

HealthQuest

Wellness Champion Network Meeting

Thursday, April 11 at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 399 756 1793#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



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Agenda

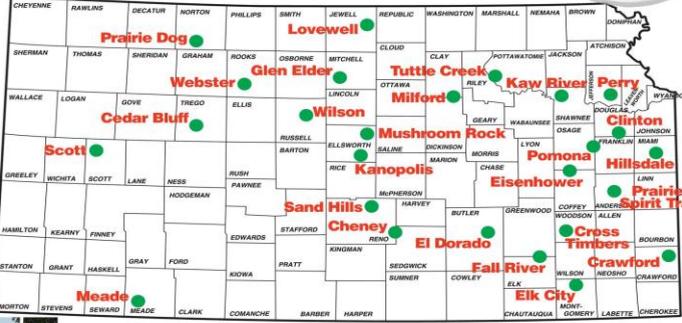
- Guest Speaker
 - [Alan Stark, Kansas Department of Wildlife, Parks and Tourism](#)
- HealthQuest Updates:
 - [Reach Your Peak Challenge](#)
 - [Mya™ Mobile Challenge App](#)
 - [Program Proposal Submissions](#)
 - [Cindy Higgins, Dept. of Agriculture](#)
 - [Vanessa Newton, University Career Center at University of Kansas](#)
- Blue Cross Blue Shield National Walk at Lunch Day
- Fitness Tip – Spring Clean Your Exercise Routine

Kansas Parks Map



GET OUT THERE!







Health and wellness opportunities abound— From intense activities to more subdued activities.



Relaxation and Stress Reduction



- Nature observation
- Swimming beaches
 - Playgrounds
 - Fish & Hunt

Trails



Recreation Opportunities



- Disc Golf
- Geocaching
- Archery Ranges
- Firearm Ranges
- Horse Shoes
- Volleyball
- Mud Volleyball
- Pasture Golf
- Various Special Events
(Including OK Kids Days, Youth Hunts,

Contact Us!

Contact us at www.ksoutdoors.com

www.facebook.com/kdwpt

www.facebook.com/EldoradoStatePark

www.facebook.com/TuttleCreekStatePark

www.facebook.com/MilfordStatePark



Reach Your Peak Challenge

April 3 - May 15, 2013

The goal is to climb 29,000 total feet to the summit of Mt. Everest.

You will earn 700 feet for each of the two activities you track daily:

- Exercising for 30 minutes or more
- Eating 3 or more servings of fruits and/or vegetables

You can earn a total of 1,400 feet each day.

Track your daily feet:

- On the wellness portal
- With a paper tracking form (and submit on the wellness portal at the end)
- With the *Mya*TM Mobile App

The last day to enter feet is May 22.

Earn 5 credits for completing the challenge!

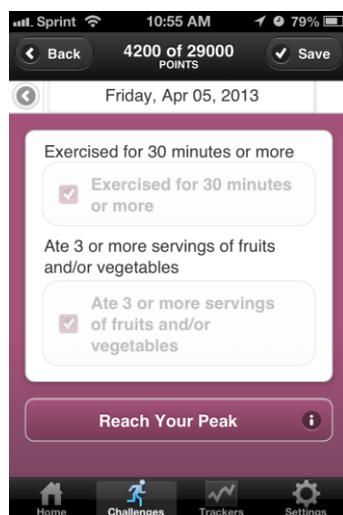


Reach Your Peak Stats

- **1,551** participants started the challenge!
- Resource emails will be sent each Monday to challenge participants: 4/15, 4/22, 4/29, 5/06 and 5/13



Mya™ User Guide is available on the website:
<http://www.kdheks.gov/hcf/healthquest/download/MyaAppGuide.pdf>



Mya™ Mobile Challenge App



The app can be used with iPhone, iPad, iPod and Android devices so you can track your healthy choices right at your fingertips.

Download the free **Mya™** app through the App Store or Google Play.

Login with the same User ID and Password that you use on www.KansasHealthQuest.com.

Scan the code to download **Mya™** to your device.



Health Promotion Proposal Submissions

“Ten to Win”

Cindy Higgins



“Dimensions of Wellness”

Vanessa Newton



For your chance to receive pedometers or portion plates to use for your initiative, please submit a proposal to Marissa.Szukala@alere.com

BCBSKS National Walk @ Lunch Day

Topeka Event:

North Side of the
Kansas Judicial Center

Wichita Event:

Wichita Metro
Chamber of Commerce

Salina Event:

Campbell Plaza

- **Thursday, April 24 at Noon**
- BCBSKS will host rallies and 1-mile walk events in **Topeka, Wichita and Salina**
- **Free T-shirts** will be available at events (limited)
- **Promote the event** near you *or* if you live outside of these cities, **organize a walk at your location** using materials provided at: <http://www.bcbsks.com/CustomerService/Employers/tools.htm>
- The **first 50 organizations** outside of the three cities that email community.relations@bcbsks.com to tell them you are planning an event will receive up to **20 of the 5-foot long exercise bands**, along with tip sheets on how to exercise with them

Spring Clean Your Exercise Routine



Get outside to walk, run, hike or bike!



Try a new format or piece of equipment!



Partner (or Group) Up and Get Connected for Support!



Shorten Your Workout!

Thank You for Attending Today!

- Next Wellness Champion Network Meeting is Thursday, May 9
- Next Leadership Training Session is Thursday, June 13
- Secret Question
- Open Questions / Comments