

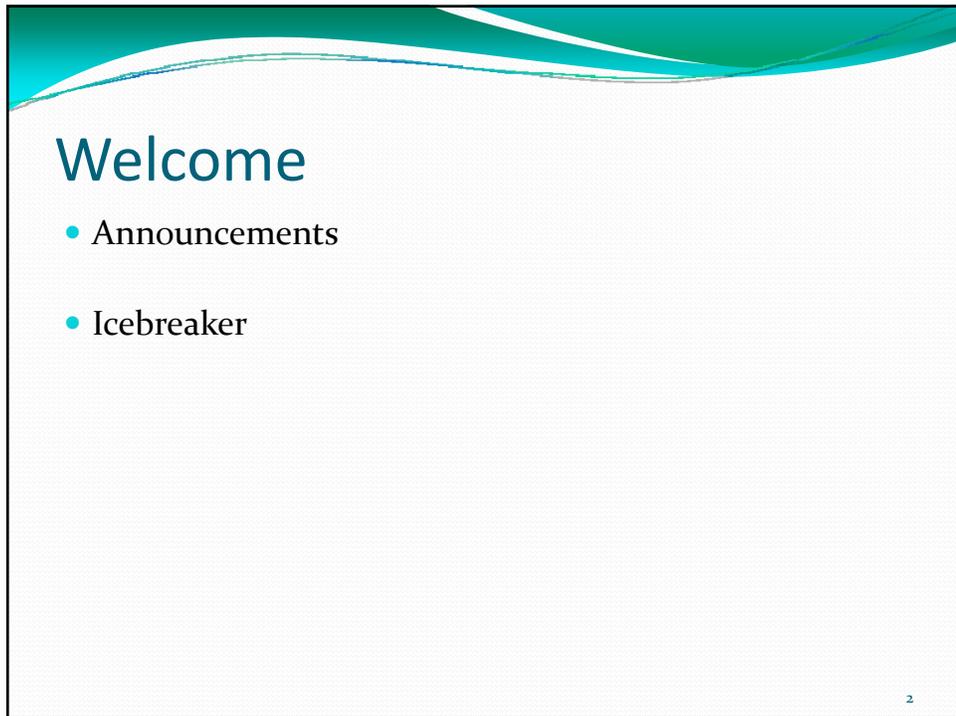
**HealthQuest Wellness
Champion Network Meeting**
Thursday, February 10th at 9am

Toll-free call in number: 1-855-692-5373
Call Pass Code: 90108#
Please sign in with full name of all attendees
Please press *2 to mute/unmute your line



KHPA
KANSAS HEALTH POLICY AUTHORITY
HealthQuest

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Welcome

- Announcements
- Icebreaker

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Agenda

- Welcome & Icebreaker - Cheryl
- Update on Champions/Agencies - Paul
- Champion Spotlight - Paul
 - Fort Scott SRS
- HealthQuest Spotlight
 - Health Screening/Health Assessment/Gift Card - Julie
 - Nurse Line - Cheryl
- Wellness Tip - Paul
- Questions, Comments & Open Dialogue - Cheryl

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Champions and Agency Representation

- 87 Total Champions
- 59 Different Agencies Represented

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February Champion Spotlight

- **Team Fort Scott SRS**
 - **Alison V. Grabs, Sara Hassan, Michele Lyon, Jody Brillhart, Sherry Hill, Vicki Brown, Sondra Chapman**
 - Working as a team to each complete the Easy Start Healthy Living Program
 - Tobacco cessation support group

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February Champion Spotlight

- **Email sent out by team:**

The Wellness committee will resume walking at breaks – morning and afternoon 10-15 minutes with three (3) goals in mind:

- 1) NOT to SMOKE
- 2) Bundle up and de-stress
- 3) Shorter route for the colder months – EXERCISE

Please register as wellness champions on Healthquest site. <http://www.khpa.ks.gov/healthquest/wcn.html>

We would like to get as many as people involved in a six week healthquest program at <https://www.kansashealthquest.com> and choose the EASY START PROGRAM..

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Homepage – Click Health Resources

The screenshot shows the KHPA HealthQuest homepage. At the top, there is a navigation bar with links for 'Healthy Lifestyle', 'Diseases & Conditions', 'Personal & Family Health', and 'Tools & Media'. Below this, a yellow banner displays a welcome message: 'Welcome, Test1298! Ready to live healthier? Let's make it happen!'. The main content area is divided into two columns. The left column features a 'You've Earned' section showing '23 Credits' and a list of program information items. A blue arrow points to the 'Health Resources' link in the left sidebar. The right column contains 'Recommendations' for 'How much should you eat?' and 'What You Can Do to Prevent Hypertension', each with a 'Try This Tool!' or 'Go to Seminar' button. A small number '7' is visible in the bottom right corner of the screenshot.

Homepage – Then Click Healthy Living Programs

This screenshot is similar to the one above, showing the KHPA HealthQuest homepage. The layout is consistent, but the 'Health Resources' link in the left sidebar is expanded to show a sub-menu. A blue arrow points to the 'Healthy Living Programs' link within this sub-menu. The 'Recommendations' section on the right now includes a third item, 'Time to Get Moving', in addition to the previous two. A small number '8' is visible in the bottom right corner of the screenshot.

Healthy Living Programs – Landing Page

Hello, Test1298. Home Account Feedback Logout Help

KHPA
KANSAS HEALTH PARTNERSHIP
HealthQuest

Search

Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | Tools & Media

Print A A

Home

Stress Relief Program
Your To-Do List
Program Status
Program History
About This Program
Change This Program
Other Resources

Welcome, Test1298! Choose a program to start or continue! You may only participate in one at a time. Be sure to finish all six weeks!

Healthy Living Programs

Weight Loss Program 5 Credits
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!](#)
Learn more Start Program

Healthier Diet Program 5 Credits
Know you want to improve your diet, but don't know where to start? This easy-to-follow plan shows you how simple

Choose A Program

Stress Relief Program 5 Credits
Think stress is unavoidable? It's not! This program can give you the tools, support and advice you need to avoid and manage daily stress. [Try it today!](#)
Learn more Start Program

Healthy Kids 5 Credits
Ready to take steps to better health for your family? This program provides you with tools and resources to encourage the whole family to improve diet and lifestyle choices. [Try it today!](#)
Learn more Start Program

Easy Start Program 5 Credits
Don't know where to begin? Sometimes the hardest part of getting healthier is getting started. This program gives you simple guidelines to help you change your diet and get more active. [Try it today!](#)
Learn more Start Program

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!](#)

February HealthQuest Spotlight

- **Onsite Health Screenings – Impact Health**
 - 113 events in 44 cities statewide
 - February 3 – August 31, 2011
- **Online Health Assessment - Alere**
 - Use screening results to complete
 - February 1 – September 30, 2011
- **\$50 Gift Card – Hallmark**
 - Awarded for completing assessment
 - Opt in by September 30, 2011

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Who Is Eligible?

- Benefits eligible State and Non State Group employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan

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Onsite Health Screenings

- Finger Stick Test
 - Total Cholesterol, HDL, LDL & Total Cholesterol to HDL Ratio
 - Triglycerides & Glucose
- Blood Pressure
- Height, Weight, BMI
- Waist Circumference
- Counseling



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Onsite Health Screenings

- Fasting is required for full test results
 - No food or drink for minimum of 8 hours prior to appt
 - Water is recommended (up to two 8 oz glasses)
 - Tea and black coffee okay (no cream or sugar)
 - Take medications as prescribed
 - Okay to brush your teeth
- If you forget to fast, you can still attend

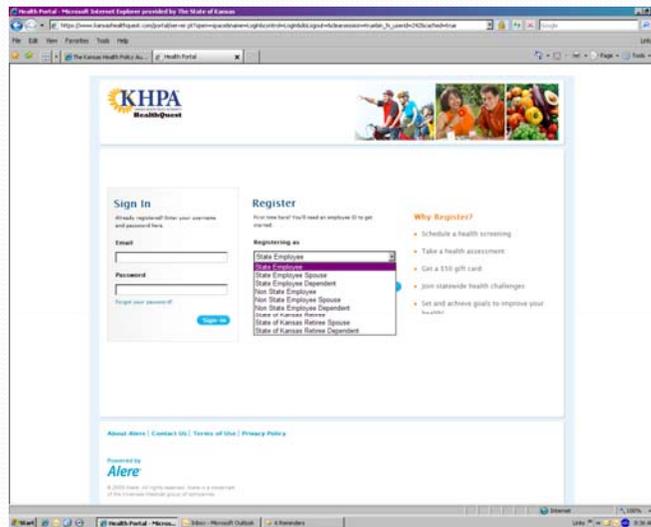
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Onsite Health Screenings

- An appointment is required to attend!
- Call toll-free 1-888-275-1205 (option 5)
- Go online to the member portal www.KansasHealthQuest.com
 - Sign in/create an account
 - Click on “Onsite Screenings” from the left menu
- The appointment system closes at midnight 5 business days prior to an appointment (events from 2/1 - 2/18 have a deadline of midnight prior to the event)

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Portal Screenshot



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Online Health Assessment

- Complete your assessment on the member portal www.KansasHealthQuest.com
 - Sign in/create an account
 - Click on “Health Assessment” from the left menu
- Screening results are automatically loaded into your assessment within 5 business days
- Or you can use results from your doctor

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Online Health Assessment

- Allow 20 minutes to complete
- Get a wellness score and a personalized plan to better manage your health
- September 30 is the deadline to earn a gift card
- For technical assistance, call toll-free 1-888-275-1205 (option 9)

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\$50 Gift Card

- Optional
 - Opt in or opt out at conclusion of assessment
- Taxable by the IRS
- Choose from 350 different merchants
 - Ship same day if ordered before 2 pm
 - To inquire about an order call toll-free 1-888-275-1205 (option 6)

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Promotions

- Email promotions sent to all screening sites and HR offices statewide to share with employees
- Posters are available to promote events
- Household mailing to all member of the health plan
- HealthQuest website - www.khpa.ks.gov/healthquest

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Nurse24

- Free nurse line available 24/7
- For any health related question
 - Health counseling
 - Education
 - Symptom identification
- Call toll-free 1-888-275-1205 (option 2)
- Confidential
- Download brochure
www.khpa.ks.gov/healthquest/nurseline.html



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Wellness Tip

- The F.I.T.T. Principle and Squatters Rights
 - **F.I.T.T. (Frequency, Intensity, Time, and Type)**
 - **Frequency** = Number of sessions per week
 - **Intensity** = How hard are you working?
 - Talk test, heart rate, failure, stretch but no pain
 - **Time** = Duration of exercise
 - 30 min cardio, 15 reps, hold stretch for 20 sec
 - **Type** = What the activity is
 - Cardio, resistance, stretching

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"This exercise is great for your arms, shoulders, chest and back. Do four sets of 15 repetitions, then move on to the yarn ball for your aerobics."

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue - What ideas do you have for promoting these programs at your worksite?
 - Health Screenings
 - Health Assessments
 - Nurse Line