

Earning Your Premium Incentive Discount Is As Easy As

1 Complete a Biometric Screening

2 Complete the Health Assessment Questionnaire

3 Earn 20 additional credits

* NEW Health Advisor Call is worth 5 credits



From August 1, 2012, through July 31, 2013, employees who complete a health assessment questionnaire (worth 10 credits) and earn an additional 20 credits for a total of 30 credits by July 31, 2013, will receive a health insurance premium incentive discount of \$480 in Plan Year 2014.

HealthQuest Rewards Program details:

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

HealthQuest is the wellness program for State employees and members of the State Employee Health Plan (SEHP). We offer a wide variety of wellness programs to help you and your family improve your health and enhance your quality of life. As part of your benefits plan, these services are provided to you at no additional cost. Participation is always voluntary and strictly confidential.

"I have been running for a while and some of the symptoms of diabetes were masked. If I hadn't attended the free screening I could have been in serious trouble as my blood sugar was well up over 360."

-Rick

"I started with the County April 2011. I became covered by the State Employee Health Plan on June 1, 2011. Since then, thanks to the wonderful activities, ease of use, accessibility of the website, AND my health coach, I have lost 20 pounds! 15 more to go, and I'll be at my goal weight! I know I could have done it on my own, but it would have been harder, and taken much - much longer!"

- Crystal

"I did the health screening and for the first time had signs of pre-diabetes. Time to change the bad habits I'd fallen into since my early 40's (53 now). Signed up for a HealthQuest coach so I would have someone to be accountable to. Began commuting to work by bike and followed the health coach's advice to cut calories by 25% to reach my weight loss goal. Small frame guy that was up to 197 lbs. and now down to 153 lbs. Rationalized the gas savings from not driving to work to purchase a road bike and I have upped my weekend bike rides to 3 hours. Feel great! Started this in February and saw my Dr. in June. He was amazed! I'm no longer taking Simvastatin as I've got my cholesterol under control. The wellness program and health coach have helped me succeed and I recommend it to you if you're needing to make lifestyle changes."

- Steven

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