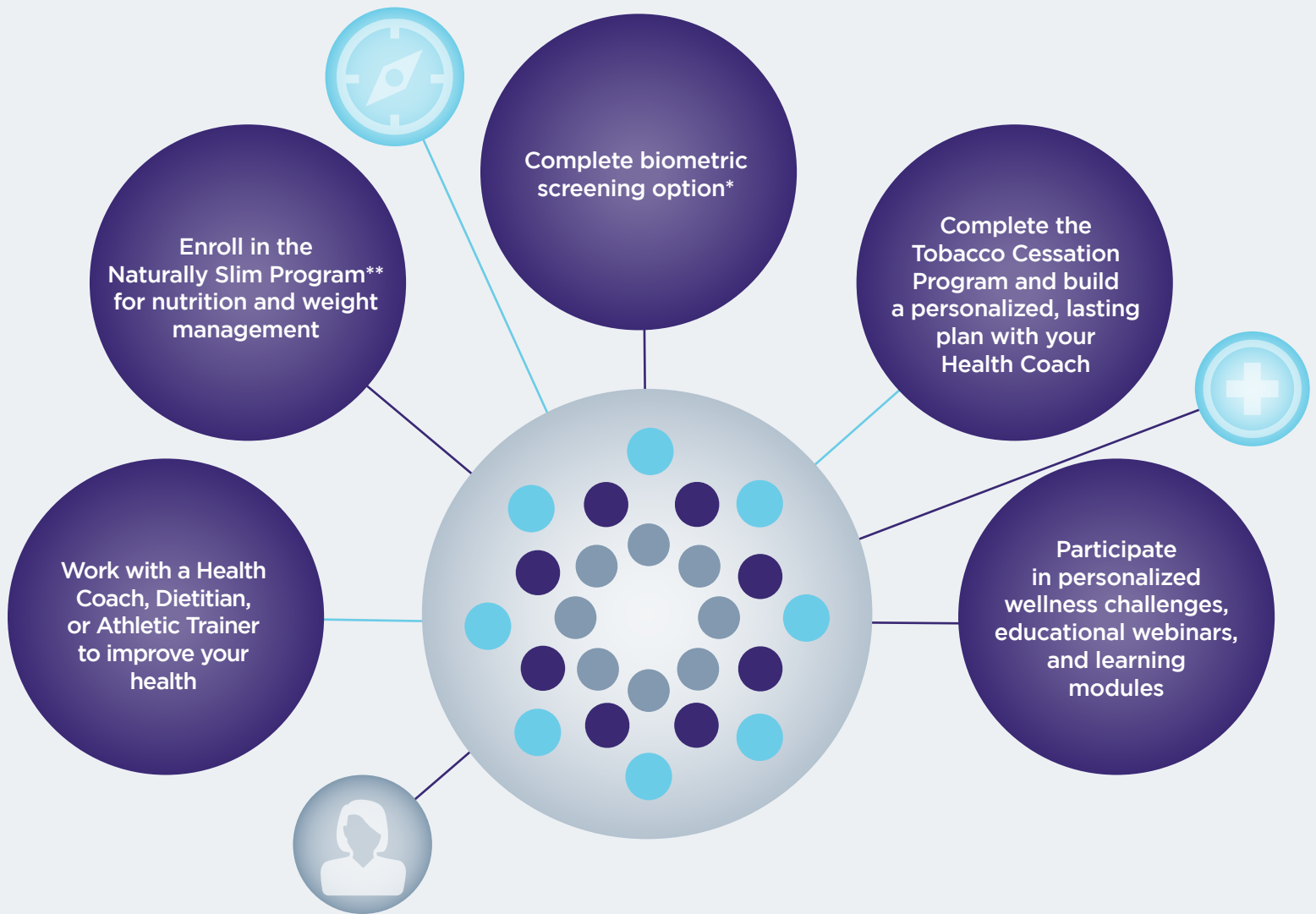


# Dear New Member,

**Welcome.** Are you ready to embark on a path to better health? You will reap the rewards when you give yourself a healthy start by participating in the activities below.



## Create Your Account to Get Started

1. Visit your **HealthQuest Wellness Portal** at <https://KansasHealthQuest.CernerWellness.com> and click **“Sign up”**
2. Enter your email address and click **“Submit”**
3. Enter the activation code sent to the email address you provided and click **“Submit”**
4. Confirm the information on the screen and click **“Continue”**
5. Answer all registration questions and use the following **“Member Number”** criteria:
  - **Employees:** Enter 11-digit Employee ID followed by EE
  - **Spouses (enrolled in the SEHP):** Enter the employee’s 11 digit Employee ID followed by SP
6. Start on your path to wellness:
  - Earn 10 HealthQuest points by completing your **Wellness Assessment**
  - Schedule your **Biometric Screening**
  - Schedule a **Health Coaching** appointment

*\*You may only participate in one biometric screening option during the 2020 program year*

*\*\*Sign-ups for the Naturally Slim Program begin January 6 - 17 (qualifying restrictions may apply)*

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).

# 2020 HealthQuest Rewards Program Details

You have 12 months from the date that your benefits become effective to **earn 40 total credits** and receive the premium incentive discount. After you meet the program requirements, you will see the discount moving forward.

*Please note: As a new member, if you have not met your goal of 40 total credits, the credits that you have earned will carry over to the next program year.*

**After your first 12 months, you will follow the same guidelines as all employees.** This means you will have until December 31 each year to earn the premium incentive discount for the following calendar year.

## All Plans:

Employee (and Spouse if covered under the health plan) must earn 40 credits to receive a reduction of \$480 in premiums for 2021.

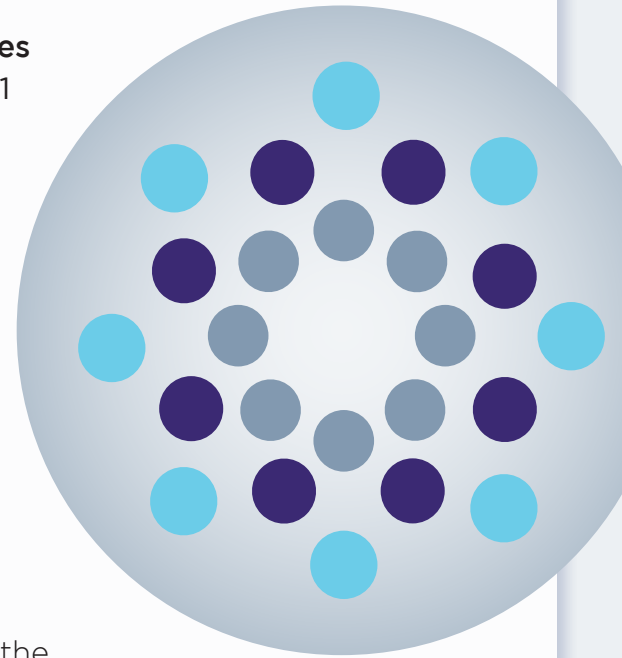
**The deadline for earning your credits for your premium incentive reduction is December 31, 2020.**

## Plan C, Q, N, J:

**Employee and Employee/Children Coverage:** In addition to the opportunity to receive a premium reduction in 2021, employee will also earn \$10 in an HRA/HSA account for each credit earned up to \$500.

**Employee/Spouse and Employee/Family:** Employee and Spouse must EACH earn 40 credits to receive a reduction of \$480 in premiums for 2021. Employee and Spouse will also earn \$10 in an HRA/HSA account for each credit earned up to \$500 each (\$1,000 total).

**The deadline to earn your HRA/HSA incentive dollars for Plan C, Q, N, J is November 18, 2020.**



## HealthQuest Member Testimonials

*"The coaches are supportive and give good ideas and goals. I have been able to commit to my health. I am grateful for their help in my journey."*

*"I feel this is a personal choice that each person has to make. I've done the coaching sessions before just to get the points needed to save money on my insurance. I am taking a different mindset this year, I am going to use the information I am learning to change my lifestyle for the better."*