

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!



Important News From HealthQuest



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.

Check Out Naturally Slim's Visit to the Capitol City!

<https://vimeo.com/245210330/ba6e1415b3>



natura)(y)slim®

Naturally Slim Application Opens January 8th!



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

<https://www.naturallyslim.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>

Premium Incentive Discount Earning Period: January 1 – December 31, 2018
HRA/HSA Contribution Earning Period: January 1 - November 19, 2018

	Credit Value	Credit Max	HRA/HSA Dollars	HRA/HSA Maximum
2018 HealthQuest Program Overview Video and Quiz	3	3	\$30	\$30
REQUIRED Health Assessment Questionnaire	10	10	\$100	\$100
State-Sponsored Biometric Screening Services (on-site screenings or home test kits only. Limit 1 per program year.)	5	5	\$50	\$50
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$50	\$50

Blood Pressure \leq 120/80* <ul style="list-style-type: none"> • Or CCE Controlling Blood Pressure workshop • Or High to Moderate risk category improvement 	6	6	\$60	\$60
Glucose <100* <ul style="list-style-type: none"> • Or CCE Managing Your Blood Sugar workshop • Or High to Moderate risk category improvement 	6	6	\$60	\$60
Total Cholesterol <200* <ul style="list-style-type: none"> • Or CCE Preventing High Cholesterol workshop • Or High to Moderate risk category improvement 	6	6	\$60	\$60

*Biometric Reporting Form may be submitted for blood pressure, glucose, or total cholesterol values.
 If you do not qualify for a biometric value, you may complete the CCE Reasonable Alternative Workshop listed above.
 Biometrics will be uploaded once annually for credits and cannot be replaced or changed.

Tobacco Cessation Program Completion	6	6	\$60	\$60
Naturally Slim	15	15	\$150	\$150
Health Coaching (in-person or telephonic)	1	15	\$10	\$150
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30	\$10-\$40	\$300
Wellness Workshops	1	5	\$10	\$50
EAP Webinars and On-Demand Training	1	8	\$10	\$80
HealthQuest Financial Wellness Workshop	5	5	\$50	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30

EAP 2018 Campaigns

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 Monthly Webinar Series – January 24th, 2018 @ 11:00AM
1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

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>



On-Demand Training

You're busy juggling work, family and other responsibilities, so it's understandable if you can't spare 60 minutes for a training session, no matter how informative or engaging it is. The On-Demand training sessions from your GuidanceResources program provide a solution for those feeling a time crunch.

Current Topic List

- Balancing Work and Life
- Communicating Without Conflict With Your Significant Other
- Connecting Mind and Body for Healthy Living
- Coping With a Crisis or Traumatic Event
- Eating Healthy on a Budget
- Emotional Eating: The Connection Between Mood and Food
- Exercise at Your Desk
- From Smoker to Smoke Free
- Helping A Loved One Through Difficult Times
- Keeping Your Senior Loved One Independent and Safe
- Laughter, Humor & Play to Reduce Stress & Solve Problems
- Learning to Relax
- Living With Change
- Managing Emotions in the Workplace
- Managing Holiday Stress
- Managing Personal Finances
- Managing Staff Through Change & Stress
- Natural Consequences, Discipline That Works
- No Such Thing as a Perfect Parent
- Parenting a Child with Special Needs
- Sailing On: A Guide for Transitioning Into Retirement
- Stress - A Way of Life or Fact of Life?
- Talking About Tough Subjects With Elderly Parents
- The Confident You
- The Impact of Attitude on Work and Life
- The Impact of Shift Work on Mind and Body
- The Psychology Behind Saving Money & Other Good Financial Habits
- The Sandwich Generation - Balancing Your Personal Life With the Needs of Your Elderly Parents
- Time Management Tools & Principles
- Using Kindness to Achieve Personal Success & Happiness
- Using Reason to Resolve Conflict

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!

Event	Loaction	City	Date	Start Time	End Time
USD 293	Quinter High School,Auditorium, 600 Long St	Quinter	1/15/2018	6:00 AM	11:00AM
Ellis Co Health Dept	Ellis Co Health Dept. Back Mtg Rm Of Health Dept, 601 Main St	Hays	1/16/2018	7:00 AM	11:00 AM
USD 432 Victoria	Victoria Jr/Sr High School, 1105 10th St, Library Rm 12 Upstairs	Victoria	1/17/2018	7:00 AM	10:30 AM
USD 494	USD 494, Lecture Hall, 306 N Main St (MOUNTAIN TIME)	Syracuse	1/17/2018	7:00 AM	11:30 AM
USD 283	701 S. Deleware, Community Room	Longton	1/18/2018	7:30 AM	11:30 AM

Winfield Correctional Facility	Winfield Correctional Facility, Inmate Visitation Bldg/Fern Bldg, 1806 Pinecrest Circle	Winfield	1/19/2018	5:30 AM	10:00 AM
Dept of Revenue	Curtis Bldg Rm 530, 1000 SW Jackson	Topeka	1/22/2018	8:30 AM	1:00 PM
KDOT	Eisenhower Bldg, 4th Floor East Tower Conf Rm, 700 Harrison	Topeka	1/22/2018	8:00 AM	1:00 PM
Wichita State University	WSU, Rhatigan Student Center, 261 Olive Room, 1845 Fairmount St	Wichita	1/23/2018	8:00 AM	2:00 PM
KDOT District 5	KDOT District 5, Conf Rm, 1220 W 4th	Hutchinson	1/24/2018	7:00 AM	12:00 PM
Butler County District Court	Butler County District Court, Assembly Room, 201 W Pine St, Suite 101	El Dorado	1/25/2018	7:00 AM	11:00 AM
KDHE - HealthQuest	Landon Bldg, Rm 509, 900 SW Jackson St	Topeka	1/25/2018	7:30 AM	12:00 PM
Hutchinson Correctional Facility	Hutchinson Correctional Facility, White School House, 500 Reformatory Rd	Hutchinson	1/26/2018	6:00 AM	11:30 AM
Lansing Correctional Facility	Lansing Correctional Facility, Maintenance Bldg, Highway 7 (73) & Kansas Ave	Lansing	1/26/2018	5:00 AM	3:00 PM
University of Kansas	KU, KU Memorial Union 1301 Jayhawk Blvd, Room Big 12	Lawrence	1/29/2018	8:00 AM	1:00 PM
Central Kansas Mental Health Center	Central Kansas Mental Health Center, Earl Liggett Auditorium, 2nd Floor, 809 Elmhurst Blvd	Salina	1/30/2018	8:00 AM	1:00 PM
KDOT District 6	KDOT District 6, Basement Conf Rm, 121 N Campus Dr	Garden City	1/30/2018	7:00 AM	1:00 PM
Kansas State University	KSU, Peters Recreation Complex, Kimball Ave & Denison Ave	Manhattan	1/31/2018	8:00 AM	12:30 PM

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