



# HealthQuest Wellness Champion Network Monthly Webinar

Thursday, January 8<sup>th</sup> - 11:00-11:45am

Toll-free call in number: 1-800-391-9177  
 Conference Code: 450 521 2393#  
 Sign in with full name of all attendees  
 Press \*6 to mute/unmute your line or  
 Mute your personal line  
 Please check the volume on your phone

## Agenda

- **Welcome New Champions!**
- **Recruiting Your Team**
  - With Special Guest Jack Bastable
- **Program Year Survey – due January 21<sup>st</sup>**
- **Stay Strong & Resolution ON! – Webinars Coming Jan. 27<sup>th</sup> – 29<sup>th</sup>**
- **Quit for Life!**
  - With Special Guest Melanie Davis
- **Heart Smart Challenge** is Coming – February 2<sup>nd</sup> – 27<sup>th</sup>, 2015
  - EAP Webinar

## Welcome New Champions!



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

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## Welcome, Shannon Elwell!!

### HealthQuest Coordinator

- Shannon began Monday, December 29<sup>th</sup>, 2014.
- She is from Topeka – born & raised here!
- Shannon graduated from KSU with a degree in Kinesiology.
- She has an extensive health & wellness background in the fitness/gym industries as well as pharmacy!
- Likes: sports, exercise, the lake, and the outdoors (except in the Winter, ☺)

Shannon's E-mail  
selwell@kdheks.gov

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## **4 Steps to Building a High Performance Wellness Team for your Agency or Department**

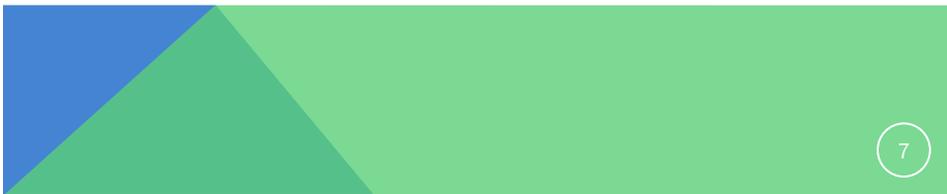
### **4 STEPS TO DEVELOPING & SUSTAINING A HIGH-PERFORMANCE WELLNESS TEAM TO IMPACT YOUR AGENCY OR DEPARTMENT**

#### **1. Recruiting your team**

2. Establishing your vision together
3. Setting goals and action plans
4. Maintaining motivation and building sustainability

## **STEP 1: RECRUITING YOUR WELLNESS TEAM**

1. Start with identifying one person for your team:
  - ✓ You have observed some self-leadership skills
  - ✓ Enthusiast about improving their health, likes to motivate and share information with others
2. Work with your new partner to identify other team candidates
3. After the third team member is recruited, all 3 of you choose the next member.



## **PROGRAM YEAR SURVEYS**

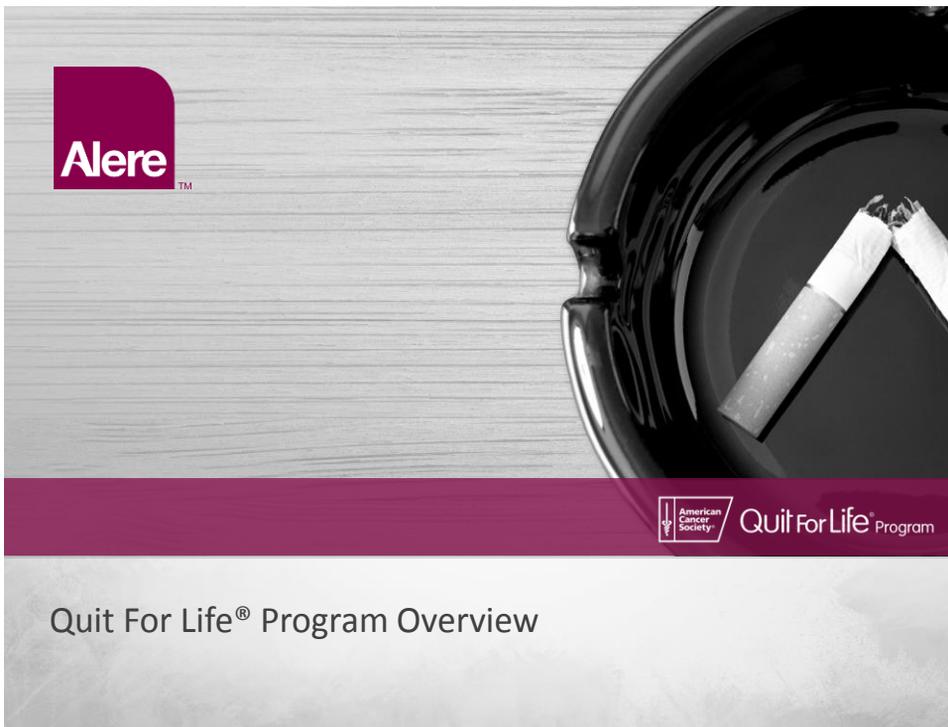
- Sent out yesterday, Wednesday, January 7<sup>th</sup>
- Three different versions
  - Completer
  - Non-Completer
  - New Member
- **Due back in two weeks - Wednesday, January 21<sup>st</sup>**
  - Please remind those around you to take a few minutes to complete these simple surveys so we can collect valuable feedback on the most recent HealthQuest Program Year!



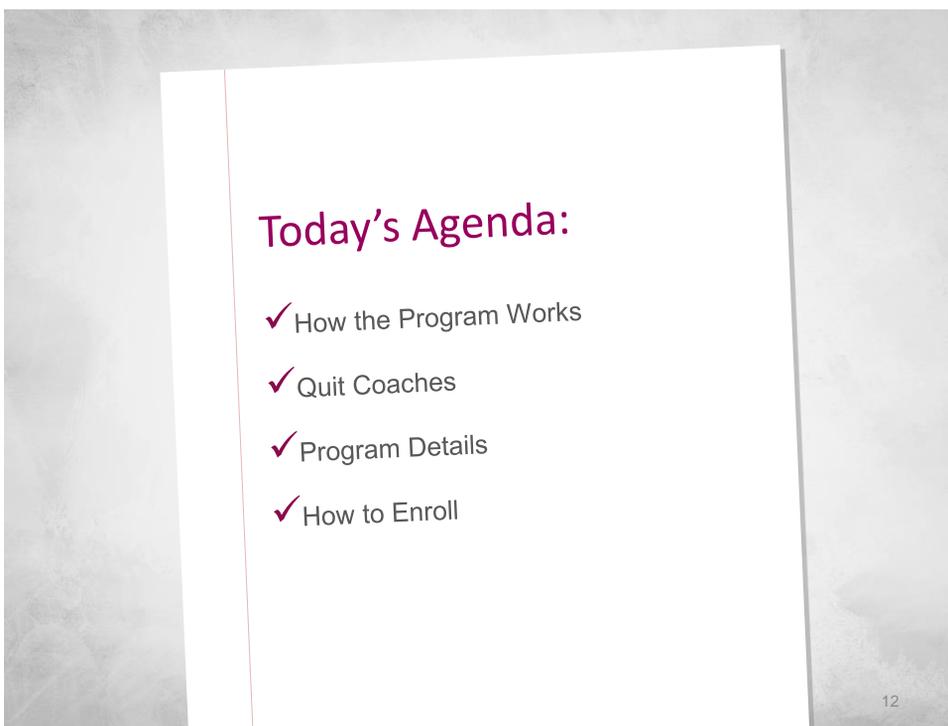


### **STAY STRONG & RESOLUTION ON!!**

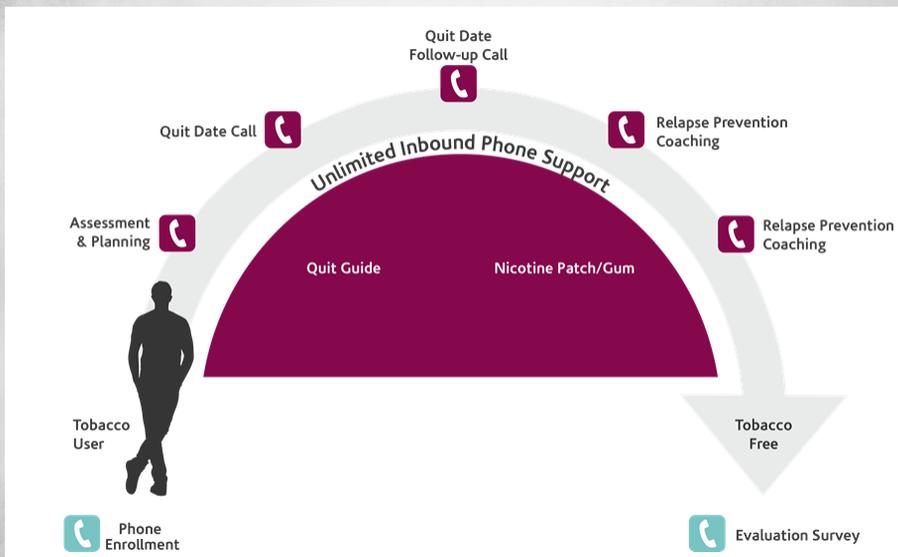
- Webinars Coming *January 27<sup>th</sup>, 28<sup>th</sup>, & 29<sup>th</sup>*
  - 27<sup>th</sup> 12:00 & 1:00
  - 28<sup>th</sup> 12:00 & 1:00
  - 29<sup>th</sup> 11:00 & 12:00
- E-mail invites going out after MLK Day week of **January 20<sup>th</sup>**
- 15-20 minutes
- Coaching Programs available at no charge
  - Virtual Coaching
  - Lifestyle Coaching
  - Condition Management Programs (5)
  - Quit for Life



## Quit For Life® Program Overview



How The Program Works



*Did you know?*

Participants have **unlimited** access to Quit Coaches who speak 10 different languages and Web Coach is available in English and Spanish.

The Quit Coach®



- ✓ Highly trained in cognitive behavioral coaching
- ✓ Over 50% have 3+ years of prior counseling experience
- ✓ Undergo ongoing quality control
- ✓ Receive more than 270 hours of training and evaluation

*Did you know?* →

Our team of Quit Coaches represent multiple ethnicities, speak 10 different languages, and range in age by **several decades**.

## Your Program



- ✓ Offered to State of Kansas Employees and Spouses/Dependents 18+
- ✓ Addresses all tobacco types (cigarettes, chew, snuff, cigars, e-cigarettes)
- ✓ In-depth assessment and personalized quit plans
- ✓ Up to 5 proactive, one-one counseling calls
- ✓ Unlimited access to quit coaches via inbound calls
- ✓ Access to Web Coach
- ✓ Access to SMS based Text2Quit
- ✓ Nicotine Replacement Therapy fulfillment (Patch or Gum)
- ✓ Pharmacotherapy support (Bupropion and Chantix)
- ✓ Re-Enrollment into the program, if necessary

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**Enroll Today:**

- ✓ 1-888-275-1205, Option 3

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## HEART SMART CHALLENGE – FEBRUARY 2<sup>ND</sup> – FEBRUARY 27<sup>TH</sup>, 2015

**Heart Smart Challenge**

**February 2<sup>nd</sup> – February 27<sup>th</sup>, 2015**

The **Heart Smart Challenge** is a 4 week program designed to help you build two key heart smart activities into your life: physical activity, and a healthy diet.

**How the Challenge Works – Earn 1 challenge point per activity per day for each of the following (max. of 4 points per day).**

- Eat 3 or more servings of vegetables
- Eat 2 or more servings of fruit
- Eat 2 or more servings of whole grains
- Exercise 30 minutes or more

**How to Track Points**

- Track your activity online at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) or use the Mya app.
- You can also use the paper tracking form for convenience.
  - Your goal in this Challenge is to accumulate at least 60 points.
- Be sure to record all activity points online by Friday, March 6<sup>th</sup> and your 5 HealthQuest Credits will be automatically recorded.

**Did you know that heart disease is the #1 cause of death in America? Join the challenge to get Heart Smart!**

**Are you doing what you can to protect your heart? The good news is that a few lifestyle changes can make a big impact on the health of your heart. This challenge can help you take simple steps to practice heart-healthy behaviors and reduce your risk for heart disease.**

**Goal: 60 points**  
Earn 5 Credits!  
Last Day to Enter Points:  
3/2/15

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## FEBRUARY 2015 EAP WEBINAR THURSDAY, FEBRUARY 19<sup>TH</sup>, 2015

- ✓ Emotional Eating: The Connection between Mood and Food
- ✓ Register at <https://www3.gotomeeting.com/register/542678822>

The population of the United States is becoming increasingly obese with each passing decade. There are many speculations about the cause of this phenomenon from an increasing sedentary lifestyle, the ready availability of high caloric foods to stress and even sleep deprivation.

However, if people ate only when they were truly hungry and stopped when they were full, there would be no obesity epidemic. This workshop will address the relationship between emotions and food consumption and how to retrain your body and mind to recognize the cues of hunger and to eat for physiological and not emotional reasons.

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# **JANUARY 2015 EAP WEBINAR**

**THURSDAY, JANUARY 22<sup>ND</sup>, 2015**

✓ **After the Holidays, Managing that Debt**

✓ **Register at**

<https://www3.gotomeeting.com/register/573831926>

**Did you spend more for the holidays than you intended? Did you go into debt, maybe at unfavorable terms? Are you worried about how you will pay these debts off? Would you like to avoid being in the same position next year? This workshop will help you figure out how to get out of debt quickly and cost effectively, and take steps to make sure you don't end up in debt again next year.**

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# **JANUARY 2015 SEMINAR**

**AVAILABLE ON THE PORTAL 1/1/15**

## **Take Charge of Your Time**

With more demands on work and personal schedules, it's really important to manage your time. This will help you take charge. You'll watch your stress level go down as you learn to prioritize seminar your to-do list each day. You'll soon find that you can have time for the things that are most important to you!

Participate in this online seminar anytime  
24/7 at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).



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# Thank You for Attending Today!

Next Meeting is Thursday, February 12<sup>th</sup>, 2015

11:00-11:45am

Secret Question:

Open Questions / Comments

