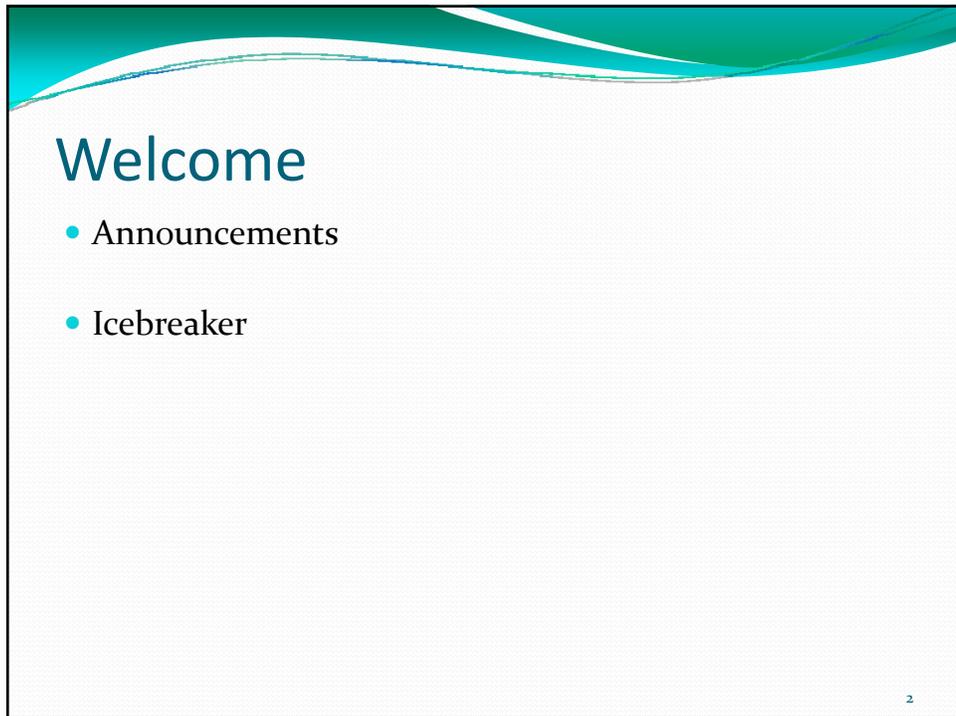


**HealthQuest Wellness
Champion Network Meeting**
Thursday, February 10th at 9am

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



Welcome

- Announcements
- Icebreaker

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Agenda

- Welcome & Icebreaker – Cheryl
- Conversation Series - Cheryl
- Update on Champions/Agencies - Paul
- Champion Spotlight - Paul
- Screening/Assessment/Gift Card Reminder - Julie
- Weight Watchers At Work – Julie
- Wellness Tip - Paul
- Questions, Comments & Open Dialogue - Cheryl

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Conversation Series

- **HealthQuest Wellness Conversation Series**
 - What is it?
 - When will we talk?
 - What will we talk about?
 - What is the purpose?
 - Feedback from Wellness Champions

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Champions & Agency Representation

- 83 Total Champions
- 58 Different Agencies Represented
- 2 New Champions in March
 - Randy Lawson - Kansas Commission on Veterans' Affairs
 - Fort Dodge, KS
 - Cindy Broeckelman - City of Lakin
 - Lakin, KS

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March Champion Spotlight

- **Debbie Amershek - Pitt State University**
 - Holding PSU Employee Benefit and Wellness Fair in conjunction with the HealthQuest Onsite Health Screenings

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PSU Employee Benefits and Wellness Fair

at the Student Center
in the Crimson and Gold Room
in conjunction with

2011 State Employee Free Health Screenings
Sponsored by the Kansas Health Policy Authority (KHPA) HealthQuest Program

Monday, April 18 through Wednesday, April 20, 2011
8:00 am to 12 noon

Following is a potential list of vendors attending:

AFLAC "Insurance for Daily Living"	Minnesota Life/KPERS Basic and Optional Group Life Insurance
Alumni Association, PSU	Saia Smile Center
Accent Dental	SEK Urgent Care
Arma Medical Plaza	Sodexo Food Services
Freeman Health Systems	TIAA-CREF Retirement Plan
Human Resource Services, PSU	VALIC Retirement Plan
ING/Deferred Compensation	Via Christi Hospital - Pittsburg
Pinamonti Orthodontics	Weight Watchers At Work
Retirement Plans	

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Ongoing HealthQuest Programs

- **Onsite Health Screenings – through August**
 - 114 events in 46 cities statewide
- **Online Health Assessment – through Sept. 30**
 - Use screening or doctors results to complete
 - **\$50 Gift Card** awarded for completing
- **Details on HQ Website:** www.khpa.ks.gov/healthquest
- **Make Appt / Take Assessment/ Order Card on Portal:** www.KansasHealthQuest.com

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Weight Watchers

- Helped millions lose weight in 40-year history
- New PointsPlus program
- It's not a diet – it's a lifestyle change
- Bring it to your worksite!

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Weight Watchers

Before



After



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Why It Works

- Healthy choices
- No required foods
- Power foods
- Fruits & Veggies
- Latest science
- 45+ years science

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PointsPlus Formula

- All foods have a PointsPlus value calculated by:
 - Protein
 - Carbs
 - Fat
 - Fiber
- Each member has a daily points target
 - Weekly allowance points
 - Activity points

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PointsPlus Formula

Don't eat less, eat smarter.



Peanut butter
Jelly
▲ Reduced-calorie white bread
Potato chips



▲ Black bean soup
▲ Whole wheat pasta
▲ Grape tomatoes
▲ Small black olives
Crumbled reduced-fat feta cheese
Shredded basil leaves
Olive oil
Red wine vinegar
▲ Grapes

Learn more **PointsPlus** program strategies.

There are two ways to follow Weight Watchers. [Find out how](#) ▶▶▶

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Weight Watchers At Work

- Model program set up in Topeka (Nov. 2008)
 - Maintained for more than 2 years
- Different from other meeting sites
 - Closed membership – not open to public
 - Different enrollment fee structure
 - Conveniently offered during work day
- Video
 - http://wellness.weightwatchers.com/share/watch/bGl6ZXRoZS5ib25pdHRvQHdlaWdodHdhdGNoZXJzLmNvbQ_/

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Weight Watchers At Work

- Series Length & Fees
 - 12 weeks for \$144 with 15 members
 - 13 weeks for \$156 with 15 members
 - 14 weeks for \$168 with 15 members
 - 15 weeks for 180 with 15 members
 - 16 weeks for \$192 with 15 members
 - 17 weeks for \$186 with 20 members (\$10.94/wk)
- Prepaid (3 part check option – held for future deposit)
- FSA

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What Meetings Include

- Practical strategies
- Plan materials
- Guidance from trained leaders
- Confidential/discreet weigh-ins
- Understanding of PointsPlus
- E-tools
- Multiple options for locations & times
- Direct access to exclusive products, sales

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What you Need To Get Started

- Meeting room for 20-30 people weekly
- Contact person
 - Reserve/arrange for meeting room
 - Distribute promotional materials
 - Liaison between your agency and WW
- Onsite Secure Storage
- More info online:
<http://www.weightwatchers.com/about/cpp/index.aspx>

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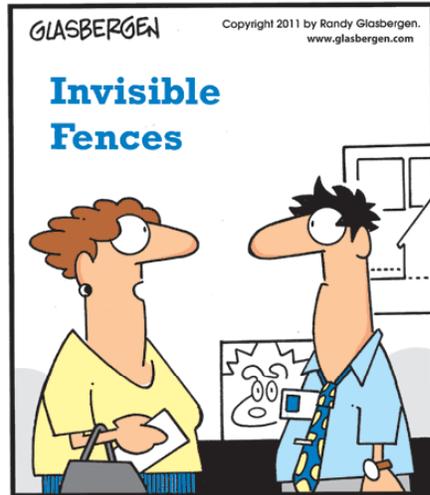
How To Get Started

- Contact WW Corporate Solutions
 - Jeannie Hedden, 1-800-439-0860
 - Jeannie.hedden@weightwatchers.com
- RSVP Sheet – collect 15 RSVPs
- Free Information Meeting - collect enrollment fees
- Begin Your Series (if min. enrollment met)
- Renew Series (if min. enrollment met)

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Wellness Tip

- March is National Nutrition Month
 - Studies on eating frequency and pattern
 - Studies on eating breakfast



"I don't have a dog. I want to install it around my refrigerator."

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Eating Frequency & Pattern

- Research shows that eating small portions often can help curb cravings
 - 2 groups were given the same breakfast
 - 1 group ate the breakfast in a single sitting
 - The other group spread the food out over a 5-hour period, eating small portions every hour
 - Both groups were asked to eat any lunch of their choosing
 - The group that ate the breakfast in a single sitting ate twice as much food as participants who spread their breakfast out over time! (Speechly & Buffenstein 1999)

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Eating Frequency & Pattern

- When and how often one eats may determine weight
 - Studies show that eating four or five small meals/snacks throughout the day is associated with lower energy intake and reduced or no obesity risk, and eating less or more than this may actually increase the risk for obesity (Forslund et al. 2005; Ma et al. 2003)

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Eat Breakfast!

- Researchers compared study participants who ate breakfast at 8:00 AM with those who waited until 10:30 AM (Farshchi, Taylor & Macdonald 2005b)
 - Participants who ate later (skipped breakfast) had higher fasting LDL cholesterol levels and decreased insulin sensitivity
- Eating breakfast controls insulin levels and helps control appetite as the day goes on

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue – What is your personal nutrition plan?