

HealthQuest Wellness Champion Network Meeting

Thursday, October 11th at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 501 765 7935#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



Agenda

- Announcements
- Health Promotion Spotlight
- Program Metrics
- Launch Flyer
- Challenge Results
- Breast Cancer Awareness

Announcements

- New program year
 - 8/1/12-7/31/13
 - Goal = complete a health assessment questionnaire (worth 10 credits) and earn an additional 20 credits for a total of 30 credits
 - “Health Assessment Questionnaire”
 - “Biometric Screening”
- Full biometric screening schedule now available
- Maintain Don’t Gain challenge begins Nov. 7

Health Promotion Spotlight

- Ralene Davis
 - City Treasurer
 - City of Sedan
- Created Facebook Page
 - Promotes walking and running events throughout Kansas
 - Type “Kansas Walkers and Runners” into FB search

Open Group
This group is to help Kansas walkers and runners be aware of events they may want to participate in here in Kansas. Please feel free to share events, and to invite fellow walkers and runners. Thanks!

Ralene Price Davis
SK Run September 29 - 7 AM registration - Neodesha, KS

2012 CLB Poster
By: Chief Little Bear Day-Neodesha Fall Festival



September 20 at 7:05am

Jennifer Keagle and Amber Marie Snyder like this.

Priscilla Melton I think I saw where they are having a SK in Wichita for breast cancer awareness also that day. Not sure of any details though.

September 20 at 11:07am · ♡ 2

Ralene Price Davis
Helpful tips for runners ... put in "favorites"



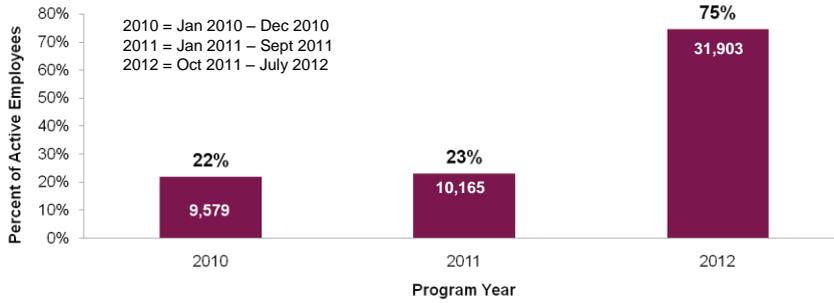
Running Events, Races & Registration |
Marathons, 5K, 10K & Half Marathons |
Training Plans & Workout

Program Participation Performance: Health Assessment Completion

New program strategy drove large increase in health assessment completion by active employees

52% point increase in health assessment completion by active employees

Percentage of Active Employees that Completed Health Assessment

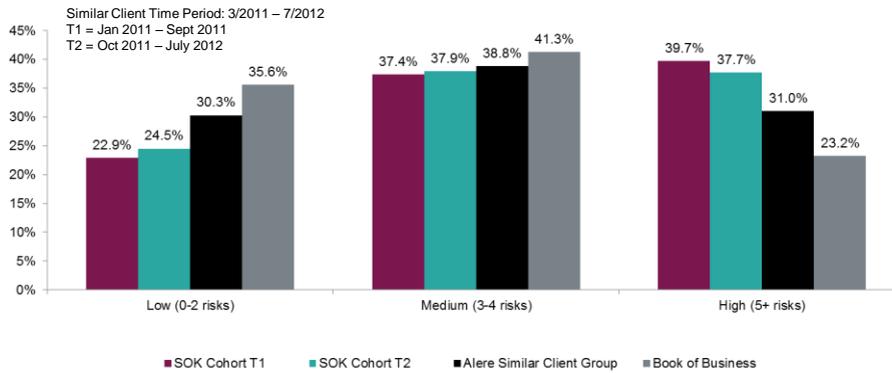


Health Impact:

Risk Factor Distribution - Cohort Population

Percentage of low risk increased and high risk reduced

Low risk increased by 1.6% and high risk reduced by 2%. Medium risk had a slight increase at 0.5%. Clients with required health assessment and biometrics have more similar risk results to SOK than book of business



Health Impact:

Health Coaching Program

Health Coaching program improves positive health behavior and health status changes

Nearly half of active participants in health coaching improved BMI, physical activity, and fruit/vegetable intake.

Program Activity (as of 06/30/2012)	YTD	
	#	Avg. Months Enrolled
Number Currently Enrolled in Health Coaching	1,638	5.35

Health Behavior/Health Status Change*	Program-to-Date
Improved their Body Mass index (BMI)	45.2%
Increased level of physical activity	47.2%
Increased intake of fruits and vegetables	42.9%
Reduced fat in their diet	29.0%
Increased their ability to cope with stress	4.7%
Increase in perceived level of health	27.0%

* Based on individuals with at least two completed health coaching assessments (initial to current).

Health Impact:

Healthy Living Programs

Members who completed healthy living programs improved behaviors and met their goals

Over 50% of participants who completed a healthy living program improved their BMI and 93% achieved their goals.

HLP results for year through Q2: (1/1/12-6/30/12)

Behavior Changes
Users reported the following behavior changes after completing their program:
44% increased level of physical activity.
40% increased intake of fruits and vegetables.
30% reduced fat in diet.
35% increased ability to deal with stress.
31% increased readiness to change.
Program Success
Users reported the following outcomes after completing their program:
53% improved their body mass index (BMI).
36% increased confidence that they could change behavior.
93% achieved goals.
97% rated program good to excellent.

Culture

Members are experiencing the benefits of the programs

The new strategy is guiding members into our programs and creating new awareness about their health. We should continue to see more positive feedback from year 3 to year 4.

Success Stories

- "I started with the County April 2011. I became covered by the State Employee Health Plan on June 1, 2011. Since then, thanks to the wonderful activities, ease of use, accessibility of the website, AND my health coach, I have lost 20 pounds! 15 more to go, and I'll be at my goal weight! I know I could have done it on my own, but it would have been harder, and taken much - much longer!" - Crystal
- "I have been running for a while and some of the symptoms of diabetes were masked. If I hadn't attended the free screening I could have been in serious trouble as my blood sugar was well up over 360." - Rick

Rewards Program Metrics

- **490** active employees have completed the requirements for the 2014 discount (1%)
- **1,837** active employees that have completed the health assessment questionnaire (4%)
- **35,965** active employees registered on the portal (84%)

Launch Flyer - Front

Earning Your Premium Incentive Discount Is As Easy As

1 Complete a Biometric Screening

2 Complete the Health Assessment Questionnaire

3 Earn 20 additional credits
* NEW Health Advisor Call is worth 5 credits

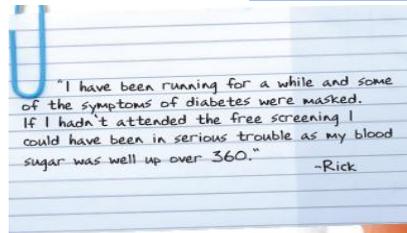


From August 1, 2012, through July 31, 2013, employees who complete a health assessment questionnaire (worth 10 credits) and earn an additional 20 credits for a total of 30 credits by July 31, 2013, will receive a health insurance premium incentive discount of \$480 in Plan Year 2014.

HealthQuest Rewards Program details:
www.kdheks.gov/hcf/healthquest/rewards.html

HealthQuest is the wellness program for State employees and members of the State Employees Health Plan (SEHP). We offer a wide variety of wellness programs to help you and your family improve your health and enhance your quality of life. As part of our benefits plan, these services are provided to you at no additional cost. Their success is always our priority and a shared responsibility.

Launch Flyer - Back



"I have been running for a while and some of the symptoms of diabetes were masked. If I hadn't attended the free screening I could have been in serious trouble as my blood sugar was well up over 360."
-Rick

"I started with the County April 2011. I became covered by the State Employee Health Plan on June 1, 2011. Since then, thanks to the wonderful activities, ease of use, accessibility of the website, AND my health coach, I have lost 20 pounds! 15 more to go, and I'll be at my goal weight! I know I could have done it on my own, but it would have been harder, and taken much - much longer!"
- Crystal

"I did the health screening and for the first time had signs of pre-diabetes. Time to change the bad habits I'd fallen into since my early 40's (53 now). Signed up for a HealthQuest coach so I would have someone to be accountable to. Began committing to work by bike and followed the health coach's advice to cut calories by 25% to reach my weight loss goal. Small frame guy that was up to 197 lbs. and now down to 153 lbs. Rationalized the gas savings from not driving to work to purchase a road bike and I have upped my weekend bike rides to 3 hours. Feel great! Started this in February and saw my Dr. in June. He was amazed! I'm no longer taking Simvastatin as I've got my cholesterol under control. The wellness program and health coach have helped me succeed and I recommend it to you if you're needing to make lifestyle changes."
- Steven

HealthQuest Rewards Program Details:
www.kdheks.gov/hcf/healthquest/rewards.html

Healthy Habits Challenge Results

- **982** members participated in the challenge
- **565** members completed the challenge (**58%**)
- Activity points from challenge:
 - Exercised 10 minutes or more during a break at work
 - **9,561**
 - Ate a healthy snack at work
 - **11,252**
 - Replaced at least 1 flavored beverage with water
 - **13,065**
 - Took at least 2 stretch breaks at work
 - **10,167**

Breast Cancer Awareness Month

- Leading causes of death in women ages 40 and above:
 1. Heart Disease
 2. Stroke
 3. Lung Cancer
 4. Lung Disease
 5. **Breast Cancer**
- Get regular mammograms
 - Best test doctors currently have to find breast cancer early
 - Can find cancer up to 3 years sooner than self examination
 - State Employee Health Plan covers these in full (using network providers)

Breast Cancer Awareness Month

- Lowering risk
 - Control your weight and exercise.
 - Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
 - Find out the risks and benefits of hormone replacement therapy.
 - Limit the amount of alcohol you drink. www.cdc.gov

- Awareness campaigns and fundraising
 - NFL/American Cancer Society for example
 - Mammogram awareness
 - Merchandise for purchase/auction for charity

	<p>DWAYNE BOWE GAME WORN AND SIGNED CHIEFS JERSEY</p> <p>Current Bid: \$505.00 Number of Bids: 22 Ends: 10/09/2012 10:00 PM EST</p> <p>BID NOW >></p>	
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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue