

HealthQuest Wellness Champion Network Meeting

Thursday, February 9th 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



Agenda

- Announcements – Paul
- Program Updates – Paul
- Health Promotion Spotlight – KNI team
- Stair Climbers Program – Paul
- Runtastic Fitness App – Paul
- Questions, Comments & Open Dialogue

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Announcements

- **Save the Date!**
 - Wellness Champion Network Summit
 - Friday, May 18th
 - 9:00am – 12:00pm
 - Topeka and Shawnee County Public Library

- **Check Your Credits Email**
 - Hit 25,112 inboxes of employees with portal accounts this morning
 - Same info was included in the February HealthQuest Announcement Email sent to HR offices on Monday to share with all employees
 - **5,100 employees have already completed the requirements for the 2013 discount!**

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Program Updates

- **New Year, New You Challenge (Jan)**
 - 3355 Began, 2320 Completed (69%)

- **Heart Smart Challenge (Feb)**
 - 1100 are currently tracking on portal

- **Virtual Race Across Kansas Coming in April!**

Health Promotion Spotlight

- February Spotlight is the KNI Team!
 - [Kathy Fox](#), [Connie Eisenbarth](#), [Sara Mock](#)
- Campus power point trainings on the HealthQuest Rewards program and “Potty Training”

Kansas Neurological Institute

- Large state residential care facility for individuals with mental retardation.
- Care for 150 people in 22 homes
- 480 employees
- Of those employees, 2/3 do not have their own computer or KNI issued email address
- Need to help them transition to the portal

Campus Trainings

- Met with our HR person and the Program Director who liked the idea
- Met with the 1st line supervisors and told them we would be available to come to their team meetings to explain changes and show the process of getting onto the portal
- Have presented to 18 teams out of 22

Campus Trainings

- Will also meet with 3 departments
- Will schedule 2-3 general sessions for anyone else we've missed
- In addition we're scheduling time at our computer lab where we can actually assist people



Potty Training

HealthQuest Rewards Program November 2011

Want to earn a \$480 discount on your health insurance in 2013? Now is the time to get started!



Get started now. Earn 10 points by completing the December 7 Health Screening. See below.

From now to July 31, 2012 earn credits by participating in wellness activities logged through HealthQuest. By earning at least 20 credits before July 31, 2012, participants will earn the discount.

What kind of wellness activities?

- Required Health Screening and Health Assessment
- Non-Tobacco User
- Tobacco Cessation Program Completion
- Preventive Exams—Well Woman/Well Man
- Preventive Exams—2 Dental/yr, 1 Vision/yr
- Condition Management — Enrollment and 1 phone call
- Healthy Living Programs (online)
- Health Coaching (8 interactions)
- Wellness Challenges
- Online Monthly Seminars
- HealthQuest Approved Activities

Total Credits Possible

credits

Required Health Screening and Health Assessment	10
Non-Tobacco User	10
Tobacco Cessation Program Completion	10
Preventive Exams—Well Woman/Well Man	5
Preventive Exams—2 Dental/yr, 1 Vision/yr	5
Condition Management — Enrollment and 1 phone call	10
Healthy Living Programs (online)	5
Health Coaching (8 interactions)	5
Wellness Challenges	5
Online Monthly Seminars	2
HealthQuest Approved Activities	2
Total Credits Possible	97

Special points of interest:

- CREDITS ARE TRACKED ON THE WELLNESS PORTAL AT [HTTP://WWW.KANSASHEALTHQUEST.COM](http://WWW.KANSASHEALTHQUEST.COM)
- GIFT CARD DRAWINGS
 - NOV. 30 IF REGISTERED ON THE PORTAL
 - MARCH 31, 2012 IF EARNED AT LEAST 20 CREDITS
 - JULY 31, 2012 IF EARNED AT LEAST 20 CREDITS

What would you do with \$480 extra dollars?

- Have pizza night each week



Get started now. Earn 10 points by completing the December 7 Health Screening. See below.

Health Assessment

- Non-Tobacco User
- Tobacco Cessation Program Completion
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Health Screening at KNI, December 7, 2011

How convenient is that to have the Health Screening right here on campus? To make an appointment, go to www.kansashealthquest.com Log in, then select "Health Screenings" in the left column.

Maintain, Don't Gain

Want to avoid those extra pounds that seem to pop up over the holidays? Join the "Maintain, Don't Gain" initiative from November 14—December 12.. Earn points each day you do any of these activities:

- Exercise 20 minutes or more
- Drink 1 or fewer alcoholic drinks
- Eat 1 or less sweet treats
- Eat a healthy breakfast

Log all your points into the web portal by December 19 and when you've earned 30 points, you'll be given 5 credits toward the health insurance premium discount.

What would you do with \$480 extra dollars?

- Have pizza night each week
- Take a weekend getaway
- Donate to charity
- Join a gym
- Pay off a couple bills
- Take the family to Worlds of Fun/ Oceans of Fun

KNI Potty Training

JANUARY 2012

New Year, New You Challenge January 9–30

Start the new year fresh and feeling great by joining this fun challenge.

Earn 1 Point Per Activity Per Day By:

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

Turn Those Daily Points to Credits By:

- Tracking your progress on the wellness portal at KansasHealthQuest.com or
- by using the paper form, then later entering data online.

Accumulating 20 points by Jan 30, logging them by February 6, will earn 5 credits for the Rewards Program.



The Next KNI Blood Drive—Wednesday, January 11

Contact Julie McNickle (6-5462) to set up an appointment time. Earn 2 credits for the HealthQuest Rewards Program each time you donate (up to 6 credits/year).

The need is constant. The gratification is instant. Give Blood.

Sodium Reduction Quiz

1. Potential benefits of reducing sodium/salt in your diet are
- Decrease in BP

Free Health Screening at KNI January 20

Height, weight, BP and a little finger stick will tell you

- sleep
- Eating a whole grain food
- Eating a fruit or vegetable
- Completing 20 minutes of physical activity

- by using the paper form, then later entering data online.
- Accumulating 20 points by Jan 30, logging them by February 6, will earn 5 credits for the Rewards Program.



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Sodium Reduction Quiz

1. Potential benefits of reducing sodium/salt in your diet are
- Decrease in BP
 - Decrease risk of heart attack
 - Decrease risk of stroke
 - All of the above
2. Draining liquid from canned vegetables or beans can reduce the sodium content by
- 15%
 - 25%
 - 30%
 - 40%
3. One 6" Subway Spicy Italian sandwich has
- more sodium than a McDonald's Big Mac
 - less sodium than a McDonald's Big Mac

Free Health Screening at KNI January 20

Height, weight, BP and a little finger stick will tell you

- Total cholesterol, HDL, LDL and ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Body mass index (BMI)
- Waist circumference

Appointments available 7 am through 11:45 am, Wheatland A & B

Go to KansasHealthQuest.com to register or call 1-888-275-1205 (select option 9)

Answers to Quiz: 1. d 2. d 3. a

Stair Climbers

- Promoting routine stair use works!
 - Recent study published in American Journal of Preventive Medicine
<http://www.ajpmonline.org/>

Stair Climbers Poster

Burn Calories, Not Electricity!

Join the "Stair Climbers" by taking the stairs instead of the elevator. Burn calories and build strength each time you take the stairs!

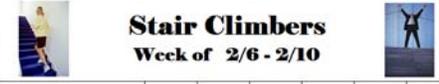


- Burn about 7 calories every minute you walk up stairs (based on 150 lb. person)
- Burn about 6-7 calories every minute you walk down stairs (based on 150 lb. person)



Stair Climbers Sample Forms

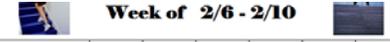
For Group Tracking



Stair Climbers
Week of 2/6 - 2/10

Name	Number of Floors Monday	Number of Floors Tuesday	Number of Floors Wednesday	Number of Floors Thursday	Number of Floors Friday	Total Number of Floors for Week

For Individual Tracking



Week of 2/6 - 2/10

Stair Climbing Session	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
1						0
2						0
3						0
4						0
5						0
6						0
7						0
8						0
9						0
10						0
11						0
Total Number of Floors For Day	0	0	0	0	0	0

Runtastic Fitness App



Runtastic

Maps & Statistics

Detailed graphics and statistics of your sportive activity

Share your activities on Facebook and Twitter

Comprehensive workout reporting on www.runtastic.com - your fitness portal

And many features more

Satellite View, Charts, Compass and many more...

Runtastic

facebook Search Paul Sandburg

Paul Sandburg started a **runtastic LIVE** activity.

Follow me LIVE and send me motivations
runtastic fitness portal
Additionally you can send me cheers by clicking the like button which I'll hear instantly.

Like · Comment · Saturday at 2:07pm via runtastic · 📎

Carol Wright Sandburg likes this.

Carol Wright Sandburg Yay...I caught you!!!
Saturday at 2:11pm · Like

Paul Sandburg Thanks Momma! It was cold today!
Saturday at 2:52pm · Like

Write a comment...

Paul Sandburg

just placed 1 in competition "3.47 mi in 27m 51s" with a runtastic run of 5.58 km in 27 minutes 2 seconds
www.runtastic.com
Recorded with runtastic PRO iPhone App
Pace: 04:50 min/km
Calories: 412 kcal
Elevation: † 84 m

Like · Comment · Download now · Saturday at 2:35pm via runtastic · 📎

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Runtastic



Paul Sandburg

just finished a runtastic strength training in 1h 00m
www.runtastic.com
 Recorded with runtastic PRO iPhone App
 Calories: 416 kCal

Like · Comment · Download now · 2 minutes ago via runtastic · 📧



The screenshot shows a Twitter profile for Paul Sandburg (@Sandburgini). The profile includes a header with a 'PHOTO' button, a 'Tweets' tab, and a list of recent tweets. The tweets mention Runtastic strength training, a bike trip, and a live tracking session.

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Fitness Tip: Back to Basics

- If you are not assessing, you are guessing
 - Monitor weight/composition, how your clothes fit, how you feel, log workouts
- Plan your program
 - What day, time, workout, etc.
- Set realistic goals
 - 1 belt notch, 1 dress size, crawl then walk then run
- Support network
 - Training partner, tell friends and co workers about your goals, fitness applications
- Treat yourself to some new gear
 - New CD, running shoes, lifting gloves
- Visualize post workout feeling

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue