
Important News from HealthQuest

➤ **Open Enrollment is Right Around the Corner!!**

Open Enrollment Meetings run September 21st through October 22nd across the state – Your health is important as well as learning about the health plan offerings that are available for 2016. We recommend attending an Open Enrollment Meeting to learn about and take full advantage of your employee benefits. Here is the link to all Open Enrollment Meetings – Find one close to you today! <http://www.kdheks.gov/hcf/sehp/download/oemeetings.pdf>

- **FLU Clinics Begin September 1st!** -<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”

- **Did you know** the Employee Assistance Program (EAP) is available to you the employee and your **ENTIRE HOUSEHOLD** at no cost? Call 1.888.275.1205 Option 7 or log-on to www.guidanceresources.com (Company ID: SOKEAP) to access the great benefit.

➤ **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.



September 7th, 2015 -- Labor Day!

Labor Day is an annual holiday to celebrate the economic and social contributions of workers to the strength, prosperity, and well-being of the country. In the United States, Labor Day is a federal holiday observed on the first Monday of September.

Labor Day has its origins in the labor union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. In the United States the first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. It became a federal holiday in 1894.

In the United States, Labor Day is customarily viewed as the end of the summer vacation season, although school starting times now may vary. Many people celebrate with family or neighbor barbecues, picnics, sporting events, and fireworks. Others will take in their last weekend of vacation for the summer.

SEPTEMBER 2015



EAT MORE TO LOSE WEIGHT?

Does cutting calories to lose weight leave you cranky?

Eating a high volume of calorie-light food satisfies hunger longer. The trick is to choose low-calorie-density foods, such as a big salad or water-based soup, rather than high-calorie-density options high in fat or sugar.

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Join Us for the Stress Busters Challenge Beginning September 14th!

Earn points by exercising, getting adequate sleep and relaxing! Start taking action to minimize the effects and manage your stress levels! Stress Busters is a 4 - week challenge and runs from September 14th – October 9th, earn 55 points by October 9th for 5 HealthQuest credits.

MANAGE YOUR STRESS

STAY IN CONTROL

It is important that you identify your stressors and take actions to minimize their effect on you.

This 4-week Challenge helps you take control by focusing on ways to help you manage stress!

During the Challenge, keep track of these 3 healthy behaviors.

- ✓ **Exercise** – at least 30 minutes per day.
- ✓ **Sleep** – at least 7 hours per night.
- ✓ **Relax** – at least 15 minutes of time out of your day.

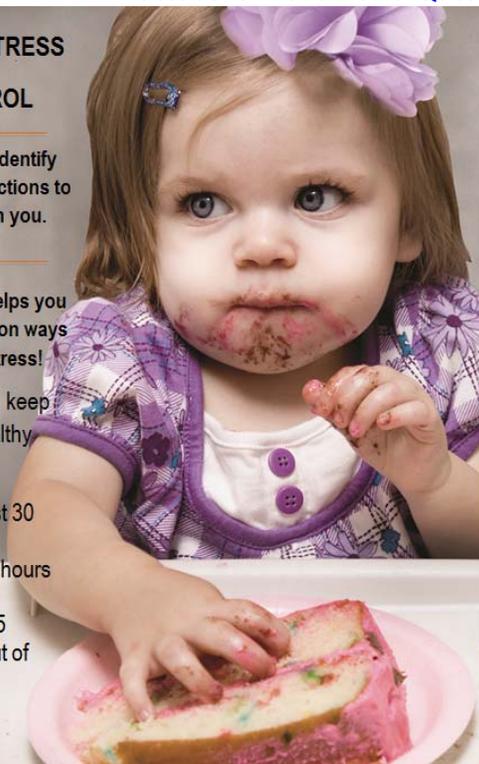
WHAT'S STRESSING YOU OUT?

ANYTHING AND EVERYTHING?

STRESS BUSTERS CHALLENGE

SEPTEMBER 14 – OCTOBER 9, 2015

GOAL: 55 POINTS FOR 5 HEALTHQUEST CREDITS



How the Challenge Works

- You will receive 1 point for every healthy behavior you practice each day. There's a daily opportunity of up to 3 points.
- The goal of this Challenge is to obtain 55 points in 4 weeks to earn 5 HealthQuest credits.

Track Your Activity at www.KansasHealthQuest.com - After logging in, click "Your Resources," and then hover over "Challenges."

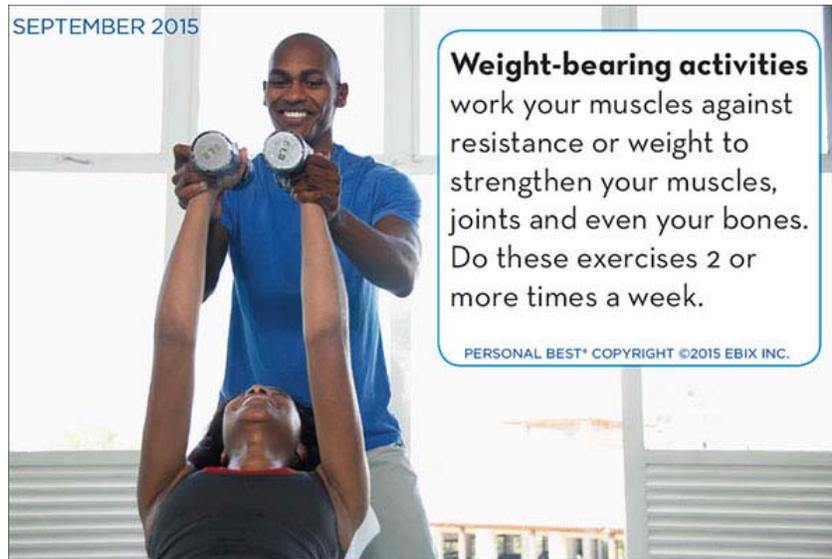
Employee Assistance Program (EAP) Webinar – Wednesday September 23rd, 2015 at 3PM
(Worth 1 HQ Credit)

Sleep: An Essential Component of Health and Well-Being

In the past five years, it has been routinely reported by researchers and the media alike that Americans are notoriously sleep deprived. There are numerous reasons why this may be the case. Yet while many people look towards improving

their health via diet, exercise and ceasing bad consumption habits (i.e., junk food, cigarettes), sleep is often overlooked—or is it? Sleep medications will surpass \$5 billion in annual sales within the next year. Apparently not only are Americans having difficulty getting sufficient quantities of quality sleep, they are also having difficulties getting to sleep. This workshop provides the latest research findings regarding the importance of sleep and offers participants suggestions on how to improve their sleep according to priority and quality measures.

Register at: <https://attendee.gotowebinar.com/register/4766604275470163458>. 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 September 1st, 2015 (Worth 1 HQ Credit)

The Latest on Food and Your Health

National news and the Internet make it seem like nutrition advice is always changing. News stories sometimes make it seem like experts are always changing their minds about food and your health. But is it?

This month's seminar will help you interpret the headlines and give you the best recommendations to help clear up any confusion. Also it will help you make informed choices about what you eat. Log-on to www.kansashealthquest.com anytime to access the seminar.



Kansas Financial Services - Want to earn up to 5 HQ credits and win an iPad mini?

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. Complete all 8 modules by September 30th to be entered for a chance to win an iPad mini! **Click [here](#) to get started!**

SEPTEMBER 2015

MAKE A GREAT PLATE.

Get at least 2 servings weekly of protein-rich fish or seafood.

CORN SHRIMP CHOWDER

Ingredients

2 cups low-sodium chicken broth	1 cup fresh corn kernels
2 1/2 cups cubed potatoes	1/4 cup chopped green onion
3/4 lb small fresh shrimp (1-in. bites)	2 1/2 cups low-fat buttermilk (room temp.)

Directions

Heat broth, add potatoes and cook over medium-high heat 7-8 minutes. Add shrimp, corn and onion. Cook 3 minutes. Add buttermilk and stir until hot, about 2 minutes. Season with pepper and parsley or dill.

Makes 7 cups. Each: 119 calories • 7.9g protein • 1.3g fat • 19.7g carb • 1.5g fiber • 229mg sodium

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Rx Savings Solutions

(Registration worth 3 HQ Credits) <https://portal.rxsavingsolutions.com/#/register>

An Ounce of Prevention is Worth a Pound of Cure

Prevention is the best medicine. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by taking steps to live healthier lives. Health conditions such as high blood pressure and high cholesterol can be noticeably improved by making healthy lifestyle modifications, such as diet and exercise. In some cases, these healthy changes may reduce the need for prescription medications. Also, staying up to date on vaccinations can significantly reduce or even eliminate your chances of getting serious illnesses, and the need to take additional prescriptions. This is important to keep in mind, with flu season right around the corner, as well as school starting. Talk with your doctor about what healthy lifestyle changes you can make to potentially reduce your need for prescription medications. It is important for patients to be active participants in managing their health.

References

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>
<http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935>

Safety Corner Carjack Caution



Avoid being a victim of a carjacking. Lock all doors when you get in your car and keep windows up.

Note: Most carjackings take place in parking lots and when vehicles are stopped at intersections. Criminals sometimes approach at a 45-degree angle (which is generally a blind spot). Be aware of your surroundings in a parking lot and have your keys out and ready to go.



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The REMAINING Biometric Screening Clinics

There are less than 90 days in the current program year to complete the 30 total HealthQuest credits to earn the Premium Incentive Discount for 2016. Your biometric values are needed to complete the Health Assessment Questionnaire (HAQ) and there are only a few clinics remaining! Log-on to www.kansashealthquest.com today to schedule an appointment.

<u>Name</u>	<u>Location</u>	<u>Date</u>
Eisenhower Building, 4th Floor East Tower Conf Rm, 700 Harrison	Topeka	9/1/2015
Kansas Juvenile Correctional Complex, Maxmum Visitation Rm, 1430 NW 25th St	Topeka	9/2/2015
Kansas Juvenile Correctional Complex, Maxmum Visitation Rm, 1430 NW 25th St	Topeka	9/2/2015
Landon Building, Rm 509, 900 SW Jackson St	Topeka	9/3/2015
Sedgwick County Courthouse, Basement Meeting Rm, 525 N Main	Wichita	9/9/2015
Wichita State University, Rhatigan Student Center, 265 Lucas Rm, 1845 Fairmount St	Wichita	9/10/2015
Wichita State University, Rhatigan Student Center, 265 Lucas Rm, 1845 Fairmount St	Wichita	9/11/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/14/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/15/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/16/2015
Kansas State University, Peters Recreation Complex, Kimball Ave & Denison Ave	Manhattan	9/17/2015
Kansas State University, Peters Recreation Complex, Kimball Ave & Denison Ave	Manhattan	9/18/2015
Landon Building, Rm 509, 900 SW Jackson St	Topeka	10/7/2015

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