



HealthQuest Program
P.O. Box 19334
Irvine, CA 92623-9334

[Date]

<Last Name> Household
«Patient Address»
«City», «State» «Zip»

HealthQuest (HQ) Rewards - It's a Smart Thing To Do

Dear <Last Name> Household:

Over the last year, 75% of State and Non State employees took an important step toward making health a priority in their life by participating in the HealthQuest (HQ) Rewards Program and earned the premium incentive discount on their Plan Year 2013 premiums. This is an impressive first year participation rate. Our data shows that employees who participate in the HQ programs decrease their health risks and reduce their health care costs. This is great news for employees and for the State Employee Health Plan.

Our second year of the program began on August 1, and runs through July 31, 2013. To earn the HQ reward for Plan Year 2014, you will need to complete the Health Assessment Questionnaire for 10 credits and earn 20 additional credits by July 31, 2013. You can track your credits on the wellness portal at www.KansasHealthQuest.com.

New Wellness Opportunities to Earn Credits:

- **Health Advisor (5 credits).** After completion of the Health Assessment Questionnaire, you may call the Health Advisor service to help you better understand your personal risk factors and learn what resources are available to help you achieve your goals.
- **Conversations (2 credits each).** Participate in a "virtual conversation" on the wellness portal to get personalized advice on important health topics.

Participation in the HQ Rewards Program is voluntary and confidential. All services are administered by Alere® on behalf of HQ. To contact Alere about any of these programs, please call toll-free 1-888-275-1205 or log on to www.KansasHealthQuest.com. If you have a hearing or speech impairment, please dial TTY 1-888-277-1543 for assistance. For more information, please visit the HealthQuest website at www.kdheks.gov/hcf/healthquest.

HealthQuest/State Employee Health Plan