Important News from HealthQuest

➢ Open Enrollment Is the Month of October!!

State Employee Health Plan Members have from October 1st – 31st to make their benefit Elections for 2016!! Be sure to go out there and choose the health plan that fits you and your family best. Log on to https://sehp.member.hrissuite.com/

➢ FLU Clinics Wrap Up at the end of October!

http://www.kdheks.gov/hcf/sehp/2014FluShotClinicInformation.htm

All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. To get started go to www.occuvax.com, in the box labeled "Schedule My Appointment" enter the Company ID "Kansas" and Password "Kansas"

➢ The Stress Busters Challenge Wraps Up October 9th!

Earn points by exercising, getting adequate sleep and relaxing! Start taking action to minimize the effects of stress and manage your stress levels! Earn 55 points by October 9th and be sure to log those points on www.kansashealthquest.com by Friday October 16th to earn 5 HealthQuest credits!

➢ There are only 45 days left to earn your 30 credits and complete the HealthQuest Program to receive the premium incentive discount for 2016!! The last day to complete the program is Sunday, November 15th, 2015.

➢ Limited Time – Create Your Own Will - Only $11.99

Get peace of mind….go to www.guidanceresources.com, 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.

OCTOBER 2015

Chair-bound at work?

Fit some mini exercises into your workday. Here's one that gets your heart pumping:

Chair squats: Stand up and bring your arms forward in front of your face, touching your hands together. In a fluid motion, lower your hips to your chair, barely touching them to the chair seat (don't sit). Lower your arms and slowly stand back up. Repeat several times to raise your heart rate and body temperature slightly.

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OCTOBER 2015

Salads for Every Season

From leafy to crunchy, you can quickly toss together fresh salads so satisfying you'll want one every day. Make it easy this way:

1. Start with hefty greens.
2. Add color and flavor.
3. Power up with protein.
4. Dress lightly.

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Kansas Financial Services

- Congrats to **Steve Campbell** from KDOT on completing all 8 Financial modules and winning the iPad Mini!
  - There were 978 employees who completed the program and were registered in the drawing.

"I am in my twenties and just started thinking about how to better handle my finances and save for the future. Naturally, when I saw the Kansas Financial Learning Center, I decided to give it a try. The execution for these modules was excellent. Topics that seem so boring and complicated (like mortgages, savings & investments, and insurance & taxes) were presented in an effective way that captured my attention. I learned so much just from watching these. Now I have a better idea of where to start and what to expect" -KUMC Employee

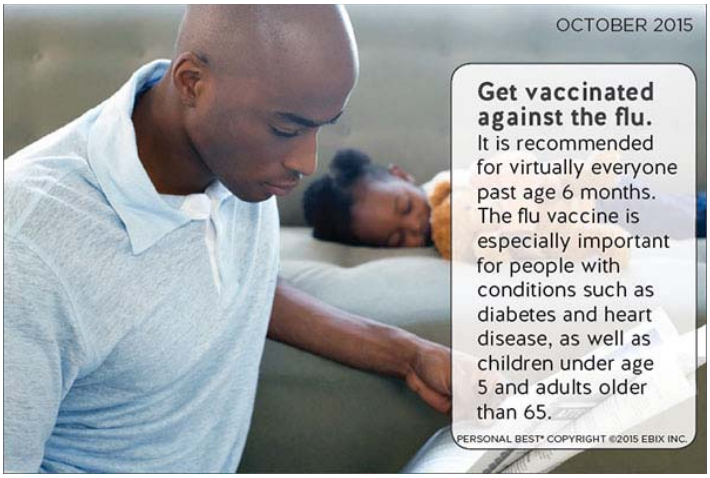
Increase your financial IQ in the virtual Kansas Financial Learning Center today! Credit card bills, debt, and savings may not be top of mind for you, but the financial decisions you make today will have a long-term impact on your life. **The Kansas Financial Learning Center** is an interactive learning program that will prepare you with the right skills to manage your financial future, covering topics such as mortgages, 529 Savings Plans, credit scores, identity protection, and more! For each ten-minute learning module you complete, you will earn one HealthQuest credit, up to a maximum of 5 credits.
Click here to get started!

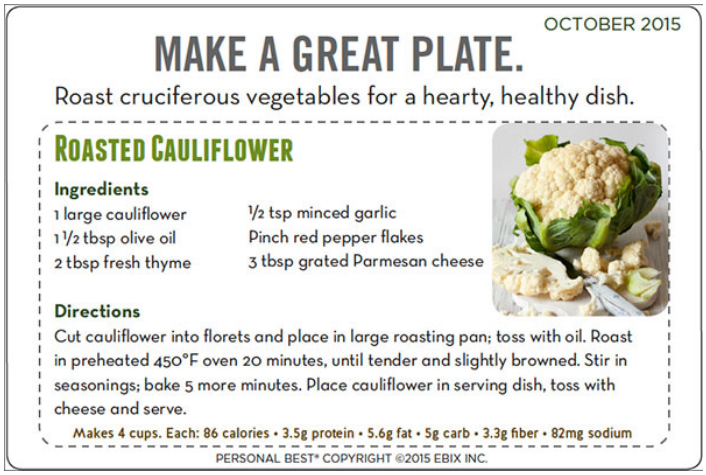
Rx Savings Solutions
(Registration worth 3 HQ Credits) https://portal.rxsavingssolutions.com/#/register

Double Check and Save!

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by regularly reviewing their current medications. It is not uncommon for patients to see multiple doctors, which increases the chances of taking duplicate medications. Patients need to keep all of their physicians up to date on their current medications to identify any duplicate treatment. Also, patients need to have regular conversations with their doctors, and stay up to date on lab work, to determine if certain medications are still needed. It is important for patients to be active participants in managing their health.

Rx Savings Solutions is a consumer tool to help you and all State Employee Health Plan (SEHP) Members save money on their prescription medications. If you have not 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 receive an alert via email or text message. You can also contact Rx Savings Member Services Team at 1-800-268-4476 for information.





OCTOBER 2015

MAKE A GREAT PLATE.

Roast cruciferous vegetables for a hearty, healthy dish.

ROASTED CAULIFLOWER

Ingredients

1 large cauliflower
1 1/2 tbsp olive oil
2 tbsp fresh thyme
1/2 tsp minced garlic
Pinch red pepper flakes
3 tbsp grated Parmesan cheese

Directions

Cut cauliflower into florets and place in large roasting pan; toss with oil. Roast in preheated 450°F oven 20 minutes, until tender and slightly browned. Stir in seasonings; bake 5 more minutes. Place cauliflower in serving dish, toss with cheese and serve.

Makes 4 cups. Each: 86 calories • 3.5g protein • 5.6g fat • 5g carb • 3.3g fiber • 82mg sodium

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Employee Assistance Program (EAP) Webinar – Tuesday October 20th, 2015 at 3PM
(Worth 1 HQ Credit)

Getting The Best Value out of Your Health Benefits

The simple answer is all about educating yourself on what your health plan offers. Do not wait until you get sick or injured before you understand your benefits provided. Investing time in understanding the options of your plan is investing money in family. It is up to you to take advantage of all your plans have to offer. The main function is to keep you healthy and to avoid all catastrophic risk.

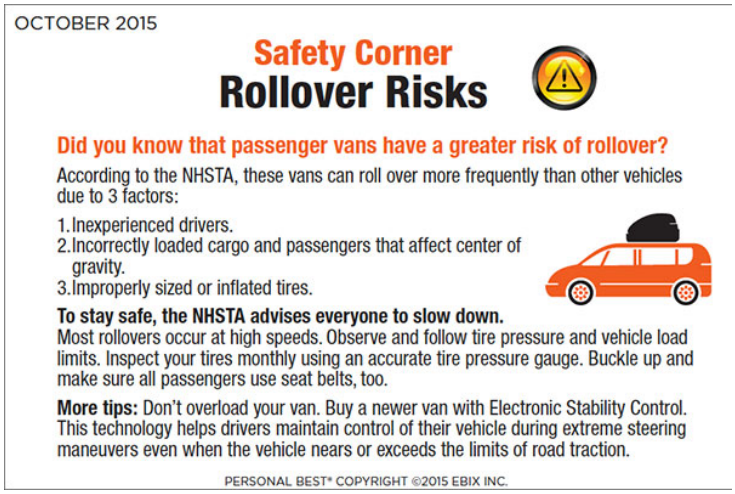
Register at: https://attendee.gotowebinar.com/register/9201355783244244226. If you cannot attend the scheduled time but are interested, register and a recording will be sent to you following the webinar.

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

Sleeping Well

Restful sleep is an important part of your health. Yet more than half of Americans say they have trouble getting a good night's sleep. If you are one of them, it's time to make a plan to sleep better. Join us for this month's seminar to learn tips for getting your zzz's.

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



OCTOBER 2015

Safety Corner
Rollover Risks

Did you know that passenger vans have a greater risk of rollover?

According to the NHSTA, these vans can roll over more frequently than other vehicles due to 3 factors:

1. Inexperienced drivers.
2. Incorrectly loaded cargo and passengers that affect center of gravity.
3. Improperly sized or inflated tires.

To stay safe, the NHSTA advises everyone to slow down.
Most rollovers occur at high speeds. Observe and follow tire pressure and vehicle load limits. Inspect your tires monthly using an accurate tire pressure gauge. Buckle up and make sure all passengers use seat belts, too.

More tips: Don't overload your van. Buy a newer van with Electronic Stability Control. This technology helps drivers maintain control of their vehicle during extreme steering maneuvers even when the vehicle nears or exceeds the limits of road traction.

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