

# HealthQuest Wellness Champion Network Meeting

Thursday, May 10th at 11:30am

Toll-free call in number: 1-800-391-9177  
Conference Code: 501 765 7935#  
Please sign in with full name of all attendees  
Please press \*6 to mute/unmute your line



2

## Agenda

- Announcements
- Program Updates
- New Tools and Posters
- Health Promotion Spotlight
- Bike to Work
- Summit Discussion
- WCN “Refresh”
- 2013 Program
- Questions, Comments & Open Dialogue

## Announcements

- Wellness Champion Network Summit
  - Cancelled
- Keep Your Cool Challenge
  - Was slated to launch 6/1/12
  - IT working on bugs
  - No green light for launch yet
- Credits for Attendance
  - 5 credits - Attend 6/9 Wellness Champion Network webinars (November 2011 – July 2012)
  - 7 champions have earned so far
- Agency Reports Shipping Out Next Week

## Program Updates

- **15,001** active employees have completed the requirements for the 2013 discount (33%)
  - **April Meeting = 12,140**
- **30,519** active employees have registered on the portal (66%)
  - **April Meeting = 29,075**
- **79** new hire (3/1/12 or later) employees have completed the health assessment (10%)
  - **April Meeting = 14**

## New Tools on Website

- How To Track Credits & Rewards Program Status  
(step by step instructions with screenshots)  
[www.kdheks.gov/hcf/healthquest/trackcredits.htm](http://www.kdheks.gov/hcf/healthquest/trackcredits.htm)
- Helpful Documents & Resources  
(“how to” guides, brochures, handouts, posters)  
[www.kdheks.gov/hcf/healthquest/documents.htm](http://www.kdheks.gov/hcf/healthquest/documents.htm)

## Going, Going, Gone

### Your \$480 is going, going . . . .

*almost gone.*

- The deadline to earn your HealthQuest (HQ) Reward incentive of \$480 off your 2013 health premiums is **July 31, 2012**.
- Health assessment plus 10 additional credits is required for the HQ Reward.
- It's not too late to schedule a health screening. You will need to know your numbers to complete the health assessment.



- Time is running out . . . don't miss out!  
Deadline is **July 31, 2012**.
- Visit the HQ website for rewards program details:  
[www.kdheks.gov/hcf/healthquest](http://www.kdheks.gov/hcf/healthquest)
- For HQ programs or assistance call:  
**1.888.275.1205**

To complete your health assessment or check your progress toward the HQ Reward visit:

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

## No Regrets Later



No regrets later.

### HERE ARE 480 REASONS TO PARTICIPATE IN THE HEALTHQUEST REWARDS PROGRAM

If you don't participate in the HealthQuest (HQ) Rewards program here is what you lose . . . .

- The HQ Reward incentive of \$480 off the cost of your 2013 health plan premium.
- Information about your own health that you can share with your doctor.
- Tips to help you improve your health and potentially live longer and have lower health care expenses.

To earn the \$480 incentive you must:

1. Open an account on the wellness website at: [www.kansashealthquest.com](http://www.kansashealthquest.com)
2. You will need to know your numbers from a recent health screening:
  - Total cholesterol, HDL, LDL
  - Triglycerides and glucose
  - Systolic and diastolic blood pressure
  - Height and weight
  - Waist circumference
3. Complete the online health assessment and earn 10 additional credits for wellness activities by July 31, 2012.

For more details visit our website at:

▶▶▶ <http://www.kdheks.gov/hc/f/healthquest/rewards.html>

## Smart Thing To Do



### Here are 480 reasons to take a health assessment

It's the Smart thing to do.

- It's personal. Results from your online health assessment survey tell you how you're doing when it comes to your health and where you can improve.
- It pays. When you have completed your health assessment and earn 10 additional credits, you will earn the HealthQuest Rewards incentive of \$480 on your 2013 health premiums.
- It's private. Your personal health information is not shared with the State of Kansas, your specific agency or employer, the SEHP or HealthQuest.

The Health Assessment may be taken anytime on any computer with internet access. To get the most from your assessment and to earn the HealthQuest Reward, you will need to have the following biometric values from a recent health screening:

• Cholesterol (total, HDL, LDL) • Triglycerides • Glucose • Blood pressure  
• Height • Weight • Waist circumference

Remember that you must complete the health assessment and earn an additional 10 credits by July 31, 2012, to receive the HealthQuest Reward incentive in 2013. Health screening appointments are still available. Check the website for available times, dates and locations.

Visit [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) to complete your Health Assessment



## Health Promotion Spotlight

- Walk At Lunch Success
  - Kay Noel
    - Adjutant General/RSMS Fort Riley/Salina
    - RSMS = Readiness Sustainment Maintenance Site

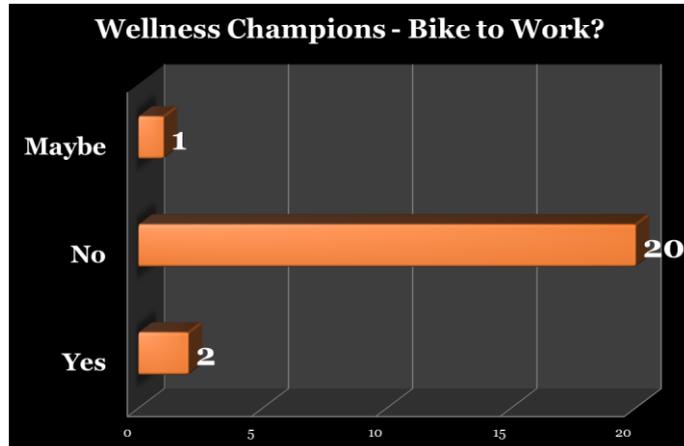


## Health Promotion Spotlight

- Walk At Lunch Success
  - Donneisha L. Wright
    - Kansas Department of Labor
    - 30 Participants!

## Bike to Work

- Any success stories?



## Future Summit

- Feedback on concept?
- What would you like to see at an event like this?
- What could we have done to generate more interest in the Summit?

## Wellness Champion “Refresh”

- Refresh list to keep current each program year
- Minimize “burnout”
- Remove inactive members

## 2013 Program Ideas

- 2013 Program Year: 8/1/12-7/31/13
- Program Strategy Changes?
- Challenge Ideas
  - Corporate Athlete
    - Sept 2012
  - Maintain Don't Gain
    - Mid Nov – Mid Dec 2012
  - New Year Challenge
    - Early Jan – Early Feb 2013
  - Virtual Race Across Kansas
    - Mid March - End of April 2013

## Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue