

HealthQuest Rewards Program

From November 16, 2015, through November 15, 2016, employees enrolled in the medical portion of the State Employee Health Plan (SEHP) have an opportunity to earn credits by participating in wellness activities offered through HealthQuest. Those who complete a required health assessment questionnaire worth 5 credits and earn an additional 25 credits by November 15, 2016, for a total of 30 credits, will receive an incentive. The incentive is a discount of \$240 on their health plan premium for Plan Year 2017.

Employees may select from a wide variety of online, telephonic and in-person programs to earn credits as shown below.

Earning Period: November 16, 2015 – November 15, 2016		
Goal for Plan Year 2017 Premium Incentive Discount: 1) Complete the Health Assessment Questionnaire (worth 5 credits) AND 2) Earn 25 additional credits for a total of 30 credits by November 15, 2016	Credit Value	Credit Max
Health Assessment Questionnaire – Required (online/paper)	5	5
Biometric Screening Participation – (Onsite Screening or Home Kit)	5	5
Blood Pressures less than 120/80 (auto-award from Health Assessment Questionnaire)	3	3
Total Cholesterol less than 200 (auto-award from Health Assessment Questionnaire)	3	3
Glucose less than 100 (auto-award from Health Assessment Questionnaire)	3	3
Non-Tobacco User (auto-award from Health Assessment Questionnaire)	3	3
Lifestyle Coaching – 6 interactions (telephonic, email) + Survey	15	15
Condition Management – Enrollment + 3 Calls (telephonic)	15	15
Tobacco Cessation Program Completion (telephonic)	15	15
Health Advisor Call (telephonic)	3	3
Preventive Exams – Well Woman/Well Man, Dental (2), & Vision (in person, self-reported)	5	20
Wellness Challenges (online)	5	30
Agency Wellness Programs (in person, self-reported)	5	10
Agency Training Classes (in person, self-reported)	3	6
Virtual Coaching (online)	2	10
Monthly Seminars (online)	1	3
Conversations (online)	1	3
Health & Fitness Activities (in person, online, telephonic/self-reported)	1	3
Kansas Financial Learning Center Modules	1	5
EAP Webinars (telephonic)	1	3
Register for Castlight Health	3	3
Castlight Health – Complete Quiz and Video	2	2
Register for Rx Savings	3	3
Total Credits Possible		171
Total Credits Required		30

Credits are tracked on the wellness portal at <http://www.KansasHealthQuest.com>. Each employee will need to open an account on the wellness portal. Step by step instructions on how to open an account and full program details are available on the HealthQuest website at <http://www.kdheks.gov/hcf/healthquest/rewards.html>.

Access HealthQuest programs toll-free at 1-888-275-1205

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.

Options for Earning Credits

Health Assessment Questionnaire (5 Credits)

Required For Premium Discount

Using your biometric results, complete an online health assessment questionnaire on the wellness portal to receive valuable information and a personal health improvement plan.

Biometric Screening – (on-site/home kit now worth 5 credits!) HealthQuest offers three ways you can obtain your biometric numbers:

1. **Attend one free on-site biometric screening** (5 credits)– events are offered in many locations statewide from December 2015–October 2016.
2. **Order an at-home screening kit on the portal** (5 credits)– This is available to employees who do not have access to a screening event in their area. The at-home test kit does not include results for blood pressure, height, weight and waist circumference. Further information on ordering a kit may be found at <http://www.kdheks.gov/hcf/healthquest/screening.html>.
3. **Use biometric results from your personal physician** – one preventive exam per calendar year is covered in full (no co-pay). Test results from visits occurring between November 16, 2015, and November 15, 2016, may be used. A form is available to capture the needed test information at <http://www.kdheks.gov/hcf/healthquest/screening.html>.

Lifestyle Coaching (15 Credits)

Reach health goals, big and small, by working with an expert coach one-on-one by phone or email. The Lifestyle Coaching program is easy to use and more personalized to help you set goals and reach them. Lifestyle Coaching is flexible and your coach will work with you to meet your needs, even as goals and priorities change. Enroll online or call toll-free 1-888-275-1205 (option 4). A total of six (two-way) monthly interactions with your lifestyle coach plus completion of a survey within six months of enrollment is required to earn credits.

Condition Management (15 Credits)

Condition Management programs are offered to those who have been diagnosed with or receive treatment for the following: Asthma, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes or Heart Failure. Enrollment plus three calls required to earn credit.

Tobacco Cessation (15 Credits)

Work with expert quit coaches by telephone to develop a personal quit plan. Receive an eight-week supply of nicotine patches or gum (if appropriate). A total of five telephonic discussions with a quit coach must be completed by November 15, 2016, to earn credit for the program.

Health Advisor Call (3 Credits)

After completing 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. Call 1-888-275-1205, Option 6.

Preventive Exams (5 Credits Each/20 Credits Max)

These include the Well Woman/Man, dental and vision exams. Exams between November 16, 2015 and November 15, 2016 will be accepted.

Wellness Challenges (5 Credits Each)

Wellness challenges provide opportunities to practice healthy behaviors. They are offered periodically and can only be accessed on the portal where participants track their progress daily or weekly.

Agency Wellness Program (5 Credits Each/10 Credits Max)

Participate in wellness programs offered locally by your agency that have been pre-approved for credits by HealthQuest. A special code is required that you receive from your agency.

Agency Training Classes (3 Credits Each/6 Credits Max)

Earn credits by completing special training courses offered by your agency between November 16, 2015 and November 15, 2016. A list of approved classes can be found at <http://www.kdheks.gov/hcf/healthquest/creditoptions.htm>.

Virtual Coaching (2 Credits Each/10 Credits Max)

This personalized, online program is designed to help you take an active role in improving your health and quality of life. Start by picking a focus area then, set a goal, build your to-do list and get started! To earn credit, you need to complete at least 1 to-do item per week for six weeks and a check-in assessment.

Online Monthly Seminars (1 Credit Each/3 Credits Max)

A new seminar topic with steps for living a healthier lifestyle is available at the start of each month on the wellness portal.

Conversations (1 Credit Each/3 Credits Max)

Have a virtual "conversation" on the wellness portal and answer a few simple questions to get personalized advice on important health topics.

Health & Fitness Activities (1 Credit Each/3 Credits Max)

Self-reported wellness activities you can earn credits for include weight loss programs, fitness events, wellness seminars, job safety trainings and Nurse24 program participation.

Kansas Financial Learning Center (1 Credit Each/5 Credits Max)

Credit card bills, debt, and savings may not be top of mind for you, but the financial decisions you make today will have a long-term impact on your life. The Kansas Financial Learning Center is an interactive learning program that will prepare you with the right skills to manage your financial future!

EAP Webinars (1 credit each/3 Credits Max)

The Employee Assistance Program offers once monthly 1 hour webinars that are valuable learning topics from personal issues, planning for life's events or simply managing daily life that can affect your work, health and family. Credits will be awarded once monthly following the webinar.

Register for Castlight Health (3 credits)

Castlight is the personalized, health care one-stop-shop. It makes it easy to shop for medical services/pharmacy based on cost, quality, and convenience; and you'll know how much you should expect to pay before your visits. Credits will be awarded once monthly following registration at <https://mycastlight.com/SEHP/toolkit/>

Castlight Health – Complete Quiz and Video (2 credits)

Complete a ten (10) question educational quiz about health, wellness and Castlight; then watch a video. Castlight helps find doctors or prescriptions and see cost estimates based on your location, health plan, and deductible status. NETWORK options only. Credits will be awarded once monthly following completion. <https://mycastlight.com/SEHP/toolkit/>

Register for Rx Savings (3 Credits)

Rx Savings Solutions is a consumer tool to help save money on prescription medications. It also helps you work with your physician and pharmacy to make saving money a reality. <https://portal.rxsavingsolutions.com/#/register>