



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, July 10 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- Welcome New Champions!
- 10 Vital Behaviors of a Self Leader (Jack Bastable, CBIZ)
 - Champion Sharing of Vital Behavior #6
 - Introduce Vital Behavior #7
- HealthQuest Announcements
 - Program Deadline Extension
 - Participation Update
 - New HealthQuest Portal Homepage

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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HealthQuest
Wellness Champion Network

10 Vital Behaviors of a Self-Leader



#6 Self-Leaders engage in intentional, meaningful relationships at work and at home

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Please share what you've learned/experienced about Emotional IQ and having meaningful relationships.

- ❑ The best things happen at the intersection of two people
- ❑ The emotions of our friends affect us, and our emotions affect those around us
- ❑ Social connections influence our behaviors, habits and health – positively and negatively

Resource:

Emotional Intelligence 2.0, Tom Rath

#7 Self-Leaders consider food as an energy foundation and a healing source and consider their long-term vision when making nutrition decisions



#7 Self-Leaders consider food as an energy foundation and a healing source and considers their long-term vision when making nutrition decisions

- They have learned the skills to shop for, choose and prepare highly nutritious food options, based on their personal nutritional requirements

- They resist quick, unhealthy choices

- They manage stress and energy levels by never sitting more than 45 minutes at a time and keep healthy metabolism by eating often, never going more than four hours without nutrition

Resources:

www.choosemyplate.gov

www.cspinet.org

www.heart.org (click “Getting Healthy” and “Nutrition Center”)

HealthQuest Announcements!

HealthQuest Program Deadline Extension!

- The HealthQuest program end date is being extended to **November 15, 2014**
- The benefits of participating are still available and you may continue to use the tools and resources on the portal
- The next HealthQuest program year will be **November 16, 2014 – November 15, 2015**

**There's more time to earn the rewards of good health!
The end date for the HealthQuest program is
extended to November 15, 2014.**

Program Extension Details

- HR will receive the information about the program extension in the monthly announcement email on Monday, July 14
- The extended deadline will be announced to all employees with a registered portal account via email on Wednesday, July 16
 1. Those who have already earned the incentive for plan year 2015 will see a “congratulations” message
 2. Employees who have not earned the incentive yet, will see a reminder to complete by the new deadline
- Onsite Biometric Screenings are complete for the current year and will resume with the start of the new program (schedule is TBD)
- Employees and new hires who still need a screening can utilize an At-Home Screening Kit or Physician’s form. Details here: <http://www.kdheks.gov/hcf/healthquest/screening.html>

HealthQuest Participation Update

As of 7/5/14:

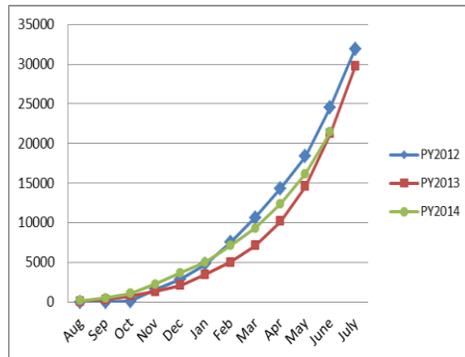
- **22,080 (52.9%)** earned the incentive
- **25,372 (60.8%)** completed the Health Assessment Questionnaire
- **35,947 (86%)** have a registered portal account
- **17,312** participated in an onsite screening event (final stat)
- **2,436** ordered an at-home screening kit and **1,636 (67%)** have returned their kit for processing

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Monthly Participation Comparison

Incentive Completer Comparison of 2012 – 2013 – 2014:

Month	PY2012	PY2013	PY2014
Aug	N/A	92	174
Sep	N/A	326	516
Oct	109	784	1,083
Nov	1,596	1,348	2,228
Dec	2,875	2,103	3,673
Jan	4,773	3,491	5,032
Feb	7,528	5,019	7,119
Mar	10,640	7,086	9,306
Apr	14,308	10,168	12,379
May	18,379	14,553	16,172
June	24,541	21,234	21,423
July	31,903	29,721	



^ Hide Welcome to the new homepage! If you would like to return to the original homepage [click here](#)

Kansas
Department of Health
and Environmental
Services
HealthQuest

Your Resources Library Tools

Welcome Test1631171

Stand up! Sitting for hours at a time is a health risk even for healthy people.
Find reasons to stand and move around during the day.

Track Your Progress

Tracking can help you stay on target and reach your goal.

Start Tracking!

Progress and Rewards

20 Credits

Have You Completed the Required Health Assessment Questionnaire? [Stay with it!!](#)

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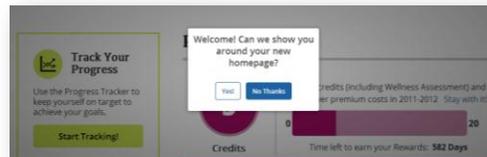
Time left to earn your Rewards: **37 Days**

HealthQuest Homepage Re-design!

The re-designed homepage will launch on Friday, July 18!

The Participant Experience

- Upon log-in, members will see current homepage
- Toggle button allows members to access new homepage
- Members accessing the updated homepage for first time will be presented with a quick tutorial
- After the designated time period, toggle button will be removed and new homepage will automatically display upon log-in



Live Demo...

Thank You for Attending Today!

- Next Meeting is Thursday, August 14 at 11:00-11:45am
- Secret Question: What did you do for Fourth of July?
- Open Questions / Comments