

# HealthQuest Wellness Champion Network Meeting

Thursday, November 8th 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

- Updated Program Metrics
- Biometric Screenings
- Tips to maintain body weight during holiday season
- Holiday Certificate
- Maintain Don't Gain challenge
- Full Body Blast workout videos

## Rewards Program Metrics

- **917** active employees have completed the requirements for the 2014 discount (2%)
  - Goal is 85% by 7/31/13
  - 90 (1%) on October 11th
- **3,213** active employees have completed the health assessment questionnaire (7%)
  - 1,837 (4%) on October 11th
- **36,357** active employees registered on the portal (85%)
  - 35,965 (84%) on October 11th

## Onsite Biometric Screening Events

- 250+ events offered Sept 2012 – June 2013
- Statewide schedule available at <http://www.kdheks.gov/hcf/healthquest/screening.html>
- Make an appointment!
  - [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)
  - 1-888-275-1205, option 5
- Poster for promoting screening events <http://www.kdheks.gov/hcf/healthquest/documents.htm>

## Screening Event Poster

### FREE BIOMETRIC SCREENINGS



Free screenings sponsored by HealthQuest are offered to eligible health plan members. Blood lipids and glucose testing is conducted using a simple finger stick. Results you will receive include:

- Total Cholesterol, HDL, LDL & Total Cholesterol to HDL Ratio
- Triglycerides & Glucose
- Blood Pressure
- Height, Weight & Body Mass Index (BMI)
- Waist Circumference

More info at [www.kdheks.gov/hcf/healthquest/screening.html](http://www.kdheks.gov/hcf/healthquest/screening.html)

### Two Ways to Schedule an Appointment

1. [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)
2. 1-888-275-1205 (option 5)  
TTY 1-888-277-1543

Appointments are required to attend. Members of the State Employee Health Plan (18 & older) may participate in one event from August 2012 to July 2013.

For the most accurate results, plan to fast a minimum of 9 hours prior to your appointment (please drink water to stay hydrated).

DATE:

TIME OR DATE:

LOCATION:

### Earn 10 Credits!

Use your screening results to complete an online health assessment questionnaire by July 31, 2013, and earn 10 credits for the HealthQuest Rewards Program!

## 3 Options for Biometrics

- Onsite screening events
- Physician's results
  - Appointment should occur 8/1/12 – 7/31/13
  - Get Biometric Values Form from website
- At-home screening kit
  - Must be ordered from your online account
  - Order before July!

Details at <http://www.kdheks.gov/hcf/healthquest/screening.html>

## Weigh Yourself Daily!

- In a study at the University of Minnesota, 3,000 participants in a two-year weight loss trial who weighed themselves at least weekly had a lower body mass index (BMI) and greater weight loss compared to those who weighed themselves less frequently. Daily Weight measurements had the greatest weight-loss results.
- <http://www.ncbi.nlm.nih.gov/pubmed/16336072?dopt=AbstractPlus>

## Eat Breakfast!

- Skipping breakfast and eating an unhealthy breakfast have been shown to have a correlation with increased BMI.
- <http://www.ncbi.nlm.nih.gov/pubmed/12897044>

## Eat Breakfast!

- On-the-go breakfast ideas:
  - Instant oatmeal with fruit, walnuts or raisins
  - Low-fat yogurt with fruit or berries and whole-grain cereal
  - Whole-wheat pita with peanut butter
  - Whole-grain bagel with almond butter
  - Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana
  - Top a toaster waffle with low-fat yogurt and fruit
  - Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat cheese
  - Spread a flour tortilla with peanut butter. Add a whole banana and roll it up
- [www.eatright.org](http://www.eatright.org)

## Sign Up!

- Many individuals find they are more motivated to stick with their fitness program if they have an event they are training for
- “Couch to 5k” created to help individuals get ready for a 5k run. Find this program and other helpful tips here  
[http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml)
- Below are some websites you can use to find fitness events in Kansas:

<http://www.sunflowerstriders.org/>

<http://www.runningintheusa.com/race/List.aspx?State=KS>

<http://www.trifind.com/ks.html>

<http://www.roadracerunner.com/Races/RunningCalendar.aspx?state=ks>

## MDG Certificate



**Maintain Don't Gain!**  
*Official Holiday Goals Certificate*

Avoid holiday weight gain by setting goals and being accountable

Name: \_\_\_\_\_

I hereby announce my following goals to be healthy this holiday season.

From November 2, 2012 until January 3, 2013 I will:

<ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> </ol>	<p><b>Examples of Goals:</b></p> <ul style="list-style-type: none"> <li>• Walk 3 times per week for 30 minutes</li> <li>• Complete stress relief healthy living program on portal: <a href="http://www.KansasHealthQuest.com">www.KansasHealthQuest.com</a></li> <li>• Only eat unhealthy foods 1 time per week</li> <li>• Get 7 hours of sleep each night</li> </ul>
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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Paul's MDG Certificate



**Maintain Don't Gain!**  
*Official Holiday Goals Certificate*

Avoid holiday weight gain by setting goals and being accountable

Name: PAUL SANDBURG

I hereby announce my following goals to be healthy this holiday season.

From November 2, 2012 until January 3, 2013 I will:

<ol style="list-style-type: none"> <li>1. <u>ONLY EAT UNHEALTHY FOODS 1X PER WEEK</u></li> <li>2. <u>WEIGH MYSELF EACH MORNING AND LOG IT</u></li> <li>3. <u>STRENGTH AND CARDIO WORKOUTS 5X WEEK</u></li> <li>4. <u>LIMIT ALCOHOL INTAKE</u></li> <li>5. <u>ENJOY TIME WITH FAMILY AND FRIENDS!</u></li> </ol>	<p><b>Examples of Goals:</b></p> <ul style="list-style-type: none"> <li>• Walk 3 times per week for 30 minutes</li> <li>• Complete stress relief healthy living program on portal: <a href="http://www.KansasHealthQuest.com">www.KansasHealthQuest.com</a></li> <li>• Only eat unhealthy foods 1 time per week</li> <li>• Get 7 hours of sleep each night</li> </ul>
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Signature: *Paul Sandburg* Date: 11/1/2012

## Maintain Don't Gain Challenge

- **November 7 - December 19, 2012**
- Worth 5 credits for Rewards Program!
- To complete the challenge you will need to earn 100 daily activity points by December 19 (must record online by December 26)
- Participants will earn 1 point per activity per day by completing the following activities:
  - Weighing yourself
  - Eating a healthy breakfast
  - Exercising 30 minutes or more
  - Limiting sweets to 1 serving or less
  - Limiting alcoholic beverages to 1 or less

## Homepage - [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

The screenshot shows the Kansas HealthQuest homepage for a user named Test189983. The page features a navigation bar with links for Home, Account, Feedback, and Logout. A search bar is located in the top right corner. The main content area is divided into several sections:

- You've Earned:** A purple box displays "0 Credits". Below it, text indicates that completing a Health Assessment Questionnaire earns 20 credits for \$480. A link "How do I earn credits?" is provided.
- Rewards Program:** A dropdown menu is open, showing "Program Overview" and "Track Credits".
- Welcome Message:** A yellow banner with an apple icon says "Welcome, Test189983! Ready to live healthier? Let's make it happen!".
- Recommendations:** A section titled "Health Advisor" features a blue box with a book icon. It promotes "Get Personal Support From a Health Advisor!" and offers 5 credits. The text explains that after completing a Health Assessment Questionnaire, users can call a toll-free number to be connected to a Health Advisor for personal risk factor analysis.

# Homepage - Click Challenges

- > Health Advisor
- > Tobacco Declaration
- > Tobacco Cessation
- > Self-Report Forms
- > Nurse 24
- > Condition Mgmt
- > Health Coaching
- > Challenges
  - Challenge Info
  - Current Challenge
- > Team Challenges
- > Healthy Living Programs
- > Seminars
- > Conversations



### Maintain Don't Gain

5 Credits

Join the Maintain Don't Gain Challenge (Nov 7 - Dec 19)

Complete this weight management challenge and you will earn 5 credits for the Rewards Program! To complete the challenge you will need to earn a total of 100 activity points by December 19, 2012.

Last Date to Enter Points: 12/26/12  
Max. activity points per day: 5  
Credit Value: 5

[Learn more](#) Get Started

Top Priorities



### Take your Health Assessment Questionnaire with Biometrics

10 Credits

Using results obtained from a biometric screening, doctor visit, or at-home screening kit, complete an online health assessment questionnaire to receive...

# Challenges Page

[Home](#)

Challenges

- Challenge Info
- Current Challenge



### Current Challenges



### Maintain Don't Gain

5 Credits

Join the Maintain Don't Gain Challenge (Nov 7 - Dec 19)

Complete this weight management challenge and you will earn 5 credits for the Rewards Program! To complete the challenge you will need to earn a total of 100 activity points by December 19, 2012.

Last Date to Enter Points: 12/26/12  
Max. activity points per day: 5  
Credit Value: 5

[Learn more](#) Get Started

## Challenges Page - Learn More

Last Date to Enter Points: 12/26/12  
 Max. activity points per day: 5  
 Credit Value: 5

[Learn more](#)

[Get Started](#)

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:

- Weighing yourself
- Eating a healthy breakfast
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic beverages to 1 or less

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

## Maintain Don't Gain Page



### Maintain Don't Gain

Let's keep those holiday pounds off! You will receive 5 credits for the Rewards Program once you reach 100 activity points.

You've completed **31** points  
 Complete 100 pts for 5 Credits

Last Date to Enter Points: December 26, 2012

Week of Nov 11, 2012 - Nov 17, 2012		Previous week		Next week			
	Sun	Mon	Tu	Wed	Th	Fri	Sat
Weighed yourself	<input checked="" type="checkbox"/>						
Ate a healthy breakfast	<input checked="" type="checkbox"/>						
Exercised 30 minutes or more	<input checked="" type="checkbox"/>						
Limited sweets to 1 serving or less	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Limited alcoholic beverages to 1 or less	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Daily Points	3	5	5	5	5	5	3

Your entry has been saved.  
 You earned 31 points this week.

# Maintain Don't Gain Poster

[www.kdheks.gov/hcf/healthquest/challenges.html](http://www.kdheks.gov/hcf/healthquest/challenges.html)

## Maintain Don't Gain Challenge

November 7 – December 19, 2012

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!



Earn daily points by practicing healthy habits that support healthy living and weight management including:

- Weighing yourself
- Eating a healthy breakfast
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic beverages to 1 or less



### How to Track Daily Points

- Track your activity on the wellness portal at [www.KansasHealthQuest.com](http://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 26, 2012.
- Credits will be awarded on the portal automatically when you complete the challenge.

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

### Goal

- Accumulate 100 daily points by December 19, 2012
- By successfully completing the Challenge, you will earn 5 credits for the HealthQuest Rewards Program.



# Maintain Don't Gain Tracker

[www.kdheks.gov/hcf/healthquest/challenges.html](http://www.kdheks.gov/hcf/healthquest/challenges.html)

Healthy Habits Challenge, Nov. 7 – Dec. 19, 2012

Remember to record all of your daily points at [www.kansashealthquest.com](http://www.kansashealthquest.com) by December 26, 2012.

Complete the challenge and earn 5 credits.

Earn daily points for completing the following:

- Weighing yourself
- Eating a healthy breakfast
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic beverages to 1 or less



Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
Activity								
Weight management								
Eat Healthy Breakfast								
Exercise 30 minutes or more								
Limiting sweets to 1 serving or less								
Limiting alcohol to 1 or less								
<b>Total Points</b>	0-5	0-5	0-5	0-5	0-5	0-5	0-5	
<b>Challenge Total</b>								

## 3 New HealthQuest Fitness Videos!

HealthQuest YouTube URL: <http://www.youtube.com/user/kansashealthquest>

## Full Body Blast Workout

- Full Body Blast 1
  - Static Lunge to Hammer Curl to Shoulder Press
  - Squat to Pushup
  - One Leg Bent Over Row
    - 2-3 sets of 10
- Full Body Blast 2
  - Dumbbell Clean
  - Deadlift to Shrugs
  - Bird Dog
    - 2-3 sets of 10
- Full Body Blast 3
  - Squat with Dumbbell Overhead Lift
  - Balanced Knee Up to Triceps Extension
  - Plank Walk
    - 2-3 sets of 10

## Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue