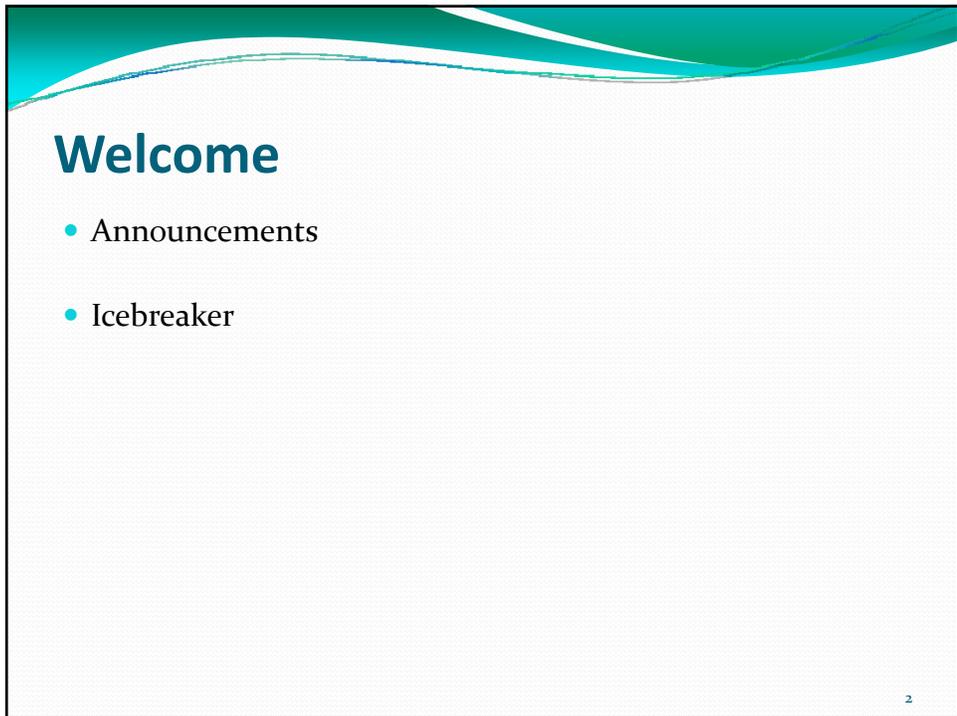




**HealthQuest Wellness
Champion Network Meeting**
Thursday, June 9th at 11:30am

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

HealthQuest
State Employee Health Plan



Welcome

- Announcements
- Icebreaker

2

Agenda

- Welcome & Icebreaker – Cheryl
- Update on Champions/Agencies – Paul
- Champion Spotlight – Paul
- Preventive Screenings – Jennifer Flory (State Employee Health Plan)
- VRAK & Portal Credits Program – Paul
- Healthy Interactions – Cheryl
- Health Screening & Social Media Update – Julie
- Wellness Tip – Paul
- Questions, Comments & Open Dialogue – Cheryl

3

Champions & Agency Representation

- 79 Total Champions
- 58 Different Agencies Represented
- 1 New Champion in June
 - Mary Hunt – Sumner County District Court
 - Wellington, KS

4

June Champion Spotlight

- **Becky Small – Central Kansas Mental Health Center**
 - Who is the “Biggest Loser” at CKMHC?
 - Running this in conjunction with Virtual Race Across Kansas
 - Newsletter for Biggest Loser and VRAK
 - HealthQuest presentation in May
 - Quote “If it’s to be, it’s up to me”

5

Preventive Benefits through the State Employee Health Plan

- **Guest Speaker –
Jennifer Flory
State Employee Health Plan
Health Plan Operations**

6

Preventive Care

- PPACA – Health Reform law expanded coverage
- Covered in full on Plans A, B and C
 - Must be provided by a network provider
 - Services must be bill as routine screenings
 - Care to treat an illness or disease are covered
 - Subject to Deductible and Coinsurance
 - Limited to one service per calendar year
 - Exceptions: Mammography, Colonoscopy & Pap Smears

7

Preventive Care

- Well Baby Exams:
 - includes periodic age appropriate office visits
- Newborn screenings:
 - Congenital hypothyroidism
 - Sickle cell disease
 - Gonococcal ophthalmia neonatorum
 - Phenylketonuria (PKU)
 - Hearing Check

8

Preventive Care

- Well Child Annual Exam includes screening for:
 - Adolescent Depression
 - Sexually Transmitted Infections (STI's) and HIV
 - Obesity
- Counseling for:
 - Healthy diet, obesity & weight management
 - Sexually Transmitted Infections(STI's)
 - Chemoprevention for dental caries (fluoride)
 - Iron Deficiency

9

Preventive Care

- Well Woman Exam includes screenings for:
 - Sexually Transmitted Infections (STI's) and HIV
 - Cervical & Colorectal Cancer
 - High blood pressure and cholesterol
 - Diabetes
 - Depression
 - Osteoporosis
- Counseling for:
 - Alcohol & Tobacco usage
 - Aspirin usage
 - Breast Cancer Risks/BRCS screening
 - Healthy diet, obesity & weight management
 - STI's
 - Folic Acid intake

10

Preventive Care

- Prenatal Services includes initial screening for:
 - Hepatitis B
 - Bacteruria
 - RH Incompatibility
- Counseling for:
 - Folic Acid Supplements
 - Alcohol & Tobacco usage
 - Breast feeding support
- Screenings during pregnancy for:
 - Iron Deficiency Anemia
 - Sexually Transmitted Infections (STI's)

11

Preventive Care

- Well Man Exam includes screening for:
 - Prostate exam
 - Sexually Transmitted Infections (STI's) & HIV
 - High blood pressure and cholesterol
 - Diabetes
 - Depression
 - Colorectal Cancer
- Counseling for:
 - Alcohol & Tobacco usage
 - Aspirin usage
 - Healthy diet, obesity & weight management
 - STI's

12

Preventive Care

- Immunization coverage includes:
 - HPV (ages 9-26)
 - Flu
 - Shingles (over age 60)

13

Preventive Care

- Lab Services associated with Well Person Exam:
 - General health profile and/of lipid screening
 - Basic/comprehensive metabolic panel screening
 - Complete blood screening
 - Creatinine screening
 - Thyroid stimulating hormone (TSH) screening
 - Screening urinalysis
 - Fecal occult blood screening
 - Pap smears and vaginal cultures/smears
 - Cholesterol and triglyceride screening
 - Prostate-specific antigen blood test (PSA)

14

Preventive Care

- Age Appropriate Bone Density Screening
- Vision Exam
- Hearing Exam
- Ultrasonography for aortic aneurysm
 - Men ages 65-75 with history of tobacco usage
 - Limited to once per lifetime
- Mammography
 - not limited to one or routine care
- Colonoscopy
 - not limited to one or routine care

15

Questions On Preventive Care?

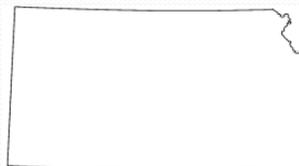
VRAK & Portal Credit Live Demo

- Live demo on portal for webinar attendees
- Please follow along with slides if you are only on audio

17

What is Virtual Race Across Kansas? (VRAK)

- A physical activity and nutrition challenge
 - Efforts translated into travel miles across Kansas
 - Goal = 1,000 miles in 8 weeks or less
 - 30 minutes of physical activity in 1 day = 30 miles
 - 2 cups of fruits and/or veggies in 1 day = 30 miles
 - Max and Min = 30 miles for each category daily
 - June 1 – July 31, 2011



18

Prizes

- Wellness Prize Package
 - \$100 value
 - Drawing for 3 winners
 - Everyone loves the Hydracoach!



19

Go to www.KansasHealthQuest.com



Sign In

Already registered? Enter your username and password here.

Email

Password

[Forgot your password?](#)

[Sign in](#)

Register

First time here? You'll need an employee ID to get started.

You are registering

Select

What does this mean?

[Register](#)

We're here to assist you

For technical assistance, please call 1-888-275-1205 (option 9) or TTY 1-888-277-1543, from 8:00 a.m.-10:00 p.m. CST, seven days per week, excluding nationally observed holidays.

Why Register?

- Schedule a health screening
- Take a health assessment
- Get a \$50 gift card
- Join statewide health challenges
- Set and achieve goals to improve your health!

20

Click Virtual Race Across Kansas From Left Navigation

The screenshot shows the KHPA HealthQuest website interface. At the top left is the KHPA HealthQuest logo. Below it is a navigation menu with categories: Healthy Lifestyle, Diseases & Conditions, Personal & Family Health, and Tools & Media. A search bar is located at the top right. On the left side, there is a 'You've Earned' section showing 0 Credits and a 'Program Info' sidebar with a red arrow pointing to 'Virtual Race Across Kansas'. The main content area features a welcome message and two recommendation cards: 'Take your Health Assessment with Biometrics' (10 Credits) and 'Healthy Aging Program' (5 Credits).

Enter VRAK On Center Module

The screenshot displays the 'Virtual Race Across Kansas' center module. On the left is a 'KHPA News' sidebar with a 'HealthQuest Wellness Newsletter' link. The main module features a header with the program name and '5 Credits'. Below the header is a 'Learn more' link and an 'Enter/Save' button. The text describes the program: 'Stay active and eat well! You will receive 5 credits once you reach 1000 miles. Last Date to Enter Miles: August 7, 2011'. A list of details follows:

- The goal is to complete 1,000 total miles in 8 weeks
- Earn 30 miles per day for performing at least 30 minutes of moderate physical activity
- Earn 30 miles per day for eating at least 2 cups of fruits and/or vegetables
- The minimum & maximum earned miles for physical activity in 1 day = 30 miles
- The minimum & maximum earned miles for nutrition in 1 day = 30 miles

 At the bottom, a URL is provided: <http://www.khpa.ks.gov/healthquest/virtualrace.html>. A page number '2.2' is visible in the bottom right corner.

Click Boxes On Days You Met Activity/Nutrition Goals

KHPA News
HealthQuest Wellness Newsletter



Virtual Race Across Kansas

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

1000 points completed
5 Credits Earned (max)

Last Date to Enter Miles: August 7, 2011

Week of Jun 5, 2011 – Jun 11, 2011								Previous week	Next week
	Sun	Mon	Tu	Wed	Th	Fri	Sat		
Participate in nutrition challenge	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Participate in physical activity challenge	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Daily Points	0	0	0	0	0	0	0		

[Learn more](#)

Enter/Save

Participants track their physical activity and consumption of fruits/vegetable that translate into travel miles across Kansas.

- The goal is to complete 1,000 total miles in 8 weeks

Click Enter/Save

- Know Your Numbers
- Virtual Race Across Kansas



Virtual Race Across Kansas

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

You've completed
120 points
Complete 1000 pts for 5 Credits

Last Date to Enter Miles: August 7, 2011

Week of Jun 5, 2011 – Jun 11, 2011								Previous week
	Sun	Mon	Tu	Wed	Th	Fri	Sat	
Participate in nutrition challenge	<input checked="" type="checkbox"/>	<input type="checkbox"/>						
Participate in physical activity challenge	<input checked="" type="checkbox"/>	<input type="checkbox"/>						
Daily Points	60	0	0	0	0	0	0	

Your entry has been saved.
You earned 60 points this week.

[Learn more](#)

Enter/Save

Track Portal Credits – Top Left Corner of Participant Homepage (Purple)

The screenshot shows the top portion of a participant's homepage. At the top, there is a navigation bar with the text "Hello, Test90728." and links for "Home", "Account", "Feedback", and "Logout". On the right of this bar is a "Help" icon. Below the navigation bar is the KHPA logo (Kansas Health Promotion Agency) and the "HealthQuest" logo. A search bar is located to the right of the logo. Below the search bar are several menu items: "Healthy Lifestyle", "Diseases & Conditions", "Personal & Family Health", and "Tools & Media". The main content area is divided into two columns. The left column features a purple box titled "You've Earned" with a large number "5" and the word "Credits" below it. Below this, it says "Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!" and includes a link "How do I earn credits?". The right column has a yellow banner with an apple icon and the text "Welcome, Test90728! Ready to live healthier? Let's make it happen!". Below the banner is a "Recommendations" section with a light blue box titled "Take your Health Assessment with Biometrics" and a "10 Credits" badge. The box contains an image of a person jumping and the text "Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health." A small "25" is visible in the bottom right corner of the screenshot.

Track Credits Landing Page

The screenshot shows a landing page for tracking credits. On the left is a sidebar with a list of links: "Success Stories", "Wellness Champions", "Self-Report Activity Forms", "Know Your Numbers", "Health Resources", "Tobacco Cessation", "Condition Care", and "Benefits Info". The main content area starts with the question "How close am I to earning 30 Credits?". Below this, it says "So far, you've earned 5 Credits!" in large purple text. Underneath, it says "Start earning by checking out the activities below!" and "You've earned 5 out of 30 Credits. Stay with it!". A progress bar shows a yellow segment representing 5 credits out of a total of 30. Below the progress bar is the text "Activities you are currently engaged in:". There is a light blue box for an activity titled "Virtual Race Across Kansas" with a "5 Credits" badge. The activity description says "Stay active and eat well! You will receive 5 credits once you reach 1000 miles." and "Last Date to Enter Miles: August 7, 2011". There is a "Learn more" link and an "Enter/Save" button. A small "26" is visible in the bottom right corner of the screenshot.

2011 Credits Program on Portal

Program Info

- Program Overview
- Track Credits
- Onsite Screenings
- Health Assessment
- Past Health Assessment Results
- \$50 Gift Card
- Health Coaching
- Employee Assistance Program
- Success Stories
- Wellness Champions
- Self-Report Activity Forms
- Know Your Numbers

Program Overview

January 1 – September 30, 2011

HealthQuest

HealthQuest is the wellness program for State of Kansas employees and members of the State Employee Health Plan. We offer a wide variety of wellness programs to help you and your family improve your health and enhance your quality of life. As part of your benefits plan, these services are provided to you at no additional cost.

The following program activities are opportunities for you to gain credits toward rewards for healthy behaviors:

Program Activities	Tracking Credit	Max Credits
Health Assessment with biometric screening (required)	10	10
Healthy Living Programs	5	10
Preventative Exams	3	6
HealthQuest Approved Event	3	6
Online Monthly Screenings	1	2
Know Your Numbers Campaign (February-September)	5	5
Virtual Race Across Kansas (June 1-July 31)	5	5
Chug A Jug Challenge (August 1-August 31)	5	5
Chill Out Stress Challenge (September 1-23)	5	5
Online Satisfaction Survey	2	2
Health Coaching (8 interactions)	5	5
Quit For Life: Tobacco Free	6	6
Condition Management	5	5

Program Goal: 30 credits

27

Click Preventive Exam Link on Program Overview Page

Program Info

- Program Overview
- Track Credits
- Onsite Screenings
- Health Assessment
- Past Health Assessment Results
- \$50 Gift Card
- Health Coaching
- Employee Assistance Program
- Success Stories
- Wellness Champions
- Self-Report Activity Forms
- Know Your Numbers

[Health Screening, February-August](#)

HealthQuest offers free health screenings in multiple locations statewide. Health screenings can provide you with important health information including the following:

- Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)
- Waist circumference

[Health Assessment, February-September \(10 Credits\)](#)

Using results obtained from a health screening or doctor visit, complete an online health assessment to receive valuable health information, a personalized report and a health improvement plan developed just for you. Also receive a \$50 gift card redeemable at more than 350 merchants!

[Health Living Programs \(5 Credits\)](#)

These interactive personalized online tutorials help you take important steps to reduce risk and improve health. There are 13 Healthy Living Programs to choose from. You may participate in one at a time. Each program lasts for six weeks.

[Preventive Exams \(3 Credits\)](#)

Even healthy individuals need regular exams. Make preventive screenings an annual routine to maintain your health status long term. To earn credits fill out the self-report activity form found in the left navigation.

[HealthQuest Approved Event \(3 Credits\)](#)

These are self-reported wellness activities. Examples include completion in a local fitness event such as a triathlon.

Can link to programs from Program Overview Page

28

2011 Credits Program on Portal

Hello, Test1064. Home Account Feedback Logout Help

KHPA
KANSAS HEALTH POLICY AUTHORITY
HealthQuest

Search

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

Print A A

< Home

Take these quick questionnaires!

Forms Counted for Activities :

 **Preventive Exam I** 3 Credits

Once you have completed your preventive exam, then complete this form to earn your wellness credits. The preventive exams include Well Woman with pap smear, Well Man, Vision, Dental, Mammogram, and Colonoscopy.

Continue

29

Enter Information From Your Preventive Exam And Click Continue

Forms Counted for Activities :

 **Preventive Exam I** 3 Credits

Once you have completed your preventive exam, then complete this form to earn your wellness credits. The preventive exams include Well Woman with pap smear, Well Man, Vision, Dental, Mammogram, and Colonoscopy.

* Date (mm/dd/yyyy) of exam

* Name of exam

* Physician's name

* By typing your name, you certify that this information is accurate and true:

Continue

30

You Can Also Link To Programs And Earn Credits From The Left Navigation

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

Program Info
 Program Overview
 Track Credits
 Onsite Screenings
 Order your at-home screening kit
 Health Assessment
 Past Health Assessment Results
 \$50 Gift Card
 Health Coaching
 Employee Assistance Program
 Success Stories
 Wellness Champions
 Self-Report Activity Forms

Welcome, Test1064! Ready to live healthier? Let's make it happen!

Recommendations

Virtual Race Across Kansas **5 Credits**
 Participate in this physical activity and nutrition challenge and you will earn 5 credits once you have completed 1000 miles. The minimum and maximum miles per day is 30 in each category.
 Last Date to Enter Miles: August 7, 2011
 Maximum miles per day: 60 (30 for physical activity and 30 for nutrition)
 Credit Value: 5
 Learn more
 Enter/Save

Health Assessment with Biometrics

31

VRAK Link On HealthQuest Webpage

KHPA
 KANSAS HEALTH POLICY AUTHORITY

KHPA Home | About Us | Medicaid and HealthWave | State Employee Health Plan | Health Policy

KHPA Home - HealthQuest

HealthQuest - State of Kansas Health & Wellness Program

[Read more about this award winning program here!](#)

HealthQuest Philosophy: "You, the individual, can do more for your health and well-being than any doctor, any hospital, any drug, and any exotic medical device."
 Joseph Califano

Mission: To partner with employees to improve their health and well-being and to better manage health care costs.

YouTube | Facebook | Twitter

The toll free telephone number for HealthQuest programs is 1-800-273-1203.
[Click here](#) for a list of phone options and hours of operation.

HEALTHY INTERACTIONS A new HealthQuest Offering Coming Soon!	VIRTUAL RACE ACROSS KANSAS A Physical Activity & Nutrition Challenge June 1 - July 31 MORE INFO & SIGN UP	JOIN THE WELLNESS CHAMPION NETWORK! MORE INFO	HEALTHQUEST HAPPENINGS Click here for info on webinars, teleclasses, brown bag lunches, etc.
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Health & Wellness Services

- 24/7 Nurse Line
- Lifestyle Health Coaching
- Condition Management Programs

32

Auto-Responder Sign Up On HQ VRAK Page

The screenshot shows the KHPA website with a sign-up form for the Virtual Race Across Kansas challenge. The form includes fields for Name and Email, and a Submit button. Below the form, there is a note about receiving a confirmation email and a 'What Is It?' section.

Virtual Race Across Kansas
 A Statewide Physical Activity & Nutrition Challenge
 June 1 - July 31, 2011

Sign Up Here To Participate and Receive Weekly Inspirational & Educational Messages

Name
 Email

After clicking submit, you will be returned to this same page. If you do not receive a confirmation email in a few minutes, please check your spam folder.

What Is It?

- The Virtual Race Across Kansas is a statewide physical activity and nutrition challenge

Auto-Responder Weekly Emails

- New resource sent out each week to participants

The screenshot shows an email from HealthQuest titled 'Virtual Race Across Kansas - Week Seven'. The email content includes a greeting, a reminder about tracking forms, a tip of the week about Health Txts, and information about how to sign up for the service.

HealthQuest

Virtual Race Across Kansas - Week Seven

Hi Paul,

We are now in Week 7 of the Virtual Race Across Kansas Challenge. As a reminder, tracking forms are due on November 17, 2010 and will be accepted until November 22, 2010 to be entered into the prize drawing. Please keep on tracking until the end of the challenge, even if you have already logged 1,000 or more miles.

Here's your tip of the week:

Mobile Health Interventions offers a powerful behavior change tool through your mobile phone called Health Txts. Studies show that guided text messaging is a simple but powerful way to help you meet your health and wellness goals because it keeps you on track at your weakest moments.

Health Txts is a free service that helps you change unhealthy behaviors by sending you customized text messages that you write yourself and/or from an expert library to help you meet your physical and mental health goals at the times and in the places you need it most. Health Txts offers three different program options to meet your needs.

It's easy to get started. Simply sign up for services online at <http://www.healthtxts.com/pages/health-txts.php>, choose your program, enter your messages and messaging periods, and complete the optional one minute assessment. You can choose to enter as many or as few messages as you wish. To stop your messages either sign-in to your account and deactivate your profile or reply STOP to any message. To start again sign-in and reactivate your account or reply GO to any message. You may edit or change your messages at any time.

Health Txts is free. No gimmicks, no advertisements, no selling your data to marketers. Standard

2011 VRAK Poster

Download at HealthQuest Website

Virtual Race Across Kansas
A Physical Activity & Nutrition Challenge
June 1 – July 31, 2011

How To Participate:

- Physical activity and nutrition efforts are translated into travel miles across Kansas - the goal is to complete 1,000 total miles in 8 weeks
- Earn 30 miles/day for performing at least 30 minutes of moderate physical activity
- Earn 30 miles/day for eating at least 2 cups of fruits and/or vegetables
- The minimum and maximum miles earned daily is 30 in each category
- Complete the challenge to be entered into a prize drawing to win one of three fantastic fitness equipment packages. Each package is valued at \$100 and includes:
 - Hydracoach water bottle
 - TKO 65cm Fitness Ball
 - Valeo Workout Mat
 - Valeo Jump Rope
 - Omron Digital Pedometer
- Track your progress online at the member portal www.khpa.ks.gov/healthquest/virtualrace.html (click on Virtual Race from the left menu - this link is available beginning June 1)
 - Alternatively you can download an excel file to track on your own computer or print a copy to track manually
 - Tracking forms must be submitted Aug. 1 – Aug. 7 for the drawing
 - For more information, visit www.khpa.ks.gov/healthquest/virtualrace.html

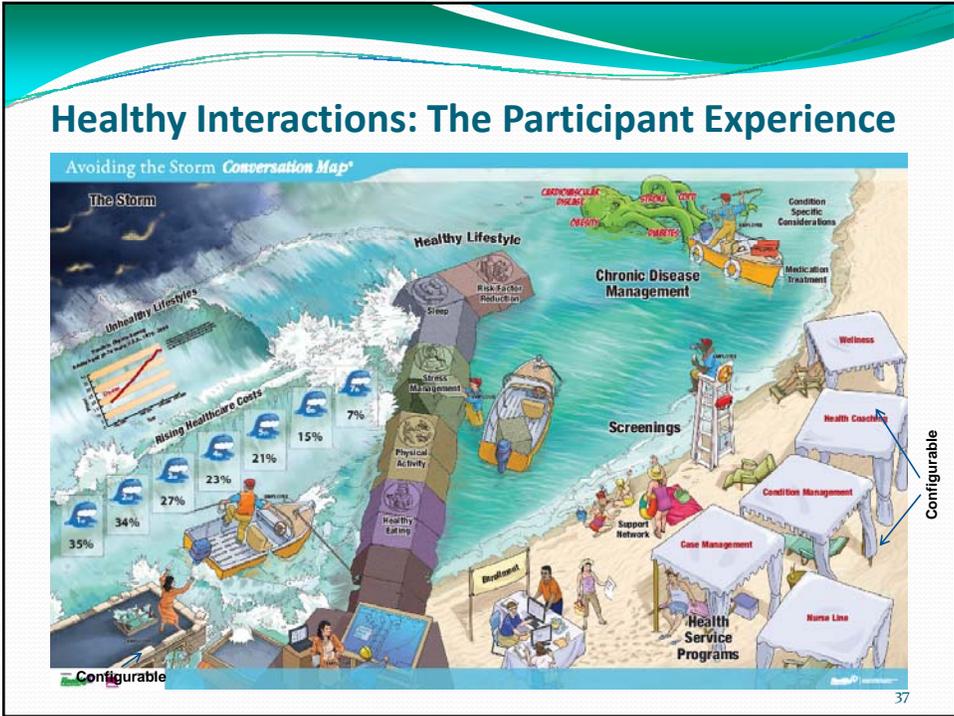
Who is Eligible to Participate:

- Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan.

Healthy Interactions – Pilot Program in Topeka

- Pilot sites in Topeka:
 - Landon State Office Building
 - Docking State Office Building
 - Curtis State Office Building
 - Eisenhower State Office Building
- Registration begins May 9
 - Online
 - Telephonic
- Sessions take place June 1 - 30





- ## Ongoing 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**
- 38

Social Media Update

- **Like us on Facebook – 141 fans**
<http://www.facebook.com/KansasHealthQuest>
- **Follow us on Twitter – 8 followers**
<http://twitter.com/kshealthquest>
- **Visit us on YouTube – 23 videos/2,295 views**
<http://www.youtube.com/user/kansashealthquest>

39

Wellness Tip: Words Can Inspire

- “Know what resistances may stop you from achieving your goals and address them”
- “Hope is not a strategy”
- “Can’t and Try are bad words”
- “Do or do not, there is no try” – Yoda
- “You never hear anyone say I wish I wouldn’t have worked so hard. What you do hear is I wish I would have worked harder”
- “10/90 Rule: 10% are things you can control, 90% is how you react”
- “Start each workout with a vision”
- “If you aren’t assessing you are guessing”

40

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue