

HealthQuest Wellness Champion Network Monthly Webinar Thursday, December 12 at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 399 756 1793#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



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Agenda

- Welcome new champions!
- Maintain Don't Gain Challenge Update
- *New* Incentive Dashboard Demo
- *New* Leadership Focus for 2014
- *New* Sneak Peak of Employee Assistance Program
- National Drunk and Drugged Driving Prevention Month
- Holiday Foods with a Healthy Flair

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

Maintain Don't Gain

Participation Update as of 12/9:

- 3,526 total participants
- 957 total earned challenge goal (27%)

Any creative ideas to share about how you've been promoting the challenge at your location?

New Incentive Dashboard on the Wellness Portal

Got Rewards?

Have You Completed the Required Health Assessment Questionnaire?

Earn a \$480 premium incentive discount for 2015! By the deadline of July 31, 2014:

- Complete a Health Assessment Questionnaire (worth 10 credits)
- Earn 20 additional credits (for a total of 30 credits)

New for this program year, you will receive one credit for biometric values that are in the clinically-defined healthy range.

Summary Print



www.KansasHealthQuest.com

2014 Leadership Focus: 10 Vital Behaviors of a Self-Leader

A leader is one who knows the way, goes the way, and shows the way.

—John Maxwell

The leadership component will be included in every WCN webinar in 2014!



Meetings will be scheduled for 45 minutes.



Earn 1 credit for each meeting you attend!

Jack Bastable will take us through the 10 vital behaviors of a self-leader with interactive discussion and resource sharing.

We will dedicate 10 minutes per meeting to the leadership focus.
Poll for meeting times

Credit will be awarded ~3 weeks after each meeting. The secret question will remain as the attendance metric to award credits.

New EAP Vendor Effective January 1



- Continuing Services
 - Personal Counseling – increase from 4 to 8 sessions!
 - Legal/Financial Consultations
 - Child Care/Elder Care Referrals
 - Budgeting/Debt Reduction Assistance

What's New



- Help with Work-Life Needs:
 - Pet care
 - Home repairs
 - Moving and relocation assistance
 - Schools and colleges
 - Event planning – wedding, vacation, party
 - Major purchases – car, house, appliance

Think Outside the Box! Delegate your “to-do” list.

What's New



- **Online EAP Portal:**
 - Access EAP services online anytime, anywhere
 - Expert info on thousands of subjects
 - Search for child care, elder care, financial planners, attorneys
 - Videos, podcasts, self-assessments, financial calculators
 - Live chat feature
 - Mobile version

National Drunk and Drugged Driving Prevention Month

<http://www.trafficsafetymarketing.gov/ThanksgivingHolidaySeason>

- **Campaigns:**
 - Buzzed Driving is Drunk Driving
 - Drive Sober or Get Pulled Over
- **Materials:**
 - Fact Sheet, Op Ed, Press Release
 - Logos
 - Posters
 - Social media ideas



MADD's Red Ribbon Campaign

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



- Request a free ribbon online
- Tie on vehicle as a reminder to always designate a non-drinking driver
- Magnet also available for donation

Holiday Foods with a Healthy Flair



Pita Bread Christmas Tree Appetizers with Guacamole and Red Peppers



Grinch Party Poppers with Green Grapes, Banana Slice, Strawberry and Mini Marshmallow



Christmas Tree Veggie Tray



Seasonal Kale Salad



Santa Claus Desserts with Marshmallow, Banana, Strawberry



No Bake Chocolate Date Balls – No Sugar Added



Holiday Appetizers with Grape Tomatoes, Basil and Mozzarella

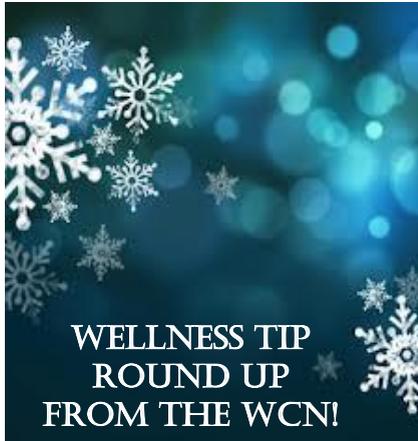


Mini-Wrap Sandwich Platter in Christmas Tree Display

- <http://www.cleanandscentsible.com/2013/11/healthy-christmas-food-ideas.html>
- <http://www.keeperofthekitchen.com/2013/05/16/healthy-chocolate-date-balls/>
- <http://www.skinnytaste.com/2009/09/mozzarella-basil-and-tomato-skewers.html>
- <http://spoonful.com/recipes/wrap-n-stack-sandwich-tree>
- <http://penandfork.com/recipes/christmas-kale-chopped-salad/>

WCN Wellness Tip Round-Up

Thank you!



Thanks to all who shared tips! The following wellness champions were featured in the Maintain Don't Gain Challenge Resource email on 11/27:

Ryan Hale, Colby Community College

Vanessa Newton, KU Career Center

Mary Spinks, Kansas Department of Health and Environment

Crystal Malchose, Pottawatomie County

Thank You for Attending Today!

- Next Meeting is Thursday, January 9
See you next year!
- Secret Question
- Open Questions / Comments