HealthQuest Wellness Champion Network Meeting

Thursday, January 13th at 9am

Call in number: 1-877-628-7426
Call Pass Code: 783834#
All attendees please sign in
Please press *6 to mute your line

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Welcome

- New Year's Evolution – free teleclass
  Thursday, January 27
  11:30 – 12:30
  http://www.healthquestkansas.com/?p=1106
- HealthQuest award-winning, innovative program
  - Value-Based Health Award in 2008
  - Employer Health, Human Capitol & Wellness Congress
- Icebreaker

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Agenda

- Welcome, New Years Evolution, Icebreaker - Cheryl
- Updates – Champions, Agencies, Scavenger Hunt, Survey Feedback, Portal - Paul
- Get "Revvin" in 2011 - Paul
- HealthQuest Spotlight
  - Employee Assistance Program - Dick Ready, Alternatives EAP
- Tobacco Cessation Program Reminder - Julie
- Nutrient Density - Paul
- Open Items - Team
- Closing - Cheryl

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Champions and Agency Representation

- 86 Total Champions
- 59 Different Agencies Represented

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Scavenger Hunt Update

- 622 participants!
- Announced winners:
  - Blog
    http://www.healthquestkansas.com
  - Website
    http://www.khpa.ks.gov/healthquest/scavengerhunt.html
- Any feedback?

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Survey

1.	Keep up the great work!!!	Tue, Dec 21, 2010 11:12 AM
2.	we are having problems with our connections making it difficult to join in.	Mon, Dec 20, 2010 1:02 PM
3.	day and time doesn't matter - I attend when I can. 2nd & 3rd week is the best for me	Fri, Dec 17, 2010 12:56 PM
4.	I only have a 1/2 hour for lunch and my boss will only allow me to do it on my lunch time.	Fri, Dec 17, 2010 10:57 AM
5.	Because I work in a reception area, I have frequent interruptions. I am not always able to give my undivided attention to a webinar. I really appreciate the slides you send via email. They inable me to keep up with what I may have otherwise missed.	Fri, Dec 10, 2010 1:52 PM
6.	my duties vary so much I never know what my day may bring so there are times I just can't attend and I can't tell a specific time.	Fri, Dec 10, 2010 1:28 PM
7.	i may be doing WW on wednesday.	Fri, Dec 10, 2010 1:25 PM
8.	Two thoughts: 1) It helps that we have more than one wellness champion here...to share ideas with...to help plan 2) having more than one wellness champion also means we can cover for each other if one has to miss a webinar 3. IDK??? Maybe start with a warm-up...head rolls and shoulder rolls, A quiz about which has the least calories or fat of three items?	Fri, Dec 10, 2010 1:18 PM
9.	During lunch time is difficult - especially if that's when I go walk and get my exercise!	Fri, Dec 10, 2010 1:16 PM
10.	Liven it up! Make it fun, add excitement ~ less of explaination of some programs.. yesterday toooo long. we all can read...	Wed, Dec 8, 2010 10:59 AM
11.	The 12:00 webinar is difficult for non-exempt employees as we must rearrange our lunch schedules - either eating very early or eating late.	Wed, Dec 8, 2010 7:26 AM
12.	Current time works for me. Really the meeting time depends on what week in the month more so than the specific day....i.e. third Tues. of the month is always out.	Wed, Dec 8, 2010 7:18 AM

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Get "Revvin" in 2011!

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Get "Revvin" in 2011!

Paul's fitness tips to get revvin and stay fired up:

- Create a SMART fitness goal
  - Specific, Measurable, Attainable, Realistic, and Timely
    (Example: Lose 1 inch off waist by March 1st)
- Create a SMART fitness program
  - Number of workouts per week, workout time, strength plan, cardio plan, stretching plan, nutrition plan
- Eat a nutrient dense diet
- Remember Yoda
  - Do or do not, there is no try

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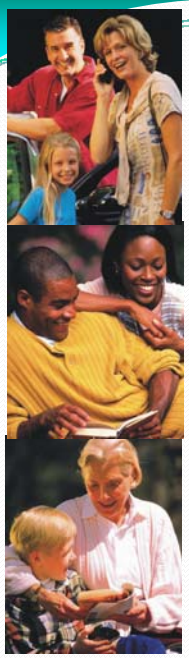

January HealthQuest Spotlight

Employee Assistance Program (EAP)

- Administered by our EAP vendor Alternatives EAP
- Guest Speaker - Dick Ready

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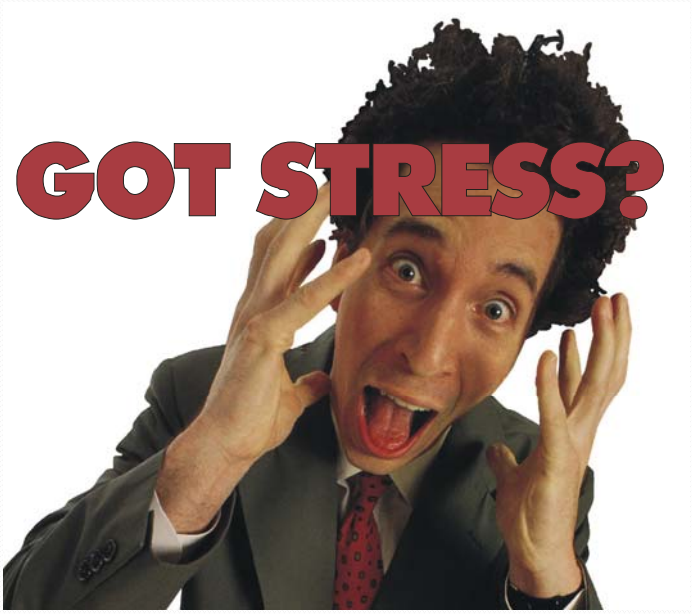

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HealthQuest EAP

Provides confidential short-term personal and family counseling, and other personalized information and consultation services for any of life's questions or concerns that may affect you, the ones you love, or the satisfaction you gain from your job.

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HealthQuest EAP

- A benefit that is paid by the State of Kansas. No deductibles or co-pays!
- It covers employees & family members
  - Immediate family members living in the same household and adult children away at school
- Confidential
- Simple to use, just call 1-8888-275-1205 (option 7)
  - Use of the program is unlimited each year as long as it is a different problem or concern each time

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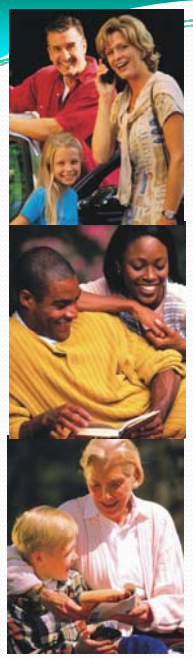

EAP Programs & Services

- 24 Hour Help Line
- Short-Term Personal & Family Counseling
- Personal Money Management Advice

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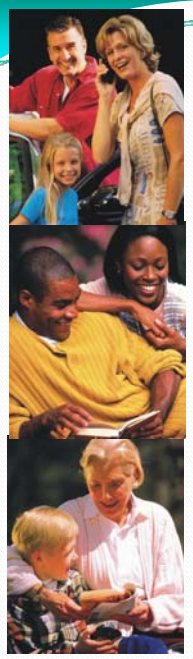

EAP Programs & Services

- Dependent Care Advice & Referrals
- Legal Consultations & Discounts
- Life Coaching

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Easy to Use

- Call 24 hour Help Line at 1-888-275-1205 (option 7)
  - staffed with master's level, licensed counselors
- After a short intake, you can either consult with one of our specialists, i.e. an eldercare specialist, attorney, money management counselor, etc, and/or make an appointment with one of our EAP counselors at the office nearest you
- Prompt appointments (2-5 business days)
- Caring, experienced, licensed local counselors (Master's & PhD level)

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Confidentiality

- Independent Organization
- Off-Site Services
- Private Record Keeping
- Only With Authorized Releases

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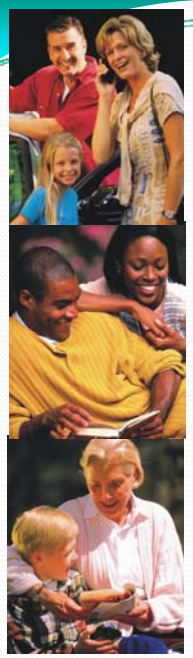

In Summary…….

- 24/7 Help with Life's Stresses
- Benefit Paid by the Company
- Confidential
- Covers Employee and Family
- Prompt Appointments
- Convenient Hours & Locations

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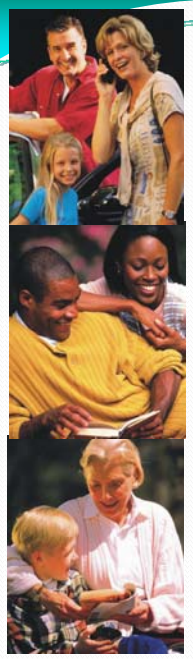

Any Questions?

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Tobacco Cessation Program Requirements Reminder

Employees who use tobacco and who elected during the open enrollment period to participate in the 2011 non tobacco use discount program must enroll and complete **5 tobacco cessation telephone discussions** with a Quit Coach by **May 1, 2011,** in order to be eligible for and retain the non-tobacco use premium discount of $40 per month for plan year 2011.

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How To Enroll in the Tobacco Cessation Program

- Call toll-free 1-888-275-1205 (option 3)
- Enroll online at the member portal www.KansasHealthQuest.com
- Check the HealthQuest website periodically for details www.khpa.ks.gov/healthquest/tobaccocessation.html

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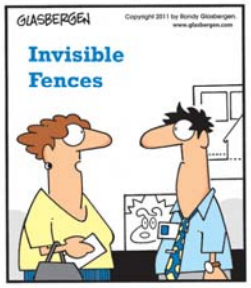
Nutrient Density - Quick Facts

- The American diet is energy rich but nutrient poor
- Magnesium, calcium, potassium and vitamins A, C, and E top the list of nutrients Americans don't get enough of from food (USDA 2004; Moshfegh, Goldman & Cleveland 2005)
- **Perhaps we are focusing too much on what to avoid rather than what to consume!**



"I don't have a dog. I want to install it around my refrigerator."

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"Nutrient Rich" Foods

- Instead of focusing on what to avoid, focus on eating nutrient rich foods
  - Eat more fruits, vegetables, low-fat dairy, and whole grains
  - Recent studies show more weight loss from this method
    - 97 obese women
      - Group focusing on eating nutrient rich foods lost avg. of 17 lbs in 1 year (20% more than those focusing on fat consumption only)
- Get more nutrients for you calories!
- Dog food example

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Eat Fruits and Vegetables!

- A recent study by a Swedish university found that **fiber** can greatly increase weight loss by helping keep you full and reducing fat absorption
  - Examples of vegetables high in fiber – Mushrooms, pumpkin, peppers, spinach, and sweet potatoes
  - Examples of fruits high in fiber – Apples, avocados, bananas, berries, oranges, and pears
  - Other high fiber foods – Whole grain bread, bran cereals, beans, and nuts

"Don't tell me to improve my diet.
I ate a carrot once and nothing happened!"

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NUTRIENT-RICH MEAL PLAN: 2,000 CALORIES

Breakfast (300–400 calories)
Good-to-Go Breakfast Sandwich:
Place 1 poached egg, 1 ounce (oz) Canadian bacon and 1 oz fat-free/low-fat cheese between two toasted whole-grain English muffin halves. Drink 1 cup 100% orange juice.

Snack (200 calories)
½ cup whole-grain cereal mixed into 8 oz low-fat/nonfat fruit-flavored yogurt

Lunch (400–500 calories)
Bistro Bite:
Layer 3 oz sliced, lean roast beef on 8 whole-grain roll and top with spicy arugula leaves and 2 tablespoons stone-ground mustard and romaine lettuce. Add a bunch of grapes and a small sliced apple.

Snack (300 calories)
1 small (4-inch diameter) whole-grain pita and ½ cup hummus with red bell pepper slices

Dinner (300–400 calories)
Good-for-You Grill:
Marinate 3 oz salmon in orange juice. Grill ½ cup baby red potatoes, ½ cup onions and six asparagus spears tossed with 1 teaspoon olive oil. Add 1 cup mixed green salad topped with blueberries.

Snack (200 calories)
1 cup low-fat chocolate milk or hot cocoa

Adapted with permission from the Nutrient Rich Foods Coalition's Live Well Tool kit, www.nutrientrichfoods.org.

Nutrient Rich Meal Plan

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Which is most nutrient rich?

McDonalds Big Mac,
Small Fry, Small Coke

McDonalds Southwest
Chicken Salad, Water

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Which is most nutrient rich?

Chicken and Vegetable
Pizza: Fresh vegetables,
skinless boneless
chicken breast, wheat
crust

"Meat Lovers" Pizza:
Ham, Pepperoni,
Sausage, Meatballs,
Bacon

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Which is most nutrient rich?

Fish Tacos: Grouper filets with chopped tomatoes, onions, jalapeño peppers, bell peppers, and cilantro.

Turkey Chili: 99% fat free ground turkey, cannellini beans, tomato paste, garlic, oregano, and cilantro

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Which is most nutrient rich?

Deep fried chicken with white rice and vegetables

Sautéed organic chicken tenderloins with 1/2 cup brown rice, and vegetables

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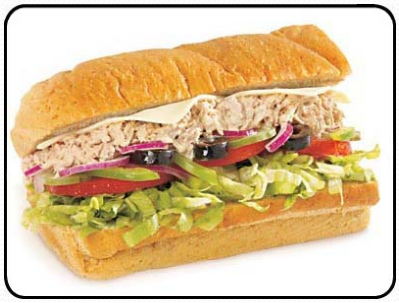
Which is most nutrient rich?

Turkey sandwich, apples, light mayo on whole grain bread



Tuna sandwich with cheese, mayo, lettuce, tomatoes, on a french roll

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Open Dialogue

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