

# HealthQuest 2017 Incentive Guide

From January 1, 2017 through December 31, 2017 employees and spouses enrolled in medical **plan C** of the State Employee Health Plan (SEHP) have the opportunity to earn credits and HRA/HSA dollars by participating in various well-being activities offered through HealthQuest. Those who complete the **REQUIRED** Health Assessment (worth 10 credits) and earn a total 40 credits will receive a premium incentive reduction in 2018.

Employee and Employee/Children Coverage will earn a \$480 reduction for 2018 and Employee/Spouse and Employee/Family - both the Employee and Spouse can earn a \$240 reduction (\$480 total) for 2018. They will also earn HRA/HSA dollars per activity (up to \$500 per employee and spouse) to be deposited in 2017.



## Required Activity

	Credit Value	Credit Max	Dollar Value	Dollar Max
Health Assessment .....	10	10	\$100	\$100



## Healthy Range Incentives

Biometric Screening Participation .....	5	5	\$50	\$50
Blood Pressure <120/80 .....	6	6	\$60	\$60
Total Cholesterol <200 .....	6	6	\$60	\$60
Glucose <100 .....	6	6	\$60	\$60
Tobacco Free .....	3	3	\$30	\$30
Tobacco Cessation Program .....	6	6	\$60	\$60

\*Reasonable alternatives are available for all Healthy Range Incentives.



## Wellness Activities

Annual Dental Exam .....	3	6	\$30	\$60
Annual Eye Exam .....	3	3	\$30	\$30
Annual Well Man or Woman Exam .....	5	5	\$50	\$50
EAP Webinars .....	1	3	\$10	\$30
Health Coaching .....	1	10	\$10	\$100
Kansas Financial Learning Modules .....	1	5	\$10	\$50
Naturally Slim Weight Loss Program .....	15	15	\$150	\$150
Register for Castlight Health .....	1	1	\$10	\$10
Register for RX Savings .....	1	1	\$10	\$10
Wellness Challenges .....	4	20	\$40	\$200
Wellness Workshop .....	1	3	\$10	\$30

**Total Possible Credits/Dollars .....** - **114** - **\$1,140**

\*The State of Kansas is offering employees and spouses an opportunity to receive incentive money on any biometric categories that were not automatically met at the time of screening. By participating in these programs, you are participating in what are called reasonable alternatives. This program will consist of meeting with a Health Coach or your primary care physician and completing workshops in the HealthQuest wellness portal. **For more information, please contact HealthQuest at [KDHE.HealthQuest@KS.gov](mailto:KDHE.HealthQuest@KS.gov).**

### Questions?

Please contact HealthQuest at  
[KDHE.HealthQuest@KS.gov](mailto:KDHE.HealthQuest@KS.gov).

