HR Contacts –

Below are the AUGUST 2018 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

**Important News From HealthQuest**

**OPEN ENROLLMENT FOR 2019**

Information about the Open Enrollment for 2019 and the State Employee First Look at Webinar schedule are posted on the State Employee Health Plan website at: [http://www.kdheks.gov/hcf/sehp/PY2019-Info.htm](http://www.kdheks.gov/hcf/sehp/PY2019-Info.htm). This year will be an active enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). Watch for more details coming soon. Visit the SEHP website to request a printed 2019 Enrollment Booklet: [http://www.kdheks.gov/hcf/sehp/default.htm](http://www.kdheks.gov/hcf/sehp/default.htm).

**Naturally Slim Session 4 Registration!**

- Apply between **July 23rd – August 3rd**
- Naturally Slim is available to you for **FREE** and is accessible via computer & mobile device!
- **Program starts August 20th, 2018.** Employees & Spouses enrolled in the State of Kansas health plan are eligible to participate!
- Participants who complete all 10 weeks will earn 15 HealthQuest credits & Plan C, J, O, & N members earn $150 in their HRA/HSA account.
- [www.naturallyslim.com/KansasHealthQuest](http://www.naturallyslim.com/KansasHealthQuest)
4 week Fruit & Veggie challenge
4 credits / $40 HRA/HSA dollars

To join the challenge – log on to the HealthQuest portal and use the challenge bar to sign up.
http://www.kdheks.gov/hcf/healthquest/challenges.html
Let’s Get Loggin’
Hydration Challenge

Not only does water hydrate your body but exercising in water can provide great aerobic and total-body conditioning!

August 8 – 22
To compete in the challenge you must drink 64 ounces daily.

8 oz. 8 oz. 8 oz. 8 oz. 8 oz. 8 oz. 8 oz. = 64 oz.
(8 * 8 oz. servings)

Credits will be awarded for drinking 64 ounces on 10 out of the 14 days.

Questions?
Please contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Ks.com.

2 week water challenge
2 credits / $20 HRA/HSA dollars

To join the challenge – log on to the HealthQuest portal and use the challenge bar to sign up.
http://www.kdheks.gov/hcf/healthquest/challenges.html
EAP Monthly Webinar Series - Thursday, August 16th, 2018 @ 11:00 am
1-888-275-1205 OPTION 1, EAP Website www.guidanceresources.com (web ID: SOKEAP)

Overcoming Your Distorted Negative Thinking

Have you had an argument with your spouse or significant other that impacted your whole day? Maybe you had thoughts like, "I'm such a jerk," or, "All we do is fight." Have you ever been stuck in traffic thanks to an accident? Maybe you said to yourself, "I knew I shouldn't have gone this way," or, "This always happens to me." Statements like these are common reactions to scenarios in our lives, but they are inaccurate and distort the way we see ourselves and the world around us. This session will examine the 10 Cognitive Distortions and how they impact our mood and create faulty beliefs about ourselves and the world around us. Through examining these distortions, we will identify ways to challenge negative thoughts and limit the impact they have on our lives.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. Remember credits are awarded on live attendance. OnDemand trainings are worth 1HQ credit. https://register.gotowebinar.com/register/4794673727994567683

Have you Earned your 2019 Rewards?

All Health Plan Members you have until 12/31/2018 to Complete the Required Health Assessment for 10 Credits and Earn 40 TOTAL Credits to Receive the 2019 Premium Incentive Reduction.

Plans C, J, Q and N Members have until 11/19/2018 to Earn Credits to Receive HSA/HRA funds. Credits must be posted by 11/19/2018 to count for contributions. Remember it takes 50 TOTAL Credits to max out your HSA/HRA Contributions.

To Verify you have Earned your Reduction – Check your Homepage. Under “Earn Your 2018 Credits” make sure the top bar is SOLID GREEN and the TOTAL Credits is 40 or greater.
SmartShopper is Easy to Use…

…but don’t take our word for it. Hear what fellow SmartShopper users have to say about saving money and earning cash rewards on their medical care with SmartShopper!

“I had two procedures done a few months ago and it was a quick and easy process getting my checks in the mail to make sure I had the cheapest and best service! Great experience and would definitely recommend it!”  - Alexis

“I like having options for shopping for different locations for medical treatment. Getting a check is wonderful too!”  - Fonseca

“I received a check in the mail for a routine colonoscopy. Not a fun procedure, but fun getting a check!”  - Connie

With SmartShopper it pays to shop smart! When you use SmartShopper you can shop for your medical care at one of the many cost-effective locations. You’ll save on out of pocket medical costs and after your procedure, SmartShopper will mail you a reward check for up to $500!

Earning cash with SmartShopper is as easy as:

1. SHOP by phone or online
2. GO to a cost-effective location
3. EARN up to $500 in cash rewards

Getting started with SmartShopper takes only minutes – simply call the SmartShopper Personal Assistant Team, available Monday – Thursday 8AM – 8PM and Friday 8AM – 6PM, eastern standard time, at 866-820-6426 or visit bcbsks.com to activate your account and start shopping.

SmartShopper makes it easy to shop and save on medical care and gives you the choices and information you need to make the best care decisions.
HEARING DISCOUNTS

Hearing loss is more common than you might think. It affects 1 in 9 Americans¹ and can come on so gradually you may not even notice it. But the good news is 95% of hearing loss can be easily treated with hearing aids.¹

That’s why we give you access to affordable hearing care discounts through Amplifon, the nation’s largest independent hearing discount network - so you can enjoy all of life’s sights and sounds to the fullest.

YOUR HEARING DISCOUNT THROUGH AMPLIFON INCLUDES:

- 40% off hearing exams at thousands of convenient locations nationwide.
- 60-day hearing aid trial period with no restocking fees.
- Discounted, set pricing on thousands of hearing aids.
- Free batteries for 2 years with initial purchase.
- Low price guarantee - if you find the same product at a lower price elsewhere, Amplifon will beat it by 5%.
- 3-year warranty plus loss and damage coverage.

Call 1-844-526-5432 to find a hearing care provider near you and schedule a hearing exam today.

For more information on your plan, visit Surency.com or download the Surency Vision mobile app on Google Play or the App Store today.

¹AmplifonUSA.com/hearing-loss
Activate your benefit today at myrxss.com

See How Easy it is to Save with Rx Savings Solutions

If you’ve never used Rx Savings Solutions, what are you waiting for? Spend a minute and watch how easy it is to spend less on prescription drugs.

Rx Savings Solutions is a free, confidential online tool available to all members of the Kansas SEHP. You’re already a member—and so are all your eligible dependents. All you need to do is activate your account. Members who use Rx Savings Solutions save an average of $517 per year for themselves and plans like the SEHP!

You can activate your free account in less than a minute: Search for the “Rx Savings Solutions” app on Google Play, Apple’s App Store or access online at myrxss.com.