

HealthQuest Wellness Champion Network Meeting

Thursday, November 10th 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



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Welcome

- Announcements
- Icebreaker

Agenda

- Welcome & Icebreaker – Paul
- Update on Champions/Agencies – Paul
- Maintain Don't Gain– Paul
- HealthQuest Rewards Program Review– Julie
- Screening & Assessment Credits – Julie
- Tobacco Credits – Julie
- Social Media Update – Julie
- Wellness Tip – Paul
- Questions, Comments & Open Dialogue

Champions & Agency Representation

- 79 Total Champions
- 58 Different Agencies Represented

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Maintain Don't Gain

- Challenge begins Nov 14 – Dec 12
- Worth 5 credits for Rewards Program!
- To complete the challenge you will need to earn 30 points by Dec 12 (must record online by Dec 19)
- Participants will earn 1 point per activity per day by completing the following activities:
 - Eating a healthy breakfast
 - Completing 20 minutes or more of physical activity
 - Limiting alcohol to 1 serving or less
 - Limiting sweets to 1 serving or less

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Getting Started -Portal Registration

Sign In
Already registered? Enter your username and password here.

Email

Password

Remember Me
[Forgot your password?](#)

[Sign-in](#)

Register
First time here? You'll need an employee ID to get started.

You are registering
Select

[What does this mean?](#)

[Register](#)

We're here to assist you
For technical assistance, please call 1-888-275-1205 (option 9) or TTY 1-888-277-1543, from 8:00 a.m.-10:00 p.m. CST, seven days per week, excluding nationally observed holidays.

Why Register?

- Schedule a health screening
- Take a health assessment
- Join statewide health challenges
- Set and achieve goals to improve your health!

www.KansasHealthQuest.com

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Portal Registration



Sign In

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Password

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[Forgot your password?](#)

[Sign-in](#)

Register

First time here? You'll need an employee ID to get started.

You are registering

Select

- as a state employee
- as a state employee spouse
- as a state employee dependent
- as a non state employee
- as a non state employee spouse
- as a non state employee dependent
- as a retiree
- as a retiree spouse
- as a retiree dependent

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Portal Registration



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Password

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[Forgot your password?](#)

[Sign-in](#)

Register

First time here? You'll need an employee ID to get started.

You are registering

as a state employee

[What does this mean?](#)

[Register](#)

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Portal Registration

Department of Health and Senior Services
HealthQuest



Validation

Please fill in the fields below to confirm your eligibility. All fields are required. All information in your profile is confidential and will not be shared. If you already have a profile, [please sign in](#). [Help ?](#)

You are registering as a state employee

Your First Name

Your Last Name

Your Employee ID

Don't know your Employee ID?

Your Gender Male Female

Your Birthdate

For technical assistance, please call 1-888-275-1205 (option 9) or TTY 1-888-277-1543, from 8:00 a.m.-10:00 p.m. CST, seven days per week, excluding



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Forgot Password

Kansas
Department of Health and Senior Services
HealthQuest



Sign In

Already registered? Enter your username and password here.

Email

Password

Remember Me

[Forgot your password?](#)

Register

First time here? You'll need an employee ID to get started.

You are registering

[What does this mean?](#)

We're here to assist you

For technical assistance, please call 1-888-275-1205 (option 9) or TTY 1-888-277-1543, from 8:00 a.m.-10:00 p.m. CST, seven days per week, excluding nationally observed holidays.

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- Schedule a health screening
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- Set and achieve goals to improve your health!



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Forgot Password



Forgot Password?

Please enter your email address to retrieve your password.

Enter Email:

[Continue](#)

[About Alere](#) | [Contact Us](#) | [Terms of Use](#) | [Privacy Policy](#)

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Forgot Password



Security Question 1

Please answer the following security question so we can confirm your identity.

What is your city of birth?

[Return to Login](#) [Validate](#)

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Forgot Password



Reset Password

New password

Confirm new password

Password must be 8-14 characters, contain at least one upper-case letter and one digit (0-9). You may use characters such as: !, #, &.

[Save Changes](#)

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Homepage

Hello, Test130755. [Home](#) | [Account](#) | [Feedback](#) | [Logout](#) [Help ?](#)



Search

[Healthy Lifestyle](#) | [Diseases & Conditions](#) | [Personal & Family Health](#) | [Tools & Media](#)

You've Earned

0 Credits

Earn 20 credits for a \$480 premium discount and prize drawings!

[How do I learn credits?](#)

Credits Program
[Credits Overview](#)
[Track Credits](#)

Health Screenings

Health Assessment

Welcome, Test130755! Ready to live healthier? Let's make it happen!

Recommendations



Weight Loss Program

Ready to commit to losing weight? This is your chance! You'll get great-tasting meal ideas, a personalized activity plan and tips and support to help you keep the weight off for good! [Try it today!](#) Or [view all programs](#) available to you.

[Learn more](#)

5 Credits

[Start Program](#)

 [USDA Serves Nutrition Advice on a Plate](#)

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Homepage - Click Challenges

Earn 20 credits for a \$480 premium discount and prize drawings!
[How do I earn credits?](#)

- Credits Program
 - [Credits Overview](#)
 - [Track Credits](#)
- Health Screenings
- Health Assessment
- Tobacco Cessation
- Condition Mgmt
- Health Coaching
- Challenges**
- Healthy Living Programs
- Self-Report Forms
- Seminars

Weight Loss Program

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5 Credits

[Learn more](#) [Start Program](#)

USDA Serves Nutrition Advice on a Plate

It's official. The traditional food pyramid is going to be history. Learn more about the new idea and the plan to encourage healthier eating.

[Learn more](#) [Read Article](#)

Stand Up! Live Longer!

Studies show inactivity shortens lifespan. So those of us with sedentary jobs, long commutes, and TV watching habits have a real challenge in finding ways to stay active. Learn how you can incorporate physical activity into your

[Learn more](#)

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Homepage - Click MDG

Earn 20 credits for a \$480 premium discount and prize drawings!
[How do I earn credits?](#)

- Credits Program
 - [Credits Overview](#)
 - [Track Credits](#)
- Health Screenings
- Health Assessment
- Tobacco Cessation
- Condition Mgmt
- Health Coaching
- Challenges
 - [Challenge Info](#)
 - [Current Challenge](#)
 - Maintain Don't Gain**
- Healthy Living Programs
- Self-Report

Weight Loss Program

Ready to commit to losing weight? This is your chance! You'll get great-tasting meal ideas, a personalized activity plan and tips and support to help you keep the weight off for good! [Try it today!](#) Or [view all programs](#) available to you.

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[Learn more](#)

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Challenges Page

Challenges

- Challenge Info
- Current Challenge
- Maintain Don't Gain

participants to practice healthy behaviors.

Current Challenges



Maintain Don't Gain (November 14 – December 12, 2011)

Complete this weight management challenge and you will earn 5 credits! To complete the challenge you will need to earn 30 points by December 12, 2011.

Last Date to Enter points: December 19, 2011

Maximum points per day: 4

Total Possible Points: 116

Credit Value: 5

[Learn more](#) Continue

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Credits

Future Challenges



New Year, New You Challenge (January 9 – January 30, 2012)

Participate in this challenge and start the new year fresh and feeling great! Earn 20 points by January 30, 2012, and receive 5 credits for completing the challenge.

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Challenges Page - Learn More

Maintain Don't Gain



Maintain Don't Gain (November 14 – December 12, 2011)

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Maximum points per day: 4

Total Possible Points: 116

Credit Value: 5

[Learn more](#) Continue

5

Credits

Maintaining your body weight during the holiday season can be very difficult for many individuals. This Challenge will encourage healthy behaviors that support weight management, while discouraging those that promote weight gain. Healthy eating, regular physical activity, and achieving balance are key not only to maintaining a healthy weight, but overall well-being.

Participants will earn 1 point per activity per day by completing the following activities

- Eating a healthy breakfast
- Completing 20 minutes or more of physical activity
- Limiting alcohol to 1 serving or less
- Limiting sweets to 1 serving or less

For more information click here:
<http://www.kdheks.gov/hcf/healthquest/challenges.html>

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MDG Page

- Current Challenge
- Maintain Don't Gain



Maintain Don't Gain (November 14 – December 12, 2011)

Complete this weight management challenge and you will earn 5 credits! To complete the challenge you will need to earn 30 points by December 12, 2011.
 Last Date to Enter points: December 19, 2011
 Maximum points per day: 4
 Total Possible Points: 116
 Credit Value: 5

You've completed **9** points
 Complete 30 pts for 5 Credits

Week of Nov 20, 2011 - Nov 26, 2011	Previous week Next week						
	Sun	Mon	Tu	Wed	Th	Fri	Sat
Exercised 20 minutes or more	<input type="checkbox"/>						
Drank 1 or fewer alcoholic drinks	<input type="checkbox"/>						
Ate 1 or less sweet treats	<input type="checkbox"/>						
Ate a Healthy Breakfast	<input type="checkbox"/>						
Daily Points	0	0	0	0	0	0	0

[Learn more](#)
Continue

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MDG Page - Click Boxes

- Current Challenge
- Maintain Don't Gain



Maintain Don't Gain (November 14 – December 12, 2011)

Complete this weight management challenge and you will earn 5 credits! To complete the challenge you will need to earn 30 points by December 12, 2011.
 Last Date to Enter points: December 19, 2011
 Maximum points per day: 4
 Total Possible Points: 116
 Credit Value: 5

You've completed **9** points
 Complete 30 pts for 5 Credits

Week of Nov 20, 2011 - Nov 26, 2011	Previous week Next week						
	Sun	Mon	Tu	Wed	Th	Fri	Sat
Exercised 20 minutes or more	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Drank 1 or fewer alcoholic drinks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ate 1 or less sweet treats	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>				
Ate a Healthy Breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Daily Points	0	0	0	0	0	0	0

[Learn more](#)
Continue

MDG Page - Continue



Maintain Don't Gain (November 14 – December 12, 2011)

Complete this weight management challenge and you will earn 5 credits! To complete the challenge you will need to earn 30 points by December 12, 2011.
 Last Date to Enter points: December 19, 2011
 Maximum points per day: 4
 Total Possible Points: 116
 Credit Value: 5

You've completed **26** points
 Complete 30 pts for 5 Credits

	Week of Nov 20, 2011 - Nov 26, 2011							Previous week	Next week
	Sun	Mon	Tu	Wed	Th	Fri	Sat		
Exercised 20 minutes or more	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Drank 1 or fewer alcoholic drinks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
Ate 1 or less sweet treats	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>						
Ate a Healthy Breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Daily Points	3	2	3	2	3	1	3		

[Learn more](#) [Continue](#) Your entry has been saved. You earned 17 points this week.

MDG Page - Completion



Maintain Don't Gain (November 14 – December 12, 2011)

Complete this weight management challenge and you will earn 5 credits! To complete the challenge you will need to earn 30 points by December 12, 2011.
 Last Date to Enter points: December 19, 2011
 Maximum points per day: 4
 Total Possible Points: 116
 Credit Value: 5

47 points completed
5 Credits Earned (max)

	Week of Nov 27, 2011 - Dec 3, 2011							Previous week	Next week
	Sun	Mon	Tu	Wed	Th	Fri	Sat		
Exercised 20 minutes or more	<input checked="" type="checkbox"/>								
Drank 1 or fewer alcoholic drinks	<input checked="" type="checkbox"/>								
Ate 1 or less sweet treats	<input checked="" type="checkbox"/>								
Ate a Healthy Breakfast	<input checked="" type="checkbox"/>								
Daily Points	3	3	3	3	3	3	3		

[Learn more](#) [Continue](#) Your entry has been saved. You earned 21 points this week.

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Homepage Credits Box

This screenshot shows the homepage of the Kansas HealthQuest website. The user is logged in as 'Test130755'. The page features a navigation bar with links for Home, Account, Feedback, Logout, and Help. A search bar is located in the top right. The main content area is divided into several sections. On the left, a 'You've Earned' box displays '5 Credits' with a red arrow pointing to it. Below this, there is a promotional message about earning 20 credits for a \$480 premium discount and prize drawings, with a link to 'How do I earn credits?'. Further down, a 'Credits Program' section includes links for 'Credits Overview' and 'Track Credits'. The right side of the page features a yellow welcome banner, a 'Recommendations' section, and a 'Healthier Diet Program' card. The diet program card shows '5 Credits' and includes a 'Start Program' button. A red arrow in the original image points to the '5 Credits' box in the 'You've Earned' section.

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Click Track Credits

This screenshot is identical to the one above, showing the Kansas HealthQuest homepage. However, a red arrow now points to the 'Track Credits' link within the 'Credits Program' section on the left side of the page. The rest of the page content, including the 'You've Earned' section, the 'Healthier Diet Program' recommendation, and the navigation bar, remains the same.

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Track Credits Page

[Print](#)

[Home](#)

Credits Program

- Credits Overview
- Track Credits**

Earn 20 credits for a \$480 premium discount and prize drawings!

Earn 20 credits by July 31, 2012, and receive a \$480 premium discount for 2013. A Health Screening and Health Assessment are required. If hired on or after March 1, 2012, only a Health Screening and Health Assessment are required for the discount.

What can I earn?
 20 Credits
 ★ Premium Discount of \$ 480

[Learn more](#)

How close am I to earning 20 Credits?

So far, you've earned 5 Credits!

Start earning by checking out the activities below!
 You've earned 5 out of 20 Credits. Stay with it!

0 20

You

Below are the activities you have to complete to be eligible for your incentive:

- ✘ Health and Productivity Assessment

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Maintain Don't Gain Poster

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

MAINTAIN DON'T GAIN CHALLENGE

Keep those holiday pounds off!

Managing your weight just got easier -
 Learn how just a few daily changes can have a big impact.

The key to maintaining a healthy weight is about a lifestyle that includes healthy eating, regular physical activity and achieving balance. Join the Maintain Don't Gain Challenge to get started today!

Nov. 14 - Dec. 12, 2011
 Earn 1 point per activity per day for:

- Eating a healthy breakfast
- Completing 20 minutes or more of physical activity
- Limiting alcohol to 1 serving or less daily
- Limiting sweets to 1 serving or less daily

How the Challenge Works

- During the challenge, keep track of the healthy behaviors you practice daily.
- Receive 1 point for each healthy behavior that you practice each day. Earn up to 3 points daily.
- Your goal is to accumulate 30 points by December 12, 2011.
- If successfully completing the challenge, you will earn 5 credits for the healthQuest Rewards Program.

How to Track Points
 Track your activity on the website 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 December 19, 2011. Credits are awarded on the portal automatically when you complete the challenge.

Earn 5 Credits!

www.KansasHealthQuest.com

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Maintain Don't Gain Paper Tracker

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

Maintain Don't Gain Challenge, Nov. 14 - Dec. 12, 2011
 Goal = 30 points
 Enter one point per day per activity completed. Earn daily points for:

- Eating a healthy breakfast
- Completing 30 minutes or more of physical activity
- Limiting screen to 1 hour or less
- Limiting sweets to 1 serving or less

Record your points on the worksheet posted at www.kdheks.gov/hcf/healthquest/challenges.html by Dec. 18, 2011. Complete the challenge to earn 5 credits for the HealthQuest Rewards Program.

Activity	Monday 14-Nov	Tuesday 15-Nov	Wednesday 16-Nov	Thursday 17-Nov	Friday 18-Nov	Saturday 19-Nov	Weekly Total
Healthy Breakfast							
Physical Activity							
Limit Screen							
Limit Sweets							
Total Points							

Activity	Sunday 20-Nov	Monday 21-Nov	Tuesday 22-Nov	Wednesday 23-Nov	Thursday 24-Nov	Friday 25-Nov	Saturday 26-Nov	Weekly Total
Healthy Breakfast								
Physical Activity								
Limit Screen								
Limit Sweets								
Total Points								

Activity	Sunday 27-Nov	Monday 28-Nov	Tuesday 29-Nov	Wednesday 30-Nov	Thursday 1-Dec	Friday 2-Dec	Saturday 3-Dec	Weekly Total
Healthy Breakfast								
Physical Activity								
Limit Screen								
Limit Sweets								
Total Points								

Activity	Sunday 4-Dec	Monday 5-Dec	Tuesday 6-Dec	Wednesday 7-Dec	Thursday 8-Dec	Friday 9-Dec	Saturday 10-Dec	Weekly Total
Healthy Breakfast								
Physical Activity								
Limit Screen								
Limit Sweets								
Total Points								

Activity	Sunday 11-Dec	Monday 12-Dec	Tuesday 13-Dec	Wednesday 14-Dec	Thursday 15-Dec	Friday 16-Dec	Saturday 17-Dec	Weekly Total
Healthy Breakfast								
Physical Activity								
Limit Screen								
Limit Sweets								
Total Points								

Total Points

www.KansasHealthQuest.com

Rewards Program

- Employees need 20 credits by July 31 to receive premium discount for 2013

Activities to Earn Credits for the 2013 Premium Discount Earning Period 10/1/11 - 7/31/12	Credit Value	Credit Max
Health Screening & Health Assessment - REQUIRED (in-person/online)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Non-Tobacco User (enrollment election)	10	10
Condition Management - Enrollment + 1 call (telephonic)	10	10
Preventive Exams - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported)	5	15
Healthy Living Programs (online)	5	15
Health Coaching - 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (online)	5	15
Online Monthly Seminars (online)	2	6
HealthQuest Approved Activities (in-person, online, telephonic/self-reported)	2	6
Total Credits Possible = 97		

<http://www.kdheks.gov/hcf/healthquest/rewards.html>

How to Complete the Required Screening & Assessment for 10 credits

- Obtain your biometric numbers first through a screening:
 - Attend one free onsite health screening
 - Schedule a preventive screening visit with your physician
 - Order an at-home screening kit
- Then do your online health assessment by July 31 to earn the 10 credits (required for premium discount)
- Details on HQ Website:
www.kdheks.gov/hcf/healthquest/rewards.html
- Make Appt/Take Assessment on Wellness Portal:
www.KansasHealthQuest.com

How Tobacco Credits are Loaded

- **Non Tobacco Users** - file from open enrollment will be loaded to portal in late November to populate 10 credits
- **Tobacco Users** - need to complete the five required discussions with a quit coach by July 31 in order to earn their 10 credits
 - A file of recent completers will be loaded to the portal on a monthly basis
 - Cessation program requirements:
www.kdheks.gov/hcf/healthquest/rewards.html

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Social Media Update

- Like us on Facebook – 264 fans
<http://www.facebook.com/KansasHealthQuest>
- Follow us on Twitter – 19 followers
<http://twitter.com/kshealthquest>
- Visit us on YouTube – 26 videos/3,040 views
<http://www.youtube.com/user/kansashealthquest>

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Wellness Tip: At Desk Exercises

- Chair Squat
- Invisible Jump Rope
- Hover Chair Dips
- Jog In Place (or seated foot tapping)
- Chair Leg Raise
- Desk Pushup (only if desk is sturdy!)

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue