

# HealthQuest Wellness Champion Network Meeting Thursday, May 9 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



## Agenda

- HealthQuest Updates:
  - [Reach Your Peak Challenge](#)
  - [Important Program Deadlines](#)
- May Is:
  - [Exercise Is Medicine Month](#)
  - [Mental Health Month](#)
- Guest Speaker
  - [Dick Ready, Employee Assistance Program](#)

## Reach Your Peak Stats

- **1,913** participants started the challenge and **260** completed (**13%**)!
- Final reminder email will be sent on 5/13
- Challenge ends 5/15 with last day to enter “feet” on 5/22
- Any feedback on the **Mya™** App? 

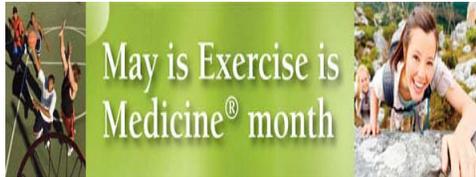


## HealthQuest Deadlines and Program Reminders!

Program Reminder	Deadline	
Complete Health Assessment Questionnaire (worth 10 credits) and Earn 20 Additional Credits	July 31	<ul style="list-style-type: none"> <li>• Total Active Employees Earned 2014 Discount <b>9,529</b></li> <li>• Total Active Employees Completed the HAQ <b>15,756</b></li> </ul>
Last Onsite Screenings (final events in the last two weeks of June)	June 17	El Dorado
	June 18	Parsons
	June 19	Hutchinson
	June 20	Wichita
	June 24, 25, 26	Lawrence
Paper Health Assessment Questionnaires Must be Postmarked for Return	July 1	Request the paper HAQ no later than June 24 (phone)
At-home Test Kit Must be Returned	July 1	Order at-home test kit no later than June 24 (online)

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## Exercise Is Medicine Toolkit for Promotion



<http://exerciseismedicine.org/makeithappen.htm>

- Learn more about the national initiative and who supports it
- Learn what others are doing / have done to promote Exercise Is Medicine Month
- Download Fact Sheets and Find Additional Web Resources
- Social Media guide for posts to use on Twitter and Facebook throughout the month

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## Mental Health Month 2013 Theme: Pathways to Wellness



Using strategies that promote resiliency, strengthen mental health and prevent mental health and substance-use conditions will lead to improved general health and a healthier society.

Mental Health America: <http://www.mentalhealthamerica.net/go/may>

## Mental Health Month

### Tools and Resources

Calendar of Daily Tips for May	- Printable or Web version: <a href="http://www.mentalhealthamerica.net/go/may/calendar">http://www.mentalhealthamerica.net/go/may/calendar</a>
Fact Sheets and Media Kit	<a href="http://www.mentalhealthamerica.net/go/may">http://www.mentalhealthamerica.net/go/may</a>
Links to Resource Websites	- Find a Support Group: <a href="http://www.mentalhealthamerica.net/go/find_support_group">www.mentalhealthamerica.net/go/find_support_group</a> - Social Connections: <a href="http://www.liveyourlifewell.org/go/live-your-life-well/connect">http://www.liveyourlifewell.org/go/live-your-life-well/connect</a>

### Web Calendar Example:

Back May is Mental Health Month

**May 9 Wellness Tip**

Thu May 09th Save or Share

**Today's Wellness Tip:** Try to identify the positive aspects of a challenging situation or circumstance. Research shows that people who focus on positives in their lives are less upset by difficult memories.

## HealthQuest EAP

### *More Than Just Counseling*

Presented by  
Dick Ready  
**ALTERNATIVES**

## HealthQuest EAP

Provides confidential short-term personal and family counseling and other personalized services for any of life's questions or concerns that may affect you, the ones you love, or the satisfaction you gain from your job.



## HealthQuest EAP

- A benefit that is paid by the State of Kansas
  - No deductibles or co-pays
- Covers employees & family members
  - Immediate family members or significant others living in the same household and adult children away at school
- Confidential
- Unlimited use each year as long as it is a different problem or concern each time

## Easy To Use

- Call 24 hour Help Line at 1-888-275-1205, option 7
- After a short intake, consult with specialist (eldercare specialist, attorney, money management counselor) and/or make an appointment with EAP counselor at office nearest you
- Caring, experienced, licensed local counselors
- Prompt appointments in 2-3 business days

## 24 Hour Help Line



- Masters' level, licensed counselors | available 24 hours a day for immediate help.
- Through a strategic partnership with AT&T's Language Line our Call Center staff can provide translators in over 123 different languages.
- The 24 Hour HelpLine also provides managers and supervisors around-the-clock availability for expert advice and coaching when working with difficult employee problems related to job performance concerns.

## Short-Term Counseling

- EAP counselors provide short term, face-to-face counseling (up to four sessions) for the concerns that effect most employees in today's world. Clinical approach is based on the solution focused, goal oriented model.
- Most issues can be resolved or drastically improved through a directive approach that focuses on utilizing employee/family member strengths rather than exploring weaknesses. We also rely heavily on Motivational Enhancement Therapy that helps employees initiate behavioral change and more effectively resolve ambivalence.
- Marriage and relationship concerns, family and parenting questions, emotional and stress related issues, alcohol and drug problems, grief and loss, major life transition events, domestic violence, and work related concerns are a few of the most common examples.

## Eldercare Assistance

- The EAP staff of experienced licensed geriatric specialists provide up to four hours per incident, of personalized assistance for employees with the multitude of responsibilities associated with caring for an aging parent or loved one with special needs.
- Employees receive direct, hands-on advice via telephone consultations and/or face-to-face visits that include assessing needs, information, identifying and evaluating licensed facilities or services, and assistance with Medicare or Medicaid eligibility, etc.
- One-on-one counseling for caregiver concerns and stresses is always available with a caring local EAP Counselor. Use of the service is unlimited during the year.

## Legal Advice & Discounts

- The EAP offers a no charge telephonic legal consultation (45-60 minutes) with an attorney usually in the zip code of the caller, who specializes in the area of the callers concern.
- Covers a wide variety of issues: family and domestic law, wills, power of attorney, medical directives, motor vehicle questions, civil issues, criminal situations, elder law matters and estate planning. Does not cover questions regarding employment law or workers compensation.
- If the employee chooses to retain the attorney, they will receive a 25% discount off the regular fees.
- No limit on the number of times an employee may use the service each year for different issues.

## Personal Money Management

- Provides access to financial specialists with a broad range of experience in financial services including licensed CPAs and Certified Financial Planners for a 30 to 60 minute telephone consultation covering: Home Budgeting, Debt and Loan Consolidation, Credit Matters, College Funding, Retirement Planning, and Federal & State Tax Concerns.
- Offers a personalized telephonic coaching program, **Budgeting Basics and Debt Management**, that consists of up to six 60-minute sessions that includes a handbook and work sheets. The coach will help the employee understand their spending habits, build a workable home budget, and employ strategies to reduce debt and save more.
- A local EAP counselor is also available for the first step in the “take control” process to provide help with the associated stresses that sometimes accompany financial difficulties.

## Childcare Assistance

- Receive up to four hours per incident of personalized childcare information and search assistance from a licensed daycare provider, plus valuable information on selecting the provider that best fits the families needs.
- One-on-one counseling for parenting and other childcare concerns is always available with a caring local EAP Counselor. Use of the service is unlimited during the year.



## Grab-A-Cab Program

- As part of the EAP's commitment to support the State's efforts to keep the work family safe and productive, the EAP will reimburse an employee for cab fare whenever they have had too much to drink and choose to take a cab home. The reimbursement process is simple and confidential.
- Pay the fare home, get a receipt and mail it to:  

The EAP  
3100 Broadway, Suite 313  
Kansas City, Missouri 64111
- Reimbursement is limited to \$40.00 per fare and twice per year.

## Life Coaching

- Personalized service that helps individuals produce fulfilling results in their personal and professional lives and enhance their quality of life
- Four areas of focus:
  - Build sound relationships
  - Improve job performance and strengthen your career
  - Manage stress and build resilience
  - Handle major life transitions



## Teleclasses - New for 2013!

- New topics announced monthly
- Classes begin at noon, followed by questions and answers
- Class size is limited; Register at <http://www.kdheks.gov/hcf/healthquest/eapteleclasses.htm>
- Upcoming Classes:
  - Serious Weight Loss: What does it Take to Succeed? - Thursday, May 23
  - Self-Care: It's Not Just About Hot Tea & Spa Visits - Wednesday, May 29
  - Be Retirement Ready - Thursday, May 30

## In Summary

- 24/7 Help with Life's Stresses
- Benefit Paid by the State Employee Health Plan
- Confidential
- Covers Employee and Family
- Prompt Appointments
- ***Much More Than Just Counseling***
- 1-888-275-1205, Option 7

## Thank You for Attending Today!

- Next Leadership Training Session is Thursday, June 13
- Secret Question
- Open Questions / Comments