

HealthQuest Wellness Champion Network Meeting

Thursday, January 12th at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 5017657935#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



Agenda

- Open Forum (Future Webinars) – All
- Health Promotion Spotlight – Paul and Missty
- Credits For Champions - Paul
- American Heart Health Month/Go Red – Paul
- Challenges Update - Paul
- Back to Basics Fitness Demo – Paul
- Rewards Program Metrics To Date - Paul
- Online Resources & Screening Event Info – Julie
- Questions, Comments & Open Dialogue

Future Webinars

- What do you want to see in future webinars?
- Is the time, day, duration appropriate?
- More interaction?
- More ideas from other champions, employees, businesses?
- More/Less screenshots of portal?
- More/Less live portal demos?
- More/Less live fitness demos?

Health Promotion Spotlight

- It's back! Value in learning from other WCN members and employees
- Awarding 2 credits to member(s) selected for spotlights
- January Spotlight
 - [Misty Lechner, KDHE, Bureau of Health Promotion](#)

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Health Promotion Spotlight - Walk With Ease

- What is Walk with Ease?
- Why did I choose this program?

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Health Promotion Spotlight - Walk With Ease

- Step 1: Planning and communication
- Step 2: Sign up and book distribution
- Step 3: Follow up and support

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Credits For Champions

- 5 credits - Attend 6/9 Wellness Champion Network webinars (November 2011 – July 2012)
 - [Answer secret question for attendance metric](#)
- Wellness Champion Certification in works for additional credits

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February is American Heart Month

- Heart disease is number 1 killer in US for both men and women! (CDC)
- Every 25 seconds an American will have a coronary event (CDC)
 - <http://www.cdc.gov/features/heartmonth/>

February is American Heart Month

- Major cause of heart attacks is Coronary Artery Disease (CAD)
 - Narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself
- Help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:
 - Control your blood pressure
 - Lower your cholesterol
 - Don't smoke
 - Get enough exercise
- National Heart Lung and Blood Institute
 - <http://www.nhlbi.nih.gov/>

Go RED!



- Heart disease kills more women than all cancers combined! (AHA)
- American Heart Association National Wear Red Day
 - **Friday February 3rd – Wear Red!**
 - <http://www.goredforwomen.org/>
 - Resources, donations, challenge, how to guide, 10 “red” foods, workout



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Go RED Challenge

1. Go to Facebook.com/GoRed and review categories
2. Plan your submission. You can get ideas from GoRedForWomen.org/WearRedDay
3. Record a video or take photos of your efforts and submit on the Wear Red Day Challenge tab on our Facebook page (Facebook.com/GoRed) from Jan. 23 through Feb. 23
4. Share with colleagues, friends and family and ask them to vote by liking your picture or video!
5. On Feb. 25, Go Red For Women will announce winners for each category on Facebook and website



- Examples of categories:
 - Most Spirited Office/Cube to Go Red
 - Most Spirited Go Red Group Photo
 - Most Spirited Men in Red
 - Most Spirited Fitness Enthusiasts to Go Red
 - Most Spirited Pet to Go Red



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Heart Smart Challenge

- February 1 – 29
- Worth 5 credits for Rewards Program!
- To complete the challenge you will need to earn 30 points by Feb 29 (must record online by March 7)
- Participants will earn 1 point per activity per day by completing the following activities:
 - Getting your blood pressure checked
 - Completing 20 minutes or more of physical activity
 - Eating 1 cup of vegetables
 - Eating 1 cup of fruit

Heart Smart Poster

Coming soon...

www.kdheks.gov/hcf/healthquest/challenges.html

HEART SMART CHALLENGE

February 1 - 29, 2012

February is American Heart Month. Healthy nutrition and physical activity can help reduce risk for heart disease. Participate in the Heart Smart Challenge to help with your personal accountability in these areas!

EARN 5 CREDITS!

Earn 1 Point Per Activity Per Day By:

- Eating 1 cup of fruit
- Eating 1 cup of vegetables
- Completing 20 minutes of physical activity
- Checking your blood pressure



How the Challenge Works

- Receive 1 point for each healthy activity that you practice each day. Earn up to 4 points daily.
- Your goal is to accumulate 30 points by February 29, 2012.
- By successfully completing the challenge, you will earn 5 credits for the HealthQuest Research Program.

How to Track Points

- Track your activity on the wellness portal at www.KansasHealthQuest.com
- You may print and use the paper tracking form for convenience and enter your points online later.
- Record all activity points online by March 7, 2012.
- Credits will be awarded on the portal automatically when you complete the challenge.





www.KansasHealthQuest.com

Heart Smart Paper Tracker

Coming soon...

www.kdheks.gov/hcf/healthquest/challenges.html

Heart Smart Challenge, February 1 - 29, 2012
Goal = 30 points

Earn one point per day per activity completed

Record your points on the wellness portal at www.KansasHealthQuest.com by March 7, 2012.

Complete the challenge to earn 5 credits for the HealthQuest Research Program.

Earn daily points for:

- Eating 1 cup of fruit
- Eating 1 cup of vegetables
- Completing 20 minutes of physical activity
- Checking your blood pressure

Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Weekly Total
1 cup of fruit								
1 cup of veggie								
Physical activity								
Blood pressure								
Total Points								
Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Weekly Total
1 cup of fruit								
1 cup of veggie								
Physical activity								
Blood pressure								
Total Points								
Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Weekly Total
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Blood pressure								
Total Points								
Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Weekly Total
1 cup of fruit								
1 cup of veggie								
Physical activity								
Blood pressure								
Total Points								

www.KansasHealthQuest.com

New Year, New You Challenge

- Challenge began January 9
- Worth 5 credits for Rewards Program!
- To complete the challenge you will need to earn 20 points by Jan 30 (must record online by Feb. 6)
- Participants will earn 1 point per activity per day by completing the following activities:
 - Sleeping 7 hours or more
 - Completing 20 minutes or more of physical activity
 - Eating a whole grain food
 - Eating a fruit or vegetable

Fitness Tip: Back to Basics

- If you are not assessing, you are guessing
 - Monitor weight/composition, how your clothes fit, how you feel, log workouts
- Plan your program
 - What day, time, workout, etc.
- Set realistic goals
 - 1 belt notch, 1 dress size, crawl then walk then run
- Support network
 - Training partner, tell friends and co workers about your goals, fitness applications
- Treat yourself to some new gear
 - New CD, running shoes, lifting gloves
- Visualize post workout feeling

Fitness Demo

- Excerpt from CSI: Topeka video on HealthQuest YouTube channel
 - <http://www.youtube.com/kansashealthquest>

CSI Workout

Dynamic Warmup

- Alternating Quad Pull
- Alternating Toe Touch
- Jumping Jacks
- Leg Cradle
- Down Ups

CSI Workout

Main Workout – Cardio/Strength Super Sets

- Static Lunge (x10) + Mountain Climbers (30s) x 2
- Push Ups (x10) + Invisible Jump Rope (30s) x 2
- Human Scissor (x10) + Side to Side Floor Tap (30s) x 2
- Body Squat (x10) + Boxing Jabs (30s) x 2
- Chair Dip (x10) + Squat Jumps (30s) x 2
- Plank (30s) + Side to Side Jumps x 2

CSI Workout

Cool Down and Static Stretch

- Seated Side Bend
- Kneeling Hamstring and Tibialis Anterior
- Lying Leg Cross over
- Cobra
- Downward Dog
- Power Stance

HealthQuest Rewards Program Metrics

- # of active employees that have registered on the portal
 - 22,976
- # of active employees that have earned at least 1 credit on portal
 - 20,045
- # of active employees that have completed health assessment and earned 20 credits to secure 2013 premium discount
 - 3,322
 - 8% of 42,000
 - Please help us reach 100%
- # of active employees that participated in Maintain Don't Gain Challenge
 - 2,869 began
 - 1,867 completed (65% completion rate)

Resources on HealthQuest Website

- Rewards Program Page
www.kdheks.gov/hcf/healthquest/rewards.html
 - Full details on requirements to earn 2013 premium discount
 - 2 flyers you can print/distribute – one for current employees and one for new hires
- Agency Services Page
www.kdheks.gov/hcf/healthquest/agencyervices.html
 - Instructions for registering an account on the portal
 - Biometric values form to take to your physician
 - Poster for promoting onsite health screening events
 - Employee Assistance Program (EAP) handout

Onsite Health Screening Events

- 191 events in 62 cities
- Full list of event locations at www.kdheks.gov/hcf/healthquest/screening.html
- Make an appointment
 - on portal: www.KansasHealthQuest.com
 - or call 1-888-275-1205, option 5

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue