

Information for NEW State Employee Health Plan Members

You Can Earn a Premium Incentive Discount!

As a new member to the State Employee Health Plan (SEHP) you have access to HealthQuest, a comprehensive wellness program. You also have the opportunity to earn a premium incentive discount on your health insurance equal to \$20 per month.

√ To get started, register for an account at www.KansasHealthQuest.com.

How the HealthQuest Rewards Program Works:

1. Complete a Biometric Screening

There are 3 ways to obtain your biometric numbers which are needed to complete a Health Assessment Questionnaire:

- 1) attend an onsite screening event (worth 5 Credits)
- 2) order an at-home screening kit (worth 5 Credits)
- 3) use results from your personal physician

2. Complete the Health Assessment Questionnaire (Required and worth 5 Credits)

- Log-on to the wellness portal at www.KansasHealthQuest.com and choose “Health Assessment Questionnaire” from the home page.
- This state-of-the-art survey will help you understand, maintain or improve your health.
- Takes 10-15 minutes to complete.

3. Earn 25 Additional Credits by Participating in HealthQuest Programs and Activities

You can choose from these and many other activities:

1) Lifestyle Coaching (15 credits)

- Could you use some help with weight management, nutrition, stress or physical activity? Work with your own personal health coach via phone or e-mail to reach your goals!

2) Wellness Challenges (5 credits each)

- Challenges are a fun and interactive way for you to improve specific health behaviors. Do you have what it takes to complete a challenge?

3) Health Advisor (3 credits)

- Our health advisors will help you understand your Health Assessment Questionnaire results, discuss programs that could assist you and even help you get enrolled!

√ For a full list of HealthQuest activities please visit www.kdheks.gov/hcf/healthquest



PARTICIPANT QUOTE

“I have been able to log in all of my biometric screening measures and it really helped me to see how healthy I am living. I always thought I needed to do more to improve my health but this site has helped me see I am living a healthy and active lifestyle and to keep doing the things I am doing. They also provide great webinars that will help me learn more about healthy eating which is an area I would like to become stronger in. Thank you!

- Lisa

Please Note:

To earn the \$20 monthly premium incentive discount, complete the Health Assessment Questionnaire and earn 25 additional credits for a total of 30 credits. For a full list of HealthQuest activities and program details, please visit www.kdheks.gov/hcf/healthquest.

For New Members of the State Employee Health Plan

You will be able to access the wellness portal at www.KansasHealthQuest.com within two weeks after making your health insurance elections.

You will have 12 months from the date that your benefits become effective to complete the Health Assessment Questionnaire and earn the credits to get the premium incentive discount. After your first 12 months, you will follow the same guidelines as all employees and will have until November 15 each year to earn the premium incentive discount for the following calendar year.

The wellness portal is reset to zero credits for all employees each year on November 16 for the start of the new HealthQuest Rewards earning period. In your first 12 months as a new member, you may want to earn all of your credits before November 15 *or* wait until after November 16 to begin earning your credits depending on the date that your benefits become effective. The HealthQuest Rewards earning period is November 16 through November 15 of each year.

Once you have completed the HealthQuest Rewards requirements, the SEHP will be notified so that the discount can be applied. The timing of the discount will depend upon the payroll and premium billing cycle of your employer.

Visit www.kdheks.gov/hcf/healthquest for additional HealthQuest program information.

Participation in HealthQuest programs is always voluntary and strictly confidential. HealthQuest has contracted with Alere for health and wellness services provided under this program. Alere is a HIPAA compliant vendor.