions

(Registration worth 3 HQ Credits) https://portal.rxsavingssolutions.com/#/register

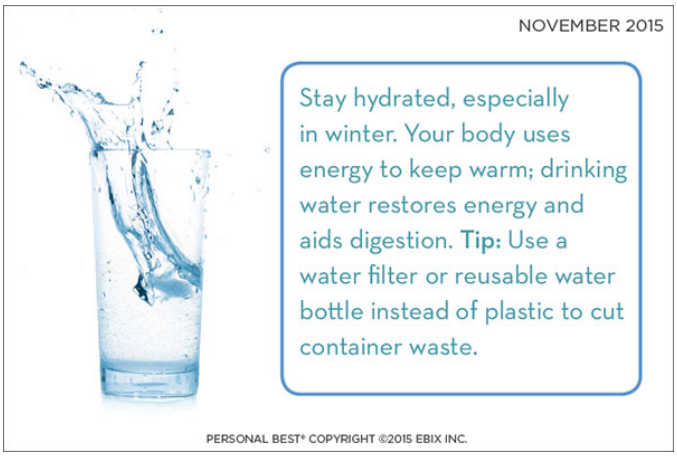
❖ Rx Savings Solutions Savings Card

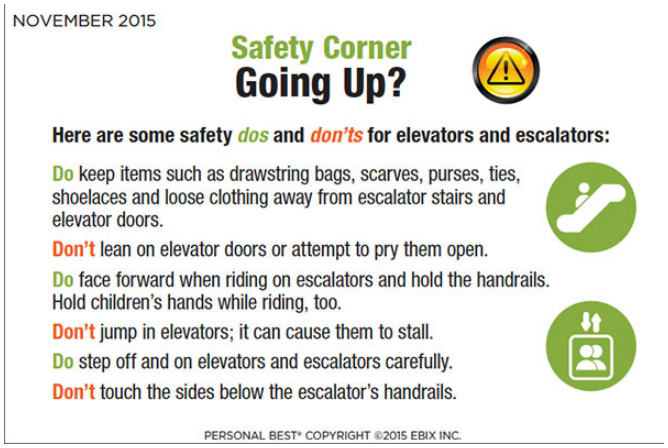
Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by using the Rx Savings Solutions savings card. Rx Savings Solutions, uses tools to negotiate lower cash prices on prescription drugs with participating pharmacies, and pass along the savings to you. There are some instances, where you can save more on your prescriptions by utilizing the savings card instead of your insurance.

Here is an example of how utilizing the Rx Savings Solutions savings card can save money:

In the first 6 months of 2015, the average co-insurance for SEHP members for a 60-day supply of the mental health/pain medication duloxetine was $61. However, with the Rx Savings Solutions savings card, the same medication and quantity would cost SEHP members only $44.20. That is a savings of $100.80 per year!

Register and log on to our website at https://portal.rxsavingssolutions.com/login to see how you can save. This service is free to SEHP employees and their dependents. **Please keep in mind that at this time, our savings card is used in place of your insurance, so you should always have the pharmacy check the price using both your insurance card and our savings card, in order to make sure you get the best price.** It is important for patients to be active participants in managing their health.





❖ The NEW HEALTHQUEST PROGRAM YEAR KICKS OFF **MONDAY, NOVEMBER 16th**…NEW PROGRAM YEAR, NEW PORTAL LOOK! Check out www.kansashealthquest.com on 11/16/15 to see the updated portal!

❖ Check your email 11/16/15 for more information.

HEALTHQUEST
2015-2016 PROGRAM

Earning **$240** is as easy as…

1. Obtain Biometric Values
2. Complete the Health Assessment Questionnaire (required, worth 5 credits)
3. Earn 30 total credits

Credit Value	Credit Max	HealthQuest Activities
5	5	Health Assessment + Biometrics (Required)
5	5	Biometric Screening Participation (on-site screening/home kit)
3	3	Blood Pressure in range <120/80
3	3	Total Cholesterol in range <200
3	3	Glucose in range <100
3	3	Non-Tobacco User (auto-award from Health Assessment)
15	15	Lifestyle Coaching
15	15	Condition Management
15	15	Tobacco Cessation Program
3	3	Health Advisor
5	20	Preventive Exams through Self Report Forms
5	30	Challenges
5	10	Agency Wellness Program
3	6	Agency Training Program
2	10	Virtual Coaching
1	3	Online Monthly Seminars
1	3	Conversations
1	3	Health & Fitness Activities
1	5	KS Financial Learning Center Modules
1	3	EAP Webinar Attendance
3	3	Register for Castlight Health
2	2	Castlight Health - Complete Quiz & Video
3	3	Register for Rx Savings

Total Credits Required - 30 | Total Credits Possible - 171

❖ The Healthy Holidays Challenge Kicks Off November 23rd!

In this 6-week challenge earn activity points by exercising, sleeping, limiting sweets and alcohol, eating a healthy dinner and being grateful! Begin the holidays with a goal of Maintaining your weight and not Gaining! Visit www.kansashealthquest.com November 16th for more information!

Employee Assistance Program (EAP) Webinar – Thursday November 19th, 2015 at 3PM
(Worth 1 HQ Credit)

❖ Stress: A Way of Life or a Fact of Life

All aspects of work and life require stress–everyone experiences it. Experiencing stress is not all bad, but how we perceive stress is what's important. Stress is our body's normal response to any extra physical, mental or emotional demand we place on it. This workshop will help you to understand more about stress, identify your stressors and learn ways to cope with and manage high stress levels.

Register at: https://attendee.gotowebinar.com/register/3830742860258530561 . If you cannot attend the scheduled time but are interested, register and a recording will be sent to you following the webinar or you can catch a 10-15 minute Ondemand Training at www.guidanceresources.com (Company ID: SOKEAP)

❖ **Limited Time** – Create Your Own Will - **Only $11.99**

Get peace of mind….go to www.guidanceresources.com, (Company ID: SOKEAP) log-on and click on EstateGuidance for online support and instructions for executing your will. Choose between a Last Will & Testament or a Living Will.

NOVEMBER 2015

MAKE A GREAT PLATE.

Lean protein plus whole grains equals a healthful, filling meal.

TURKEY RICE ROLL-UPS

Ingredients

- 4, 4 oz. turkey breast cutlets
- 2 cups cooked brown rice
- 1/4 cup each minced shallots and celery
- 1 tbsp olive oil
- 2 tbsp chopped fresh rosemary
- 1 tbsp fresh lemon juice

Directions

Pound cutlets to 1/8-in. thickness. Mix remaining ingredients and spread onto center of each cutlet; roll up and tie together. Place roll-ups on a drip grill pan; roast 20-30 minutes at 375°F.

Makes 4 servings. Each: 275 calories • 29.5g protein • 6g fat • 24g carb • 1.7g fiber • 131mg sodium

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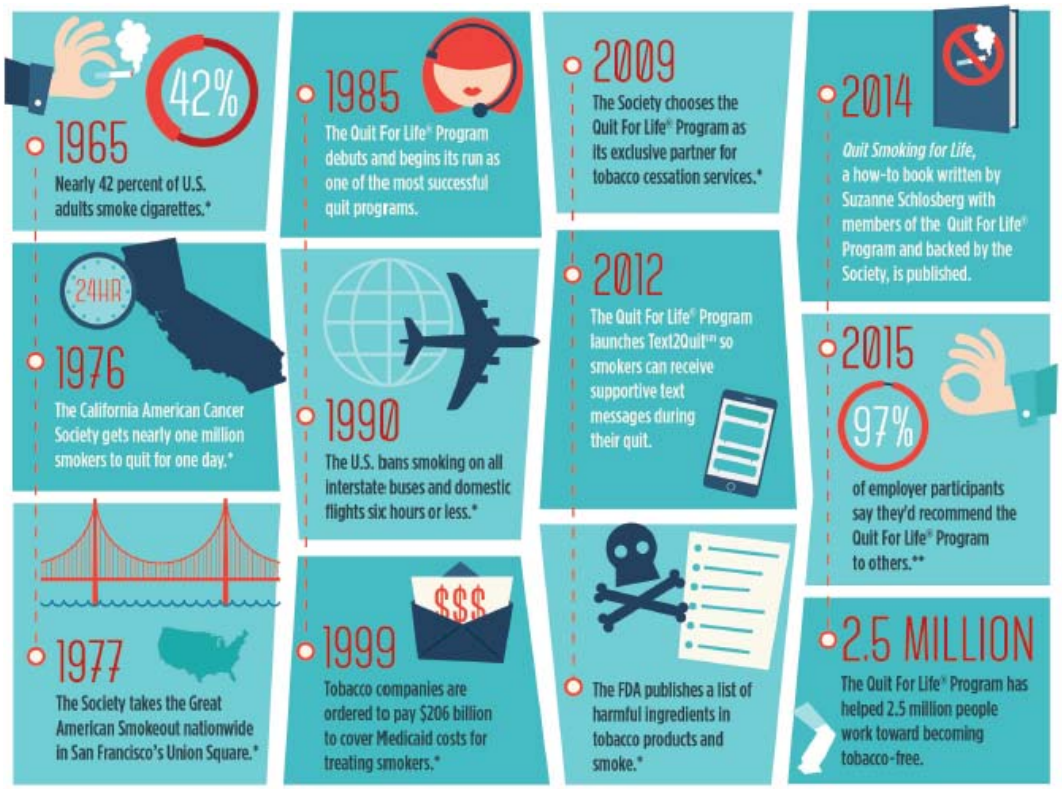
HealthQuest Seminar – Available November 1st, 2015 (Worth 1 HQ Credit)

❖ Living Without Tobacco

Despite all the public health efforts, warnings and labels, cigarette smoking is still the leading cause of preventable death. If you or a loved smokes, this seminar is for you. You'll learn about the best techniques for quitting tobacco.

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



GREAT AMERICAN SMOKEOUT | NOVEMBER 19, 2015

- **Make your old pack history.** Join the Great American Smokeout!
  - Call 1.888.275.1205 – Option 3 to enroll in Quit for Life!

Email: HealthQuest@kdheks.gov