

HealthQuest Wellness Champion Network Meeting Tuesday, October 5th 12pm

Call in number: 1-877-628-7426
Call Pass Code: 783834#
All attendees please sign in your full name to Live Meeting to receive healthy fruit and nut mix!
Please press *6 to mute your line



Agenda

- ▶ Housekeeping – Sign In For Healthy Snack – Paul
- ▶ Updates – VRAK, Champions, Agencies, New Video – Paul
- ▶ Champion Spotlight – Paul
- ▶ HealthQuest Spotlight
 - ▶ Flu Shots – Julie
 - ▶ Open Enrollment Tobacco Use Declaration – Julie
 - ▶ Tobacco Cessation Program – Melanie Davis (Free & Clear)
- ▶ Wellness Tip – Paul
- ▶ Open Items – Team

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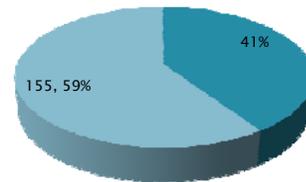
Virtual Race Across Kansas

- ▶ 860 signed up to date!
 - Remind your agency to sign up:
 - <http://www.khpa.ks.gov/healthquest/virtualrace.html>
- ▶ Auto-Responder sending out weekly wellness resources

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Total Agencies For State Of Kansas

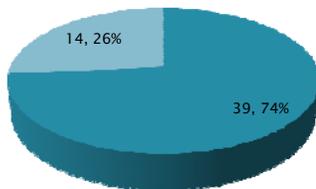
■ Total State Agencies ■ Total Non State Agencies



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Total Agencies With Champions

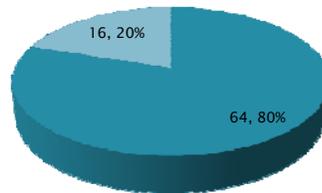
■ Total State Agencies With Champions
■ Total Non State Agencies With Champions



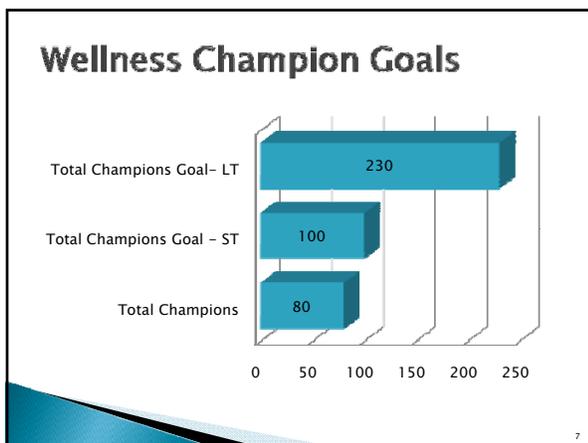
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Total Champions State and Non State

■ Total State Champions ■ Total Non State Champions



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- ### Wellness Champions Spotlight
- ▶ Kansas Neurological Institute Team (KNI)
 - **Kathy Fox, Sara Watson, Connie Eisenbarth**
 - ▶ Created their own fun flyers
 - ▶ Created VRAK FAQ's
 - We will be adding these to VRAK website
 - ▶ Created their own "side competition" at agency

Join the *Virtual Race Across Kansas*

Can you make it (virtually) the 1000 miles across Kansas between September 21 and November 15?

walk, run, jump, dance, bike, swim, play, hike, climb, row, paddle, push, jog, bend
30 minutes more than you are currently doing = 30 miles

eat/drink oranges, strawberries, mangoes, apples, pears, avocados, tomatoes, peas, beans, asparagus, corn, sweet potatoes, spinach.
2 servings fruits/veggies = 30 miles

Then log it on to the tracking form which you can obtain from any of the building secretaries or HR.

Tracking forms will need to be turned in on November 16 to Connie Eisenbarth (6-0709), Sara Watson (6-3166), or Kathy Fox (6-4286).

- ### 2010 Free Flu Shot Clinics
- ▶ Free for employees enrolled in the health plan and their covered dependents ages 9 and up
 - ▶ Retirees in plans A & B as well as Medicare Supplement plans are also eligible
 - ▶ Combo shot covers H1N1 + two other viruses
 - ▶ Bring health plan card and/or CVS Caremark card for identification
 - ▶ First come, first served basis
 - ▶ Online sign up is requested
www.khpa.ks.gov/healthquest/fluclinic.html

- ### 2010 Free Flu Shot Clinics
- ▶ Topeka - 3 locations
 - ▶ Pittsburg - PSU Oct. 21, 11-3
 - ▶ Lawrence - KU Oct. 22, 8 - noon
***employees only**
 - ▶ Wichita - WSU Oct. 29, 10 - 2
 - ▶ Hays - FHSU Oct. 28, 2-6
 - ▶ Salina - SRS Oct. 28, 8-noon
 - ▶ Garden City - KDOT Oct. 20, 8 - noon
***appt required**
***18 & up only**

- ### Open Enrollment - Tobacco Use Declaration
- ▶ Required to declare tobacco status each year to receive premium discount of \$40/mo
 - Non tobacco users
 - Tobacco users who agree to complete the HealthQuest tobacco cessation program
 - ▶ Make declaration by October 31
 - ▶ State Employees - enroll online
 - ▶ Non State Employees - enroll on paper forms

How To Enroll in the Tobacco Cessation Program

Beginning October 1, 2010:

- ▶ Call toll-free 1-888-275-1205 and select option 3
- ▶ Or 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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Tobacco Cessation Program Requirements

- ▶ Employees who use tobacco and who elect 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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Tobacco Cessation Program Requirements

- ▶ Employees are not required to quit using tobacco – they must simply complete the program requirements.
- ▶ If an employee signed up as a tobacco user during open enrollment and elected to do the cessation program but quits using tobacco before their deadline, they still must complete all 5 tobacco cessation discussions by the deadline to retain the discount.

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Tobacco Cessation Program Requirements

- ▶ Employees who do not enroll in and successfully complete the five tobacco cessation discussions by May 1, 2011, will be considered non-compliant.
- ▶ Those employees will receive a non-compliance letter from the State Employee Health Plan and lose their non-tobacco discount for the balance of the 2011 plan year.

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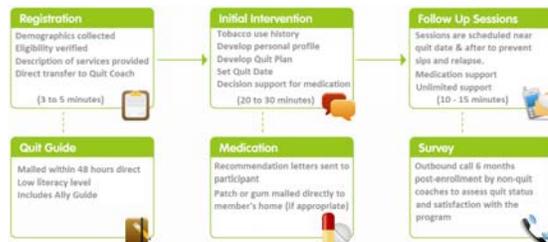


- ▶ The Quit For Life® Program is the nation's leading tobacco cessation program that has helped hundreds of thousands of people quit tobacco. The evidence based program is successful because it integrates confidential phone-based support from expert Quit Coaches®, web-based learning tools and free medication and support.
- ▶ The program is free of cost to members and treats all forms of tobacco including cigarettes, cigars, pipes and even smokeless tobacco.



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Program Overview



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Coaching Calls

- ▶ Quit Coaches work with the member to:
 - Assess readiness to quit and to create a personalized quit plan
 - Identify individual challenges and provide effective tools and tips that help members achieve their goal of quitting tobacco

The 4 Essential Practices to Quit For Life



Quit at Your Own Pace



Conquer Your Urges to Smoke



Use Medications So They Really Work



Don't Just Quit, Become a Nonsmoker

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Web Coach®

The fully integrated Web Coach tool provides members with 24-hour access to the Quit For Life Program.



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Program Benefit Information

- ▶ Enrolled members receive a printed Quit Guide to help them to stick with their quitting plan between coaching calls
- ▶ Unlimited toll-free access to Quit Coaches who offer the needed level of support
- ▶ Access to Web Coach™, a private, online community where they can complete activities, watch videos, track progress and join in discussions with others in the program
- ▶ Recommendations on type, dose and duration of nicotine replacement or medication (if appropriate)
- ▶ Free 8-week supply of nicotine replacement therapy (patch/gum) mailed directly to their home (if appropriate)
- ▶ Phones answered 24 hours a day, 7 days a week
Coaches available from **6 am to 2 am CT daily** – so there is almost always support available when someone most needs it

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Program Success Rates

- ▶ Participation in the Quit For Life Program significantly increases odds of quitting.



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How to Enroll

- ▶ Members can enroll into the program by phone with a registration specialist by calling toll-free **1-(888) 275-1205 and select option 3**
- ▶ Members may also enroll online via the Web Enrollment site www.KansasHealthQuest.com (click on tobacco cessation from the left menu)



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“Rocky Moments”




**What inspires you?
What is your Rocky Moment?**

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Let's Go Kansas!

▶ Two thirds of Americans are now either overweight (defined as a body mass index (BMI) of 25 or higher) or obese (A 30-plus BMI)

1. Mississippi 33.8%
2. Alabama 31.6%
3. Tennessee 31.6%
4. West Virginia 31.3%
5. Louisiana 31.2%
6. Oklahoma 30.6%
7. Kentucky 30.5%
8. Arkansas 30.1%
9. South Carolina 29.9%
10. North Carolina 29.4%
10. Michigan 29.4%
12. Missouri 29.3%
13. Ohio 29.0%
13. Texas 29.0%
15. South Dakota 28.5%

16. Kansas 28.2%

▶ <http://health.msn.com/health-topics/articlepage.aspx?cp-documentid=100261061>1=31036>

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Open Forum

- ▶ Any comments/questions on VRAK or other programs?
- ▶ What is your "Rocky Moment"?

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