

HealthQuest Wellness Champion Network Meeting

Thursday, April 28th at 11:30am

Toll-free call in number: 1-888-391-9177

Conference Code: 5017657935

Please sign in with full name of all attendees

Please press *6 to mute/unmute your line



Welcome

- Announcements
- Icebreaker

Agenda

- Welcome & Icebreaker – Cheryl
- Discuss “Secret Question” For Attendance – Paul
- Update on Champions/Agencies – Paul
- Champion Spotlight – Paul
- Spring Into Action! – Paul
- Healthy Interactions Intro – Cheryl
- Screening/Assessment/Gift Card Reminder – Julie
- Social Media Update – Julie
- Wellness Tip – Paul
- Questions, Comments & Open Dialogue – Cheryl

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Champions & Agency Representation

- 83 Total Champions
- 58 Different Agencies Represented
- 1 New Champion in April
 - Tanya Wickersham – Wichita State University
 - Wichita, KS
 - HRIS Manager

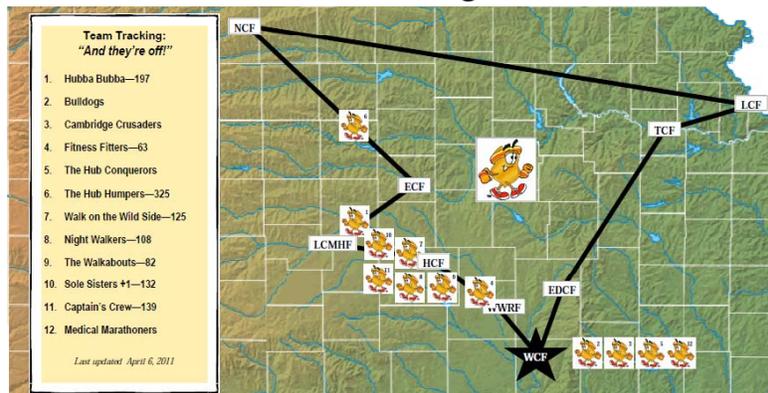
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April Champion Spotlight

- **Jill Carmody – Kansas Department of Corrections**
 - *Walk the Hub*
 - Team challenge
 - 16week walking program
 - March 28th - July 15, 2011
 - The goal of *Walk the Hub* is for each team of six to eight members to walk a combined 1,000 miles—the approximate distance around the KDOC “hub” of correctional facilities

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Walk the Hub



- Team Tracking:
"And they're off!"**
1. Hubba Bubba—197
 2. Bulldogs
 3. Cambridge Crusaders
 4. Fitness Fitters—63
 5. The Hub Conquerors
 6. The Hub Humpers—325
 7. Walk on the Wild Side—125
 8. Night Walkers—108
 9. The Walkabouts—82
 10. Sole Sisters #1—132
 11. Captain's Crew—139
 12. Medical Marathoners
- Last updated April 6, 2011

WCF to WWRF: 45 miles
 WWRF to HCF: 55 miles
 HCF to LCMHF: 85 miles
 LCMHF to ECF: 65 miles
 ECF to NCF: 160 miles

Summer 2011

NCF to LCF: 345 miles
 LCF to TCF: 60 miles
 TCF to EDCF: 135 miles
 EDCF to WCF: 50 miles
 1,000 miles

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Spring Into Action!

- Walking Challenge On Portal
- “Walk It Challenge” With Weight Watchers
- Smart Phone Apps and Social Media Integration
 - Runtastic
 - Nike BOOM

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Track Your Walks On The Portal!

The screenshot displays the HealthQuest portal interface. At the top, there is a navigation bar with links for "Hello, Test1298", "Home", "Account", "Feedback", "Logout", and "Help". Below this is the KHPA logo and a search bar. The main navigation menu includes "Healthy Lifestyle", "Diseases & Conditions", "Personal & Family Health", and "Tools & Media", with a red arrow pointing to the "Tools & Media" link. On the left side, a "You've Earned" section shows "26 Credits" and a goal to "Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!". Below this is a "Program Info" section with a "Program Overview" link. The main content area features a welcome message: "Welcome, Test1298! Ready to live healthier? Let's make it happen!". Underneath is a "Recommendations" section with a card for "Health Assessment with Biometrics" and a "View Report" button.

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Track Your Walks On The Portal!

Hello, Test1298. Home Account Feedback Logout Help ?

KHPA
KANSAS HEALTH POLICY AUTHORITY
HealthQuest

Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | **Tools & Media**

Search

You've Earned
26 Credits
Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!
How do I earn credits?

Program Info
Program Overview
Track Credits

Welcome, Test1298! Ready to live healthier? Let's make it happen!

Recommendations
Health Assessment with Biometrics
View Report

Interactive Tools
Trackers
Quizzes & Assessments
Calculators
Video
Audio
Conversations
Online Seminars
Newsletters

Track Your Walks On The Portal!

KHPA
KANSAS HEALTH POLICY AUTHORITY
HealthQuest

Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | Tools & Media

Print A A

Home

Progress Tracker

Weight
Nutrition
Exercise
Stress
Smoking
Pain

Progress Tracker

Track Your Weight | Weight Summary | Frequently Asked Questions

Track Your Weight

April 06, 2011

Apr 2011 Go

Su	Mo	Tu	We	Th	Fr	Sa
27	28	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

Journal Entry for: Apr. 06, 2011 Set time zone

Weight: lbs.

Record successful strategies and trouble spots, or just write how you're feeling about your progress. Stay with it!

Track Your Walks On The Portal!

• Nutrition

• Exercise

• Stress

• Smoking

• Pain

Track Your Exercise

April 06, 2011

Apr 2011 Go

Su	Mo	Tu	We	Th	Fr	Sa
27	28	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	30
1	2	3	4	5	6	7

Selected Date
Journal Entry

Journal Entry for: Apr. 06, 2011 [Set time zone](#)

Time: 11:00 am Duration: 0 hrs 00 min

Recording your exercise can help you stay motivated!
Write out the cardio and strength activities you did as well as the exertion level.

Save

Your Walking

[Walking Challenge](#)

Been walking? Log your steps today!

Note: Exercise data logged in your journal will not appear in your Walking Challenge

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Track Your Walks On The Portal!

Home

Progress Tracker

• Weight

• Nutrition

• Exercise

• Stress

• Smoking

• Pain

Walking Challenge

Choose Your Challenge

Virtual Path [What's This?](#)
Choose a path, set your goal and track your walks with these fun interactive trails.

Track Your Steps [What's This?](#)
Select this option if you just want to enter your steps and track your progress.

Customize Your Challenge

How would you like to track your walks?

Steps (using pedometer)

Miles

Kilometers

Time (minutes)

How active are you?

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Track Your Walks On The Portal!

- Exercise
- Stress
- Smoking
- Pain

 **Virtual Path** [What's This?](#)
Choose a path, set your goal and track your walks with these fun interactive trails.

 **Track Your Steps** [What's This?](#)
Select this option if you just want to enter your steps and track your progress.

Customize Your Challenge

How would you like to track your walks?

Steps (using pedometer)
 Miles
 Kilometers
 Time (minutes)

How active are you?

Getting started: I get almost no exercise.
 Shaping up: I'm active sometimes but don't have a regular routine.
 Already active: I exercise two to three times a week, 30 minutes each time.
 Advanced exerciser: I exercise most days of the week, 30 minutes each time.

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Track Your Walks On The Portal!

- Nutrition
- Exercise
- Stress
- Smoking
- Pain

Choose Your Path

The Virtual Paths are fun ways to track your walking progress. We recommended a completion time for each based on your activity level. Challenge yourself!

Choose the path that fits your goals:

- Pacewell:** a 5 mile/8 km city stroll.
This path should only take you about **one day** to complete. You may want to pick a more challenging path!
- Marathon:** walk 26.2 miles/41.9 km at your own pace.
This path should take you about **five days** to complete.
- Whistler's Peak:** a 50 mile/80.5 km mountain hike.
This path should take you about **ten days** to complete.
- Old Orchard Road:** a 100 mile/160.9 km country path.
This path should take you about **three weeks** to complete.

How long do you want to take to complete your path?

I'd like to finish by / / 2011 (mm/dd/yyyy)

[Start](#)

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Track Your Walks On The Portal!

Walking Challenge

Log Walks | Edit Entries | Choose New Challenge | Frequently Asked Questions

Your Progress

Welcome, Test12981
Ready to get started? You need to walk an average of 66 minutes a day at a moderate exertion to reach your goal. You can do it!

Your Goal: Old Orchard Road (100 mile walk) by 05/01/2011
[Change Date](#)

Goal Completion: 0.0%

Goal Remaining: 1,714 minutes

Your Log

Wednesday, Apr. 06, 2011 Set time zone

Time: 5 : 15 am

Entry: 60 minutes

Exertion: heavy

Comments:
Ran outside - A nice morning - Great workout!

[Save](#)

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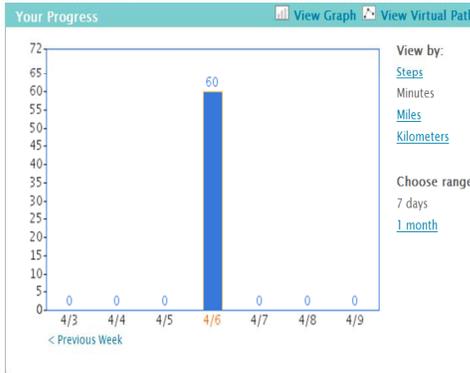
Track Your Walks On The Portal!

Your Progress [View Graph](#) [View Virtual Path](#)

Farmer's Market
The market's just around the bend, think about what veggies you can use for tonight's dinner.

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Track Your Walks On The Portal!



Daily Tip

Give Yourself a Tip
Save the delivery charges and walk to the nearest restaurant to pick up your lunch or eat it there. Walk

Weight Watchers Walk It Challenge

The graphic features Jennifer Hudson in a black jacket and purple scarf, celebrating with her arms raised. Text includes: 'WeightWatchers WALK-IT CHALLENGE', 'JOIN THOUSANDS OF OTHERS IN THE WEIGHT WATCHERS WALK-IT CHALLENGE', '+ GET A STEP-BY-STEP TRAINING GUIDE', '+ TEAM UP WITH FRIENDS', '+ TAKE PART IN A 5K ON WALK-IT DAY — MAY 22ND', 'LEARN MORE', 'Campaign sponsored in part by: Shape-ups', and 'To benefit: Alliance for Children's Health'.

- http://weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=84411

Weight Watchers Walk It Challenge



Get yourself ready for Walk-It

Find an official Walk-It Challenge 5K event information on walks in your area or how to map your own through the [Road Runners Club of America](#).

Share on:  

Show off your team spirit:

[Buy a custom T-shirt >>](#)



●

Sign up for a Walk-It event

●

Take part in the Community Walk-It Challenge

●

Find a Walking Group

Support a great cause



Alliance for a Healthier Generation
Founded by the American Heart Association and the William J. Clinton Foundation

Weight Watchers has teamed up with the Alliance for a Healthier Generation to fight childhood obesity. Weight Watchers will make a donation in honor of all participants in this year's Weight Watchers Walk-It Challenge.

[Learn more or support the Alliance directly](#)

- Sign up, Use the training guide to prepare, Choose a 5K to participate in (walk or run), Find a walking group, share on social media

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Weight Watchers Walk It Challenge

Your 6-Week Walk-It Challenge Planner

[Download a copy of this plan](#)

Week 1:	Week 2:	Week 3:
<input type="checkbox"/> Day 1 10 min	<input type="checkbox"/> Day 1 15 min	<input type="checkbox"/> Day 1 22 min
<input type="checkbox"/> Day 2 10 min	<input checked="" type="checkbox"/> Day 2 18 min	<input type="checkbox"/> Day 2 22 min
<input type="checkbox"/> Day 3 Rest	<input type="checkbox"/> Day 3 Rest	<input type="checkbox"/> Day 3 Rest
<input type="checkbox"/> Day 4 12 min	<input type="checkbox"/> Day 4 18 min	<input type="checkbox"/> Day 4 24 min
<input type="checkbox"/> Day 5 12 min	<input type="checkbox"/> Day 5 20 min	<input type="checkbox"/> Day 5 24 min
<input type="checkbox"/> Day 6 Rest	<input type="checkbox"/> Day 6 Rest	<input type="checkbox"/> Day 6 Rest
<input type="checkbox"/> Day 7 15 min	<input type="checkbox"/> Day 7 20 min	<input type="checkbox"/> Day 7 26 min
Week 4:	Week 5:	Week 6:
<input type="checkbox"/> Day 1 26 min	<input type="checkbox"/> Day 1 35 min	<input type="checkbox"/> Day 1 40 min
<input type="checkbox"/> Day 2 28 min	<input type="checkbox"/> Day 2 35 min	<input type="checkbox"/> Day 2 45 min
<input type="checkbox"/> Day 3 Rest	<input type="checkbox"/> Day 3 Rest	<input type="checkbox"/> Day 3 Rest
<input type="checkbox"/> Day 4 28 min	<input type="checkbox"/> Day 4 35 min	<input type="checkbox"/> Day 4 45 min
<input type="checkbox"/> Day 5 30 min	<input type="checkbox"/> Day 5 40 min	<input type="checkbox"/> Day 5 45 min
<input type="checkbox"/> Day 6 Rest	<input type="checkbox"/> Day 6 Rest	<input type="checkbox"/> Day 6 Rest
<input type="checkbox"/> Day 7 30 min	<input type="checkbox"/> Day 7 40 min	<input type="checkbox"/> Day 7 Walk a 5k

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Weight Watchers Walk It Challenge

The screenshot shows the RRCA website header with navigation links: Find a Running Club, Find an Event, Find a Coach, RRCA Wear, Contact Us, Share This, My Profile. The RRCA logo and tagline 'Road Runners Club of America - We Run the Nation • Founded in 1958' are visible. A search bar is present. Below the header is a menu with categories: About RRCA, Services, Programs, Education & Advocacy, Membership, Publications. The main content area features a sidebar with links like 'RRCA Championship Series', 'Coaching Program Overview', 'Kids Run the Nation Program', etc. The main event announcement reads: 'Weight Watchers Walk-It Day 5K - N. Kansas City, MO', 'Kansas City Track Club Presents the Weight Watchers® Walk-It Day 5K', 'Sunday May 22, 2011', 'North Kansas City, MO 64116'. There are 'SignUp' and 'Participants' buttons.

- Local Walk It Challenge - Sunday May 22 at Kansas City Track Club

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Weight Watchers Walk It Challenge

The screenshot shows the event details page. The sidebar on the left includes 'Personal Fitness', 'Run@Work Day', 'Runner Friendly Community', 'Roads Scholars', 'Women's Distance Festival', 'Volunteer Recognition Program', and '2011 Weight Watchers® Walk-It Day'. Below this is a 'Resources For' section with icons for Club Directors, Coaches, Event Directors, and Runners. The main content area has 'SignUp' and 'Participants' buttons. The event details are as follows:

Description	Celebrate the completion of the Weight Watchers® Walk-It Challenge on Sunday, May 22, 2011 by participating in a noncompetitive 5K walk presented by Kansas City Track Club, RRCA, and Weight Watchers®.
Events and Start Times	Kansas City Track Club Presents Weight Watchers Walk-It Day 5K: 8:00am
Place	1000 E 27th Ave North Kansas City, MO 64116
Registration	REGISTRATION OPEN EARLY REGISTRATION (by May 1, 2011 @ 11:59PM EST) Kansas City Track Club Presents Weight Watchers Walk-It Day 5K: \$10.00 Race Fee + \$2.00 SignUp Fee LATE REGISTRATION (by May 20, 2011 @ 11:59PM EST) Kansas City Track Club Presents Weight Watchers Walk-It Day 5K: \$15.00 Race Fee + \$2.50 SignUp Fee

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Weight Watchers Walk It Challenge

- Weight Watchers allows you to participate in any 5K of your choice (as long as it occurs before May 22)
- Scroll to the bottom of <http://www.rrca.org/programs/walk-it-day/>
 - click on link to “Find other 5K events in your area” and then click on Kansas from the map
 - Or use the tool available to map your own 5K route
- You can also visit this website to locate a local event <http://www.sunflowerstriders.org/events/races>

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Runtastic Smartphone App

Home Apps Premium Shop Help Press Blog

Apps

iPhone
Android
Blackberry
Windows Phone 7
Sports watches

Sensors

TELL A FRIEND

runtastic lite

- Track distance, time, speed, pace, ...
- Display your route on a map
- Especially for running (other sporttypes possible)
- Share your sport activities (runtastic sport platform, facebook, twitter)
- Languages: English, German, French, Spanish, Italian

Download

runtastic PRO

- runtastic Lite Features included
- Voice Feedback (DE, EN, FR, ES, IT) for your activities
- No Ads
- Create individual Workouts
- iPod-Integration in the app
- Create and start Competitions
- Geotagging
- Heartrate monitoring
- Live Tracking

Download

- A super cool, really fun, free app for your smartphone
- GPS, audio support, mapping, social media sharing

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Runtastic Smartphone App



for
iPhone

for
Blackberry

for
Android

for
Windows Phone 7

Details

Details

Details

Details

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Runtastic Smartphone App



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Runtastic Portal

- Portal shows workout history, including distance, elevation, calories burned, duration
- Also shows live feed of other users on right

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Runtastic Portal

- Map of route on portal and also on phone

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Runtastic Portal

PAUL SANDBURG, APR 08, 2011

[Edit sports activity](#)
[Delete sports activity](#)
[Create track](#)
[Download GPX](#)
App: runtastic iPhone

 Running/ Jogging	1.93 mi Distance	0h 16m 50s Duration	266 kCal	8m 42s/mi Pace	59 ft Elevation gain	- Pulse
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Notes: - Timezone CDT, -0500



- Satellite map of route on portal and on phone

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Runtastic To Facebook



Paul Sandburg
just finished a runtastic run of 1.9 mi (Pace 08:43 min/mi) in 16 minutes 50 seconds - http://runtastic.com/sport_sessions/1954552/show

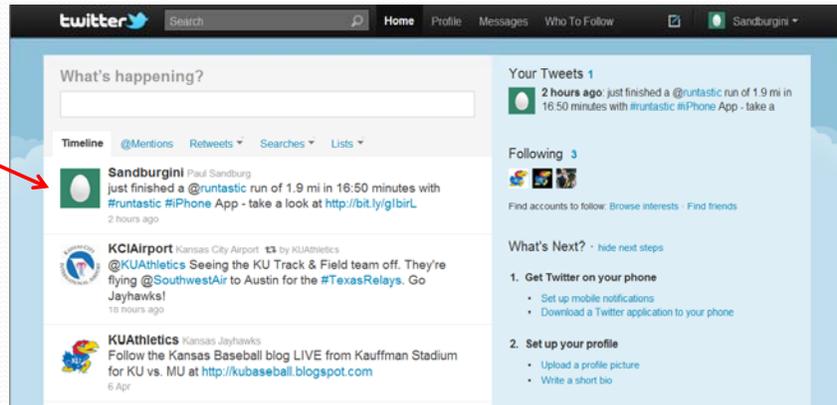
Show on Map
Recorded by runtastic iPhone App

 about an hour ago via runtastic ·  · Like · Comment · Download now

- Can auto share with Facebook

30

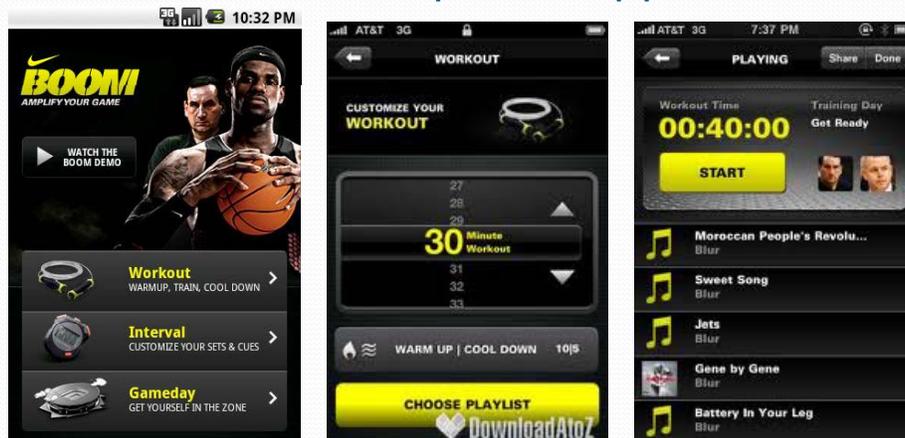
Runtastic to Twitter



- Can auto share with Twitter

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Nike BOOM Smartphone App



- Set your workout, time, playlists, and get encouragement from coaches and players!

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Nike BOOM To Twitter



- You get cheers when your friends “like” your workout!

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Healthy Interactions

- Alere partnership with Healthy Interactions
 - Focused on driving enrollment and engagement in **HealthQuest** programs
 - Brings **high touch**, low tech experiences right to the employee at their worksite
 - Proof of Concept initiative at no charge to State of Kansas (only being offered to select Alere clients)
- The *Conversation Map*[®] is an interactive experience that engages participants in discovering how to improve their health
 - Face-to-face, on-site small group sessions
 - Delivered by the Healthy Interactions network of facilitators that are licensed healthcare professionals
 - Using customizable tools to deliver HealthQuest messaging that supports a “Culture of Health”

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Demo: The Participant Experience



Healthy Interactions Next Steps

- Pilot Sites:
 - Landon State Office Building
 - Docking State Office Building
 - Curtis State Office Building
 - Eisenhower State Office Building
- Session Registration begins 5/9/11
- Sessions Begin 6/1/11 for approximately one month
- Incentive Offered - one iPod Nano or Kindle given away for every 1,000 participants
- Webinar Introduction
 - For Topeka Area HR on 5/3 & 5/5
 - For WCN on 5/12

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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Social Media

- **Like us on Facebook – 129 fans**
<http://www.facebook.com/KansasHealthQuest>
- **Follow us on Twitter – 2 followers**
<http://twitter.com/kshealthquest>
- **Visit us on YouTube – 21 videos/1,448 views**
<http://www.youtube.com/user/kansashealthquest>

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Wellness Tip

- Have Fun!
 - Join or create a walking group/club
 - Download a fitness smart phone app
 - Join a recreation league
 - Soccer, Kickball, Bowling, Golf, Basketball
 - Try a new healthy recipe
 - Sign up for an event
 - Weight Watchers Walk It Challenge
 - 5K, Triathlon, Duathlon



"You only weigh 4 ounces, but your BMI says you are morbidly obese."

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue – What topics would you like to see covered in future webinars?

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