HR Contacts –

Below are the **JANUARY 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!

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**Important News From HealthQuest**

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**Heart Healthy New Year’s Resolutions**

The new year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you, and what you want to leave behind. Resolutions can feel - and be - hard to keep, but they don’t have to be. Ready to get started? Here are four easy, heart-healthy resolutions for every lifestyle.

- **Drink more water** - drinking the right amount water is a key ingredient in staying healthy.
- **Go green** - keep your cabinets stocked with heart-healthy fruits and vegetables.
- **Cut out processed foods** - they are full of added salt which increases your blood pressure risk.
- **Eat more fiber** - it is crucial to heart health and reducing the risk of heart disease.

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**Check Out Naturally Slim’s Visit to the Capitol City!**

[https://vimeo.com/245210330/ba6e1415b3](https://vimeo.com/245210330/ba6e1415b3)
Naturally Slim Application Opens January 8th!

Apply from 1/8 – 1/19 for class beginning February 5th

https://www.naturalslim.com/Welcome-b-SEP.html?s=KansasHealthQuest

Welcome to the 2018 HealthQuest Program!

Employees and spouses enrolled in the State Employee Health Plan who complete the REQUIRED Health Assessment and earn credits by participating in wellness activities throughout the year can earn a premium reduction in 2019. Members enrolled in Plans C, J, Q and N can also earn HRA/HSA dollars to be awarded throughout 2018.

- Employee and Employee/Children Coverage: Employees must earn 40 credits to receive the premium reduction of $480 for 2019. Employees in Plans C, J, Q and N will also earn $10 in their HRA/HSA for each credit earned, up to 50 credits, or $500.
- Employee/Spouse and Employee/Family: Employees and Spouses must EACH earn 40 credits to receive the premium reduction of $480 for 2019. Employees and spouses in Plans C, J, Q and N will also earn $10 in their HRA/HSA for every credit earned, up to 50 credits, or $500 each.

https://kansashealthquest.cernerwellness.com
Move Better, Breathe Better, Feel Better, Live Better

Quarter 1 - Move Better

Get Moving, An Introduction to Exercise January 24th @ 11:00am
Hobbies for Mental and Physical Health February 20th @ 11:00am
Living with Change March 22nd @ 11:00am

EAP 2018 Campaigns

Get Moving, An Introduction to Exercise

The exercise and fitness industry today is saturated with new equipment, technology and ever-changing trends. Exercise doesn’t have to be and should not be so complicated. In this workshop, we revisit the basic concepts of exercise, benefits of exercise, types of exercise, and how to begin and progress your exercise program safely.
Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. https://register.gotowebinar.com/register/8289885952764030467

NEW For 2018 – Earn HealthQuest Credits for EAP OnDemand Trainings!

If you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). If you already have an account be sure to add your Employee ID# under your Profile.

These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges. Once logged in you can find these in the left column under “Site Highlights”
Join us and “Step Into A New You”

Kick of January and work on those New Year’s Resolutions! From January 17th -31st log your steps in the HealthQuest portal and earn HealthQuest Credits! This is a 2 – week steps challenge for 2 HealthQuest credits! Registration begins January 10th! Set yourself a NEW Stepping goal!

2018 HealthQuest Challenge Schedule

Challenges Credits Equal the Number of Weeks

Feb 14-Mar 14, Tone Your Ticker
Feb 21-28, Make a Date with 8!
April 11-25, High Five!
May 16-June 13, A Body of Water
May 30-June 13, Pound the Pavement
July 11-25, Don’t Be Late to Hydrate!
Aug 1-29, Farm To Fork
Aug 8-22, Let’s get Water Loggin
Sept 19-Oct 17, “I Would Walk 500 Miles”
Oct 31-Nov 14, Sweat Out Those Sweets!
Nov 28-Dec 19, Decorate Your Plate

2018 Biometric Screenings Kick Off in 2 Weeks

Login to the HealthQuest portal https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp and select the second image from the left “Biometric Screenings” to schedule your appointment today!

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>City</th>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
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<tbody>
<tr>
<td>USD 293</td>
<td>Quinter High School, Auditorium, 600 Long St</td>
<td>Quinter</td>
<td>1/15/2018</td>
<td>6:00 AM</td>
<td>11:00 AM</td>
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<td>Ellis Co Health Dept</td>
<td>Ellis Co Health Dept. Back Mtg Rm Of Health Dept, 601 Main St</td>
<td>Hays</td>
<td>1/16/2018</td>
<td>7:00 AM</td>
<td>11:00 AM</td>
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<td>USD 432 Victoria</td>
<td>Victoria Jr/Sr High School, 1105 10th St, Library Rm 12 Upstairs</td>
<td>Victoria</td>
<td>1/17/2018</td>
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<td>10:30 AM</td>
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<td>USD 494</td>
<td>USD 494, Lecture Hall, 306 N Main St (MOUNTAIN TIME)</td>
<td>Syracuse</td>
<td>1/17/2018</td>
<td>7:00 AM</td>
<td>11:30 AM</td>
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<tr>
<td>USD 283</td>
<td>701 S. Delaware, Community Room</td>
<td>Longton</td>
<td>1/18/2018</td>
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<td>City</td>
<td>Date</td>
<td>AM Start</td>
<td>AM End</td>
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<td>Winfield Correctional Facility</td>
<td>Winfield Correctional Facility, Inmate Visitation Bldg/Fern Bldg, 1806 Pinecrest Circle</td>
<td>Winfield</td>
<td>1/19/2018</td>
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<td>10:00 AM</td>
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<td>Dept of Revenue</td>
<td>Curtis Bldg Rm 530, 1000 SW Jackson</td>
<td>Topeka</td>
<td>1/22/2018</td>
<td>8:30 AM</td>
<td>1:00 PM</td>
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<td>KDOT</td>
<td>Eisenhower Bldg, 4th Floor East Tower Conf Rm, 700 Harrison</td>
<td>Topeka</td>
<td>1/22/2018</td>
<td>8:00 AM</td>
<td>1:00 PM</td>
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<tr>
<td>Wichita State University</td>
<td>WSU, Rhatigan Student Center, 261 Olive Room, 1845 Fairmount St</td>
<td>Wichita</td>
<td>1/23/2018</td>
<td>8:00 AM</td>
<td>2:00 PM</td>
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<td>KDOT District 5</td>
<td>KDOT District 5, Conf Rm, 1220 W 4th</td>
<td>Hutchinson</td>
<td>1/24/2018</td>
<td>7:00 AM</td>
<td>12:00 PM</td>
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<td>Butler County District Court</td>
<td>Butler County District Court, Assembly Room, 201 W Pine St, Suite 101</td>
<td>El Dorado</td>
<td>1/25/2018</td>
<td>7:00 AM</td>
<td>11:00 AM</td>
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<td>KDHE - HealthQuest</td>
<td>Landon Bldg, Rm 509, 900 SW Jackson St</td>
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<td>1/25/2018</td>
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<td>Hutchinson Correctional Facility</td>
<td>Hutchinson Correction Facility, White School House, 500 Reformatory Rd</td>
<td>Hutchinson</td>
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<td>Lansing Correctional Facility</td>
<td>Lansing Correctional Facility, Maintenance Bldg, Highway 7 (73) &amp; Kansas Ave</td>
<td>Lansing</td>
<td>1/26/2018</td>
<td>5:00 AM</td>
<td>3:00 PM</td>
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<td>University of Kansas</td>
<td>KU, KU Memorial Union 1301 Jayhawk Blvd, Room Big 12</td>
<td>Lawrence</td>
<td>1/29/2018</td>
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<td>Central Kansas Mental Health Center</td>
<td>Central Kansas Mental Health Center, Earl Liggett Auditorium, 2nd Floor, 809 Elmhurst Blvd</td>
<td>Salina</td>
<td>1/30/2018</td>
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<td>1:00 PM</td>
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<td>KDOT District 6</td>
<td>KDOT District 6, Basement Conf Rm, 121 N Campus Dr</td>
<td>Garden City</td>
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<td>Kansas State University</td>
<td>KSU, Peters Recreation Complex, Kimball Ave &amp; Denison Ave</td>
<td>Manhattan</td>
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<td>8:00 AM</td>
<td>12:30 PM</td>
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Kdhe.healthquest@ks.gov