

HealthQuest Wellness Champion Network Meeting

Thursday, March 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



Agenda

- Announcements – Paul
- Program Updates – Paul
- Health Promotion Spotlight – BCBSKS and Mary Ann Frevert
- National Nutrition Month – Paul
- Nutrition Tracker on Portal - Paul
- Nutrition App – Paul
- Questions, Comments & Open Dialogue

Announcements

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

Program Updates

- **Heart Smart Challenge (Feb)**
 - 2860 Began, 1749 Completed (61%)
- **8,552 employees have already completed the requirements for the 2013 discount!**
- **27,320 employees have registered on the portal**

Health Promotion Spotlights

- National Walk @ Lunch Day
 - Marlou Wegener and Matthew Carithers
 - Blue Cross Blue Shield of Kansas

- Power of Healthy Food
 - Mary Ann Frevert
 - Kansas Board of Healing Arts



National Walk @ Lunch Day[®]

April 25, 2012

Presented by:
Marlou Wegener, Manager, Community Relations
Matthew Carithers, State of Kansas Representative



**BlueCross
BlueShield
of Kansas**

An Independent Licensee of the Blue Cross and Blue Shield Association.



Turn a Working Lunch into a Walking Lunch!

- Sixth annual event
- Wednesday, April 25
- 30-minute walk
- Official BCBSKS-led rallies in Topeka, Wichita and Salina
 - Routes to be determined

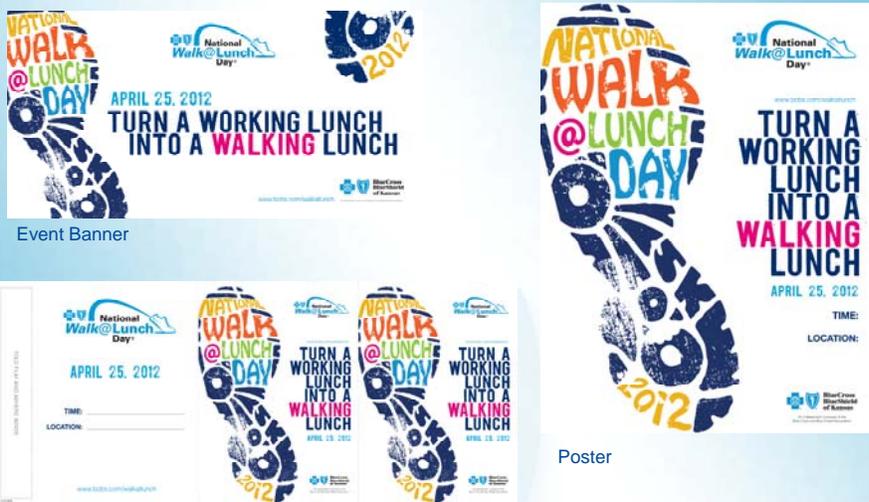


Walk With Us or Plan Your Own!

- Promotional materials and more details will be available soon
- Check in late March
www.bcbsks.com



Promotional Materials Available



Ask Questions or Share Experience



- Matthew Carithers, State of Kansas representative
- Be sure to share your experience! E-mail details and photos to: community.relations@bcbsks.com



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Power of Health Food - Mary Ann Frevert

- It's all about how bad you want it. The shock of the numbers and the reality and acceptance that I was injured and unable to run.
- Focused on decreasing LDL's, through dietary changes, i.e. increased Omega 3's and decreased Omega 6's.
- Eat food for what it is, not for what it isn't.
- Eliminate as much processed foods as possible.
- Know your indulgences and weaknesses. Don't deny. Focus on indulgences that have some good nutritional value but moderate intake.
- Find replacements for truly disastrous empty caloric foods like donuts and chips.
- Variety and moderation.
- Make small changes gradually over time.
- It really is a mindset. Know your personality and work with it.

March is National Nutrition Month

- Academy of Nutrition and Dietetics
 - www.eatright.org
 - Handouts, recipes, tips, games, quizzes, blog, etc.

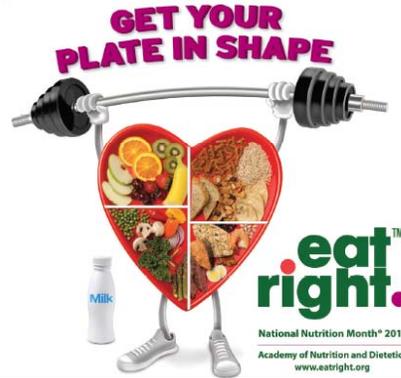
Interactive Games, Quiz and Videos

Have some fun while you learn about food and nutrition! For different printable activity sheets, see Classroom Activities.

GAMES FOR KIDS



GAMES FOR EVERYONE



National Nutrition Month® 2012
Academy of Nutrition and Dietetics
www.eatright.org

Nutrition Journal on Portal

Track Your Meals

February 22, 2012

Feb 2012 Go

Su	Mo	Tu	We	Th	Fr	Sa
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3
4	5	6	7	8	9	10

- Selected Date
- Journal Entry

Your Meals

Hungry? Check your [Meal Planner Tool](#) for seven days of healthy and delicious meal ideas.

Journal Entry for: Feb. 22, 2012 [Set time zone](#)

Your entry has been deleted.

Time: 5 : 45 pm

Log your meals below!
Be as detailed as possible so you'll have a record of your eating habits. It can help!

Save

Journal History

[Print](#)

Wednesday	February 22, 2012
6:30 pm	Homemade lasagna, salad, skim milk Edit Delete
3:30 pm	Fat free greek yogurt, granola, blueberries Edit Delete
12:30 pm	Homemade lasagna, salad, apple Edit Delete
9:30 am	Homemade Protein Bar Edit Delete
6:30 am	Whey Protein Shake Edit Delete
5:30 am	Choc Milk - 8oz Edit Delete

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Nutrition Journal on Portal

Track Your Meals
February, 2012
 Today's Date: March 05, 2012 [Print](#) [Close](#)

Feb 2012 [Go](#)

Wednesday February 22, 2012

6:30 pm	Homemade lasagna, salad, skim milk
3:30 pm	Fat free greek yogurt, granola, blueberries
12:30 pm	Homemade lasagna, salad, apple
9:30 am	Homemade Protein Bar
6:30 am	Whey Protein Shake
5:30 am	Choc Milk - 8oz

Tuesday February 21, 2012

6:30 pm	Homemade lasagna, salad, skim milk
3:30 pm	Fat free greek yogurt, granola, blueberries
12:00 pm	Homemade lasagna, salad, apple
9:30 am	Homemade Protein Bar
6:30 am	Whey Protein Shake
5:30 am	Choc Milk - 8oz

Monday February 20, 2012

7:30 pm	Homemade lasagna, salad, skim milk
3:30 pm	Fat free greek yogurt, granola, blueberries
12:15 pm	96% lean burger, low fat cheese, whole grain bun, salad, apple

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Shop Smart Tool on Portal



Healthy Shopping List

Welcome to your Healthy Shopping List! Here you can create a printable list to make stocking your kitchen with healthy foods quick and easy. Gather recipes and check your meal plan to decide what you need. Start your shopping list today!

Name Your List:

[Create List](#)

Manage Your Shopping Lists
 Click below to edit, view or delete an existing list. Customizing a list you've used before can save time!

Saved Lists	Date Created
Test View Edit Delete Save As ↗	11/22/2011

[Frequently Asked Questions](#) [↗](#)

Shop Smart Tool on Portal



Healthy Shopping List

Aisle View

Ready to start shopping? Select one of the aisles below to add items to your list. If you're finished, click the button below to view your printable list.

[Shopping List Home](#) > [Paul](#)

Vegetables	(0 Items)
Fruits	(0 Items)
Bread	(0 Items)
Cereals & Grains	(0 Items)
Canned Foods	(0 Items)
Dried Fruit, Nuts & Seeds	(0 Items)
Oils, Vinegars & Sauces	(0 Items)
Beverages	(0 Items)
Snacks	(0 Items)
Dairy	(0 Items)
Frozen foods	(0 Items)



Shop Smart Tool on Portal



Healthy Shopping List

Add Items

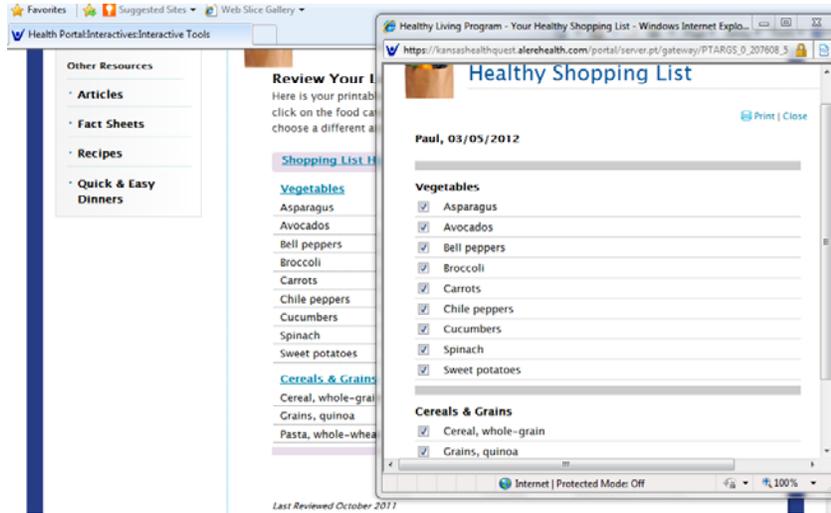
Time to build your list! If you don't see an item you need, just write it in below.

When you're finished, click on the button at the bottom to save your list.

[Shopping List Home](#) > [Paul](#) > Vegetables

Add/edit	Quantity/notes
<input checked="" type="checkbox"/> Asparagus	
<input checked="" type="checkbox"/> Avocados	
<input type="checkbox"/> Baby greens	
<input checked="" type="checkbox"/> Bell peppers	
<input type="checkbox"/> Bok choy	
<input checked="" type="checkbox"/> Broccoli	
<input type="checkbox"/> Broccolini	
<input type="checkbox"/> Brussels sprouts	
<input type="checkbox"/> Cabbage	
<input checked="" type="checkbox"/> Carrots	
<input type="checkbox"/> Cauliflower	
<input type="checkbox"/> Celery	
<input type="checkbox"/> Chard	
<input checked="" type="checkbox"/> Chile peppers	

Shop Smart Tool on Portal



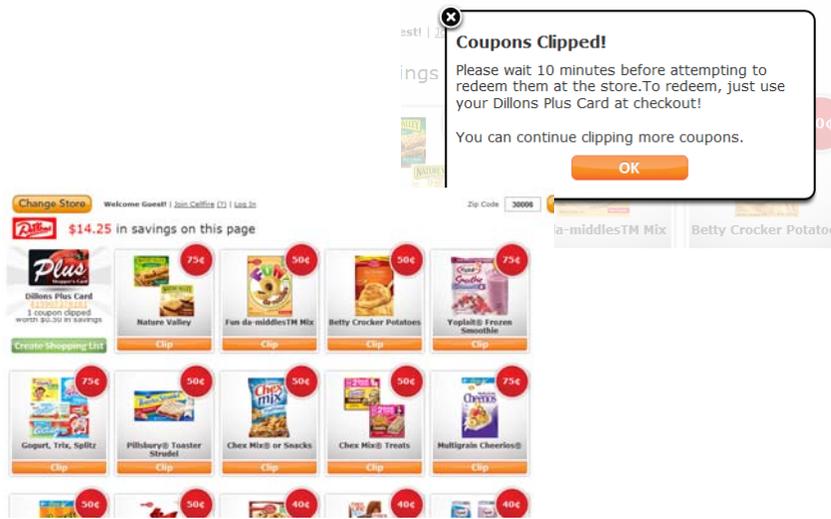
Grocery Gadget App



Grocery Gadget App



Grocery Gadget App



Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue