

HealthQuest Wellness Champion Network Meeting

Thursday, December 8th 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

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Agenda

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

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Champions & Agency Representation

- 81 Total Champions
- 58 Different Agencies Represented

5

Maintain Don't Gain Challenge

- Challenge runs 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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New Year, New You Challenge

- Challenge begins Jan 9 – 30
- Worth 5 credits for Rewards Program!
- To complete the challenge you will need to earn 20 points by Jan 30 (must record online by Feb. 6)
- Participants will earn 1 point per activity per day by completing the following activities:
 - Sleeping 7 hours or more
 - Completing 20 minutes or more of physical activity
 - Eating a whole grain food
 - Eating a fruit or vegetable

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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
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

- 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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9

Portal Registration



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Email

Password

Remember Me

[Forgot your password?](#)

[Sign in](#)

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[What does this mean?](#)

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Portal Registration



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

Your First Name

Your Last Name

Your Employee ID

[Don't know your Employee ID?](#)

Your Gender Male Female

Your Birthdate

[Validate](#)

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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Forgot Password



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

What does this mean?

[Register](#)

Why Register?

- Schedule a health screening
- Take a health assessment
- Join statewide health challenges
- 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:

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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 ?](#)

Kansas
Department of Health and Environment
Division of Health Care Finance
HealthQuest

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You've Earned

0
Credits

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

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](#) [Start Program](#)

5 Credits



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

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](#) [Start Program](#)

5 Credits



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

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Homepage - Click NYNY

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

Tobacco Cessation

Condition Mgmt

Health Coaching

Challenges
[Challenge Info](#)
[Current Challenge](#)
[New Year New You Challenge](#)

Recommendations

 **Take your Health Assessment with Biometrics** 10 Credits
Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health.
[Learn more](#) [Get Started](#)

 **Healthy Aging Program** 5 Credits
Want to take steps to live healthier and feel younger? This program can provide the tools you need to make smart choices that can reduce your disease risk. [Try it today!](#) Or [view all programs](#) available to you.
[Learn more](#) [Start Program](#)

 **Health Coaching** 5 Credits

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Challenges Page

Challenge Info

Current Challenge

New Year New You Challenge

Current Challenges

 **New Year, New You Challenge (January 9 - January 30, 2012)** 5 Credits
You are on your way to a New You! You will receive 5 credits once you reach 20 points.
Last Date to Enter Points: February 6, 2012
Tracking Box Categories:
Slept 7 hours or more
Ate a whole grain
Ate a fruit or vegetable
Exercised 20 minutes or more
[Learn more](#) [Continue](#)

Future Challenges

 **Heart Smart Challenge (February 1 - February 29, 2012)**
Participate in this challenge and build heart smart activities into your life. Earn 30 points by February 29, 2012, and receive 5 credits for completing the challenge.
Last Date to Enter Points: March 7, 2012
Maximum points per day: 4

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Challenges Page - Learn More

- Current Challenge
- New Year New You Challenge

Current Challenges



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

You are on your way to a New You! You will receive 5 credits once you reach 20 points.

Last Date to Enter Points: February 6, 2012

Tracking Box Categories:

- Slept 7 hours or more
- Ate a whole grain
- Ate a fruit or vegetable
- Exercised 20 minutes or more

[Learn more](#) Continue

Have you been waiting to make a big change and need a little motivation? This challenge is designed to help you stick with your goal to change your habits.

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

- Getting 7 hours of sleep
- Eating a whole grain
- Eating a fruit or vegetable
- Completing 20 minutes of physical activity

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

5

Credits

20

NYNY Page

- Current Challenge
- New Year New You Challenge

Current Challenges



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

You are on your way to a New You! You will receive 5 credits once you reach 20 points.

Last Date to Enter Points: February 6, 2012

Tracking Box Categories:

- Slept 7 hours or more
- Ate a whole grain
- Ate a fruit or vegetable
- Exercised 20 minutes or more

4

You've completed
20 pts for
5 Credits

Week of Jan 8, 2012 - Jan 14, 2012 Next week

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Slept 7 hours or more	<input type="checkbox"/>						
Ate a whole grain	<input type="checkbox"/>						
Ate a fruit or vegetable	<input type="checkbox"/>						
Exercised 20 minutes or more	<input type="checkbox"/>						
Daily Points	0	0	0	0	0	0	0

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NYNY Page - Click Boxes

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

You are on your way to a New You! You will receive 5 credits once you reach 20 pts for 5 Credits

Last Date to Enter Points: February 6, 2012

Tracking Box Categories:
 Slept 7 hours or more
 Ate a whole grain
 Ate a fruit or vegetable
 Exercised 20 minutes or more

You've completed **4** points. Complete 20 pts for 5 Credits

Week of Jan 8, 2012 - Jan 14, 2012	Sun	Mon	Tu	Wed	Th	Fri	Sat
Slept 7 hours or more		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ate a whole grain		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ate a fruit or vegetable		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Exercised 20 minutes or more		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Daily Points	0	0	0	0	0	0	0

NYNY Page - Continue

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

You are on your way to a New You! You will receive 5 credits once you reach 20 pts for 5 Credits

Last Date to Enter Points: February 6, 2012

Tracking Box Categories:
 Slept 7 hours or more
 Ate a whole grain
 Ate a fruit or vegetable
 Exercised 20 minutes or more

You've completed **17** points. Complete 20 pts for 5 Credits

Week of Jan 8, 2012 - Jan 14, 2012	Sun	Mon	Tu	Wed	Th	Fri	Sat
Slept 7 hours or more		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ate a whole grain		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ate a fruit or vegetable		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Exercised 20 minutes or more		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Daily Points	0	4	2	2	1	2	2

Your entry has been saved.
You earned 13 points this week.

[Learn more](#) [Continue](#)

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NYNY Page - Completion



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

You are on your way to a New You! You will receive 5 credits once you reach 33 points completed (5 Credits Earned (max))

Last Date to Enter Points: February 6, 2012
Tracking Box Categories:
Slept 7 hours or more
Ate a whole grain
Ate a fruit or vegetable
Exercised 20 minutes or more

	Week of Jan 15, 2012 - Jan 21, 2012							Previous week	Next week
	Sun	Mon	Tu	Wed	Th	Fri	Sat		
Slept 7 hours or more	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Ate a whole grain	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Ate a fruit or vegetable	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Exercised 20 minutes or more	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Daily Points	4	2	1	2	3	4	0		

Your entry has been saved. You earned 16 points this week.

[Learn more](#) [Continue](#)

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Homepage Credits Box

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You've Earned

5 Credits

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](#)

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

Recommendations



Healthier Diet Program

Know you want to improve your diet, but don't know where to start? This easy-to-follow plan shows you how simple substitutions can have a big impact. [Try it today!](#) Or [view all programs](#) available to you.

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

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Click Track Credits

Hello, Test130755. Home Account Feedback Logout Help ?

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Search

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

You've Earned

5 Credits

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

Recommendations

Healthier Diet Program

Know you want to improve your diet, but don't know where to start? This easy-to-follow plan shows you how simple substitutions can have a big impact. [Try it today!](#) Or [view all programs](#) available to you.

Learn more

5 Credits

Start Program

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Track Credits Page

Print A A

[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.

Learn more

What can I earn?

- 20 Credits
- ★ Premium Discount of \$ 480

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 **You** 20

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

- Health and Productivity Assessment

New Year, New You Poster

Coming soon...

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

NEW YEAR, NEW YOU CHALLENGE January 9 – 30, 2012

Have you been waiting to make a big change and need a little motivation? Start the new year fresh and feeling great by joining this fun challenge!

EARN 5 CREDITS!

- Earn 1 Point Per Activity Per Day By:
- Getting at least 7 hours of sleep
 - Eating a whole grain food
 - Eating a fruit or vegetable
 - Completing 20 minutes of physical activity



How the Challenge Works

- Receive 1 point for each healthy activity that you practice each day. Earn up to 4 points daily.
- Your goal is to accumulate 20 points by January 30, 2012.
- By successfully completing the challenge, you will earn 5 credits for the HealthQuest Rewards Program!



How to Track Points

- Track your activity on the wellness 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 **February 6, 2012**.
- Credits will be awarded on the portal automatically when you complete the challenge.



www.KansasHealthQuest.com

New Year, New You Paper Tracker

Coming soon...

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

New Year New You Challenge, January 9 - 30, 2012
Goal - 20 points

Enter one point per day per activity completed.

Earn daily points for:

Record your points on the wellness portal at www.kdheks.gov/hcf/healthquest by Feb. 6, 2012.

- Getting 7 hours of sleep
- Eating a whole grain
- Eating a fruit or vegetable
- Completing 20 minutes or more of physical activity

Complete the challenge to earn 5 credits for the HealthQuest Rewards Program.

Activity	Monday 9 Jan	Tuesday 10 Jan	Wednesday 11 Jan	Thursday 12 Jan	Friday 13 Jan	Saturday 14 Jan	Weekly Total	
7 hours of sleep								
Ate Whole Grain								
Ate Fruit/Veggie								
Physical Activity								
Total Points								
Activity	Sunday 15 Jan	Monday 16 Jan	Tuesday 17 Jan	Wednesday 18 Jan	Thursday 19 Jan	Friday 20 Jan	Saturday 21 Jan	Weekly Total
7 hours of sleep								
Ate Whole Grain								
Ate Fruit/Veggie								
Physical Activity								
Total Points								
Activity	Sunday 22 Jan	Monday 23 Jan	Tuesday 24 Jan	Wednesday 25 Jan	Thursday 26 Jan	Friday 27 Jan	Saturday 28 Jan	Weekly Total
7 hours of sleep								
Ate Whole Grain								
Ate Fruit/Veggie								
Physical Activity								
Total Points								
Activity	Sunday 29 Jan	Monday 30 Jan	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
7 hours of sleep								
Ate Whole Grain								
Ate Fruit/Veggie								
Physical Activity								
Total Points								
							Total Points	

www.KansasHealthQuest.com

Rewards Program

- Employees need to complete health assessment and earn 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>

Rewards Program - New Hires

- Automatically begin receiving the discount but must complete certain requirements outlined on website to maintain discount

Hire Date	Earning Period for 2013 Discount 10/1/11 – 7/31/12	Earning Period for 2014 Discount 8/1/12 – 7/31/13
Hired before 3/1/12	Must earn 20 credits for 2013 discount	Must earn 30 credits for 2014 discount
Hired between 3/1/12 & 7/31/12	Must complete Health Screening & Health Assessment (within 90 days of hire) to earn 10 credits and receive discount for 2012 and 2013	Must earn 30 credits for 2014 discount
Hired between 8/1/12 & 12/31/12	Automatically receive discount for remainder of 2012 and 2013 – but need to start earning credit for 2014	Must earn 30 credits for 2014 discount

Download and print a PDF with the New Hire Requirements

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

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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

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Onsite Health Screening Events

- Appointments are required to attend
- Members of the State Employee Health Plan (18 and older) may participate in one event from October 2011 – July 2012
- Fast for a minimum of 9 hours prior to your appointment for best results (please drink water)
- Results are automatically loaded into your online health assessment within 5 business days for:
 - Total Cholesterol, HDL, LDL & Total Cholesterol to HDL Ratio
 - Triglycerides & Glucose
 - Blood Pressure
 - Height, Weight and Body Mass Index (BMI)
 - Waist Circumference

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

Poster for Promoting Onsite Health Screening Events



Earn 10 Credits!*

Know your numbers... know your risk

FREE HEALTH SCREENING

Two Ways To Schedule An Appointment
 1. www.KansasHealthQuest.com
 2. 1-888-275-1205 (option 5)
 or TTY 1-888-277-1543

Free screenings are offered to employees and eligible retirees/spouses/dependents. Blood lipids and glucose testing is conducted using a simple fingertick.

Results you will receive include:

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

DATE: _____ TIME: _____

LOCATION: _____

Appointments are required to attend. Members of the State Employee Health Plan (SE and other) may participate in one event from October 2011 - July 2012.

For the most accurate results, plan to fast for a minimum of 8 hours prior to your appointment (please drink water).

*Use your results to complete an online health assessment by July 31 & earn 10 credits for the HealthQuest Rewards Program!

More info at www.kdheks.gov/hcf/healthquest/screening.html



http://www.kdheks.gov/hcf/healthquest/download/Screening_Event_Poster.pdf

Tobacco Credits

- **Non Tobacco Users** - file from open enrollment was loaded to portal November 28
 - About 18,000 with accounts established had credits loaded
 - About 20,000 have not registered accounts yet – we will reload files on a monthly basis to populate newly created accounts
- **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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November 30th Prize Drawing

- Random drawing of everyone who had created an account on the portal
- 53 winners were selected and notified by email
 - 1 winner of \$100 gift card
 - 2 winners of \$50 gift cards
 - 50 winners of \$25 gift cards
- Future drawings
 - March 31 – everyone with at least 20 credits
 - July 31 - everyone with at least 20 credits; more than 20 credits = multiple entries!

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

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Social Media Update

- Like us on Facebook – 315 fans
<http://www.facebook.com/KansasHealthQuest>
- Follow us on Twitter – 22 followers
<http://twitter.com/kshealthquest>
- Visit us on YouTube – 26 videos/3,170 views
<http://www.youtube.com/user/kansashealthquest>

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Wellness Tip: Strength Training Tips

- **Why?**
 - Increase muscular strength
 - Increase bone density
 - Increase functionality
 - Reduce body fat (Increase metabolism by up to 25%)
- **Goals**
- **Consistency**
- **Intensity**
- **Variation**
- **At home**

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue