

HealthQuest Wellness Champion Network Monthly Webinar Thursday, January 9 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177
Conference Code: 399 756 1793#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



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Agenda

- Welcome New Champions!
- Maintain Don't Gain Challenge Final Stats
- Chill Out Challenge
- National Wear Red Day – February 7
- New Employee Assistance Program Overview
 - Shannon Reaska, ComPsych
- 10 Vital Behaviors of a Self Leader - #1
 - Jack Bastable, CBIZ

Welcome New Champions!

30 new wellness champions volunteered in December



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity



Final Participation Stats:

- **3,890** total participants
- **2,324** earned the challenge goal (**60%**)!

Any success stories to share from this challenge?
 Either for yourself or co-workers that you heard from?
 Share now on the phone or email
Marissa.Kalkman@alere.com



January 15 - February 12, 2014

Earn 1 point per activity per day by completing the following:

- Get 7 hours of sleep
- Relax for 15 minutes
- Complete 30 minutes of exercise

Accumulate 55 daily points by February 12 to successfully complete the challenge and earn 5 credits for the Rewards Program!

Track your daily activity:

- On the wellness portal or
- Print the paper tracking form for convenience and enter your points online later or
- Use the MyaHealth mobile app

Search for MyaHealth in the Apple Store or Google Play to download the app for free. Use the app on Apple or Android devices.

National Wear Red Day®

Friday, February 7, 2014



Behind National Wear Red Day®

Why is red the color of our cause? Because it's the color of our hearts. Find out more about the history of Wear Red Day. »



Tips for Organizing a Wear Red Day Event

You don't have to be an all-star party planner to organize an event on Wear Red Day. »

<https://www.goredforwomen.org/home/get-involved/national-wear-red-day/>

A Wellness Champion Introduction to the Employee Assistance Program (EAP)

January 9, 2014



STAY AHEAD of Health Issues



Agenda

- ComPsych Overview
- Employee Assistance Program Components
- Online Tools
- Communications



Overview

Founded in 1984

Largest provider of EAP services in the world

Coverage to more than 55 million individuals and 19,000 organizations throughout the U.S. and more than 120 countries

Leading provider of integrated EAP, legal, financial, and work-life services

Global service centers operate 24 hours a day



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State of Kansas Employee Assistance Program (EAP)

8 Session Counseling Model (per individual, per issue, per year)

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Site Highlights

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Multimedia Resources

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Learn about your employee assistance program.
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Alert: Breaking News and information

Winter Weather Resources
Winter storms are affecting many parts of the country. Get more information and the latest updates here.

News Headlines

January 7, 2014

- Meditation May Help with Anxiety, Depression
- Medication Don't May Protect Against Diabetes
- "Dangerously" Cold Polar Air Reaches Eastern U.S.

[Browse the News Archive](#)

Hot Topics

- Tips for Saving Money

Tips for Taking Digital Photos

[PREVIOUS](#) [NEXT](#)

Featured Articles

Making Your New Year's Resolutions Count
The New Year brings an opportunity to take a fresh look at issues we have been wrestling with and a chance to tackle them again.

January: National Volunteer Blood Donor Month
Become a blood donor during National Volunteer Blood Donor Month. Read more to learn how you can help to give the gift of life.

Cutting Down on Your Drinking
If you are drinking too much, you can improve your life and health by cutting down. There are steps you can take.

January: National Glaucoma Awareness Month

Ask a GuidanceConsultant

Send a question or call 1-888-275-1235 (option 7) to request service.

My Service Requests

Enter client details to view:

- Certifications
- Provider Contact Information
- Managed Care Claims
- Explanation of Benefits

Recommended

[Most Viewed](#) [Top Rated](#) [Newest](#)

- Understanding Your Employee Assistance Program
- Understanding Your GuidanceResources Program
- What is broken heart syndrome?
- Debt Settlement
- Are there problems in your insurance?

Featured Program

Write your will today!
EstateGuidance[®]

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Communications

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Call your Employee Assistance Program and speak with a WorkLife specialist. Get free and confidential information, customized resources and pre-screened referrals for:

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- Pet care
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- Schools and colleges
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Create your personal profile today at www.guidanceresources.com. Register at a first-time user with the organization Web ID: S0KEAP

COMPSYCH[®]

Body Diabetes May Get You Down, but not Out

A diagnosis of diabetes or pre-diabetes is a classic case of good news—bad news. The bad news: your blood glucose levels are unhealthy, maybe even dangerously unhealthy. The good news: you can manage blood glucose and maintain your health.

But if accepting the news and making the lifestyle changes to manage diabetes feel overwhelming, sometimes even hopeless, you are not alone. People with diabetes are more likely to feel depressed than those without it. And the flip side is also true: people untreated for depression may develop habits that lead to pre-diabetes, a condition that occurs when blood glucose levels are above normal but not high enough for a diagnosis of Type 2 Diabetes.

Sticky right spots: Items that look and feel emotional. Like this may signal possible depression. If the average in blood sugar throughout the sites may sometimes feel hopeless.

High wire between diabetes and depression: The high wire between diabetes and depression is often a tightrope. If additional counseling is needed, your Guidance can help. We can help you manage both the physical symptoms of depression and the emotional aspects of diabetes.

Staying healthy: You can manage both the physical symptoms of depression and the emotional aspects of diabetes. Our EAP can help.

COMPSYCH[®]

Tax Prep 2014

Help to figure out how to file and how to estimate your tax liability. The IRS will mail you a notice in early February, so it's a good idea to prepare for the tax season and file by April 15th deadline.

Get started now. Organize receipts, paycheck stubs, financial records, savings statements and other important documents, and try to get every item of income you will owe or be eligible. You will be able to make enough time to prepare your return and avoid the April 15th filing deadline rush.

Electronic payment: Learn about the best way to take advantage of a new electronic, convenient and secure way to pay your taxes. You can file your return online and pay your taxes electronically. You can also file your return online and pay your taxes electronically. You can also file your return online and pay your taxes electronically.

Understand your payment options. There are alternative options if you cannot immediately pay the taxes you owe. Creditline agreements can be applied for at www.irs.gov. And there are a number of options for changing the balance.

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Online: www.guidanceresources.com
Your company Web ID: S0KEAP

Thank You for Attending

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HealthQuest Wellness Champion Network



10 Vital Behaviors of a Self-Leader



THE FIVE LEVELS OF LEADERSHIP

5. PERSONHOOD - The Level of RESPECT

People follow because of who you are and what you represent. Your VALUES.

NOTE: This step is reserved for leaders who have spent years growing people and organizations. Just a Few make it to this level. Those who do are BIGGER THAN LIFE.

4. PEOPLE DEVELOPMENT - The Level of REPRODUCTION

People follow because of what you have done for THEM. What's in it for THEM.

NOTE: This is where long-range growth occurs. Your commitment to developing leaders will ensure ongoing growth to the organization and to people. Do whatever you can to achieve and stay on this level.

3. PRODUCTION - The Level of RESULTS

People follow because of what you have done for the organization. Accomplishments.

NOTE: This is where success is sensed by most people. They like you and what you are doing. Problems are fixed with very little effort because of momentum.

2. PERMISSION - The Level of RELATIONSHIPS

People follow because they want to follow YOU. They BELIEVE in You. They TRUST You.

They DON'T Have to, but they WANT to Follow You.

NOTE: People will follow you beyond your stated authority. This level allows work to be fun.

1. POSITION - The Level of RIGHTS

People follow because they HAVE TO. You have POSITIONAL Leadership. You are the Boss.

They don't have a choice. They HAVE TO follow, whether they want your leadership or not.

NOTE: Your influence will not extend beyond the lines of your job description. The longer you stay here, the higher the turnover and the lower the morale.

by John Maxwell



#1 Self-Leaders take responsibility for their personal happiness and wellbeing.

TAKING F **YOUR**
O **RESPONSIBILITY** R **LIFE**
#TRFYL

Self-Leaders understand and take responsibility for their personal health, energy management, living their values, how urgency interferes with prioritization, and the need for preparation and practice to cultivate success.

Some Resources to consider:

Life Assessment Quiz www.thecompoundeffect.com click on “Take the Quiz”

www.mindtools.com – explore the tool kit (stress management)

www.hpoinstitute.com – assessment tools (free energy profile)

Thank You for Attending Today!

- Next Meeting is Thursday, February 13 at 11-11:45am
- Secret Question
- Open Questions / Comments