

HealthQuest Wellness Champion Network Monthly Webinar Thursday, July 11 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



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Agenda

- HealthQuest Program Deadline and Stats
- Move Across Kansas Program
- Leadership Training Evaluation
 - [Summary of Responses](#)
 - [Additional Question/Answer](#)

HealthQuest Deadline and Stats

Incentive Requirement	Deadline	Current Stats (as of 7/8)
Complete Health Assessment Questionnaire (worth 10 credits) and Earn 20 Additional Credits	July 31	<ul style="list-style-type: none"> Total Active Employees Earned 2014 Discount 22,943 (55%) Total Active Employees Completed the HAQ 26,566 (63%)

Quick Ways to Earn Remaining Credits:

- Non-Tobacco User Declaration (10 Credits)
- Health Advisor Call (5 Credits)
- Preventive Exams (5 credits)
- Health & Fitness Activities (2 credits each/max 6)
- Seminars (2 credits each/max 6)
- Conversations (2 credits each/max 6)

Move Across Kansas Program and Website Review



Home MAK FAQ Physical Activity Nutrition

[Log in](#)

*If you participated in the Governor's Weight Loss Challenge, your registration transfers and you can log in with the same username and password.

LOGIN

User Name:*

Password:*

[Need to Register for an Account?](#)
[Forgot password?](#)




Home MAK FAQ Physical Activity Nutrition

[Log-out](#)

Change Password Change Security Question Update Profile Opt-In/Out for HealthQuest Points

Do you wish to receive HealthQuest points for participating in this program?

*To earn HealthQuest credits for your participation, you must select Yes and complete the required information in your profile settings (Update Profile tab).

Change Password Change Security Question Update Profile Opt-In/Out for HealthQuest Points

ABOUT YOU

REQUIRED INFORMATION

First name:
Marissa

Last name:
Kalkman

Icon:
Choose an Icon:
Pink Thunder Cloud

Business Type:
Non-State/Independent Participant

Business Name:
Alere Health

Day Time Phone:
785-296-8198

Day Time Phone Ext.:

Save Profile

**REQUIRED INFORMATION TO RECEIVE HEALTHQUEST POINTS
(To change, use the opt-in/out tab above)**

Birth date:

Gender:

Employee ID:

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Log-out

Welcome, Marissa Kalkman

Update personal settings

Health and Wellness Tips
Try adding fresh fruit like orange slices, lemon or strawberries to your water for a fresh flavor!

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route Completion (Optional)

Exercise Minutes

This Week: 145 This Year: 1185
This Month: 465 % to Finish: 40%

You are 60% to the finish. You have 40% left to go.

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route Completion (Optional)

Exercise Minutes

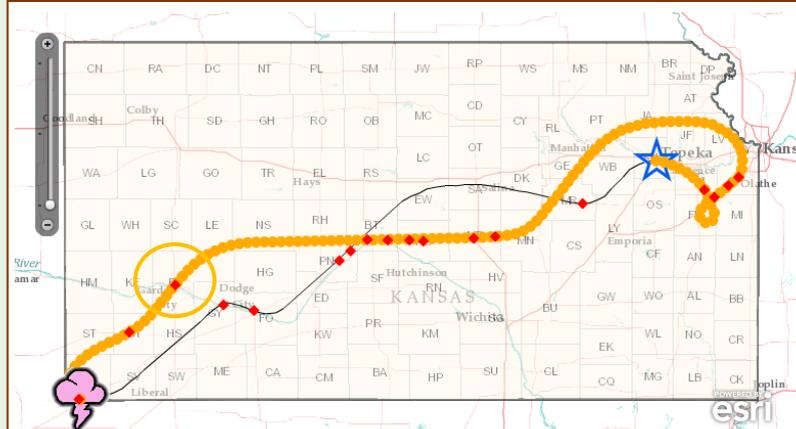
This Week: 145

This Year: 1185

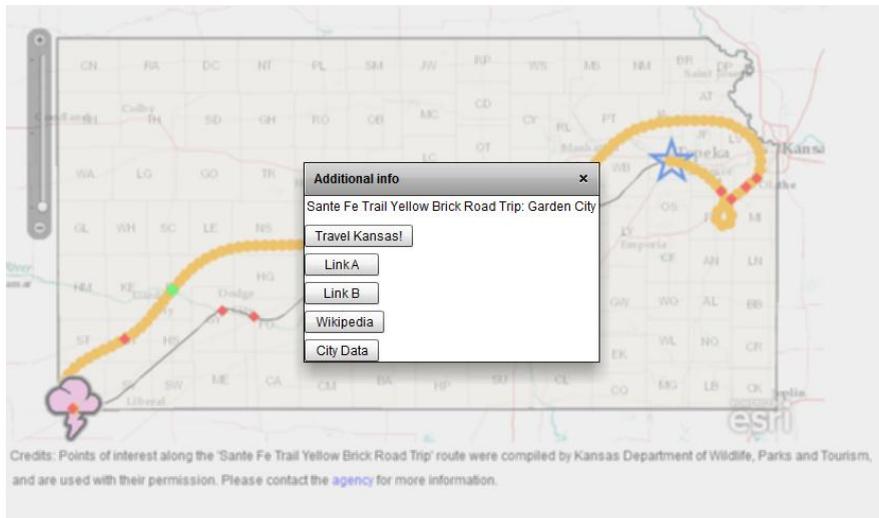
This Month: 465

% to Finish: 40%

You are 60% to the finish. You have 40% left to go.



Credits: Points of interest along the 'Sante Fe Trail Yellow Brick Road Trip' route were compiled by Kansas Department of Wildlife, Parks and Tourism, and are used with their permission. Please contact the [agency](#) for more information.



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Welcome, Marissa Kalkman

[Update personal settings](#)

Health and Wellness Tips

Just because a food is branded as "low-fat" or "fat free" does not necessarily mean it's a healthy choice. Check food labels to make sure fat hasn't been replaced by unnecessary sugar, calories and artificial flavorings. When in doubt, opt for whole foods instead.

Progress Map
Activity
Weight (Optional)
Fitness Level (Optional)
Resting Heart Rate (Optional)
Monthly Route Completion (Optional)

Date:

Exercises Detail:

How Long: Minutes

Delete	Date	Detail	Minutes
	Jul 10, 2013	CrossFit and running	75
	Jul 09, 2013	CrossFit	75
	Jul 08, 2013	CrossFit	70
	Jul 06, 2013	Swimming	45
	Jul 06, 2013	Walking	60
	Jul 05, 2013	CrossFit	70
	Jul 02, 2013	CrossFit	70
	Jul 01, 2013	CrossFit	75
	Jun 30, 2013	Walking	80
	Jun 29, 2013	Walking	60

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Fitness Tracking Tools

Progress Map
Activity
Weight (Optional)
Fitness Level (Optional)
Resting Heart Rate (Optional)
Monthly Route Completion (Optional)

Enter your Weight:

Delete	Date	Start Weight	Current Weight	Total Lost	Percentage Lost
	Jun 19, 2013	160.00	160.00	0.00	0.00

Progress Map
Activity
Weight (Optional)
Fitness Level (Optional)
Resting Heart Rate (Optional)
Monthly Route Completion (Optional)

Date of Test:

Your Gender:

Your Age Range:

Enter Your Mile Time: :



Take the Timed Mile Test

Delete	Date	Minutes	Score	Age Range	Gender
	May 04, 2013	7:33	Excellent	20-29	Female

Fitness Tracking Tools

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route Completion (Optional)

Date of Test:

Your Gender:

Your Age Range:

Resting Heart Rate:



Athlete

Delete	Date	Resting Heart Rate	Score	Age Range	Gender
<input type="button" value="⊖"/>	Jul 08, 2013	56	Athlete	26-35	Female
<input type="button" value="⊖"/>	Jun 19, 2013	62	Excellent	26-35	Female

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route Completion (Optional)

Month	Year	Completed
July	2013	<input type="button" value="⊖"/>
June	2013	<input checked="" type="checkbox"/>



Home **MAK FAQ** Physical Activity Nutrition

Will members of the State Employee Health Plan receive HealthQuest credits for participating?

Yes. To obtain HealthQuest credits, it is important for SEHP members to provide the necessary information when registering or first logging in to their Move Across Kansas account. SEHP members will **not** receive their HealthQuest credits unless they opt in and provide the requested information. The participant can check their information at the "Update personal settings" link on the home page.

How many HealthQuest credits can I receive for participating in Move Across Kansas?

During the first four months of the Move Across Kansas wellness program (July – Oct. 2013), SEHP members can receive two HealthQuest credits for each monthly route they complete. A bonus of an additional two credits can be earned upon completion of all four routes (a total of 10 credits are possible). Participants can expect to see credits awarded to their HealthQuest account within three weeks after the end of each month.

Move Across Kansas - Details

- July 1 – October 31 with one route each month
- Activity can be logged retroactively up to 7 days
- 2 HealthQuest credits for completion of each route plus 2 bonus credits if all four routes are completed (total of 10 credits possible)
 - Credits will be awarded within 3 weeks after the end of each month
 - The HealthQuest information in your Profile Settings is required to receive credits
 - Credits for completion of the July route will be awarded in the next HealthQuest program year
- You will move across the route for up to 60 minutes of activity each day (you will see your icon move various percentages for activity durations up to 60 minutes)
- State Employees - for each route completed, get entered into raffle for a \$50 gift card (50 total gift cards awarded)

www.moveacrosskansas.ks.gov

Questions and feedback for Move Across Kansas can be sent to info@kdheks.gov

Leadership Training Evaluation

Thanks to all who responded!

Question	Summary of Responses
Overall, I found the Leadership Training sessions informative and useful for developing my skill set.	68% agree or strongly agree
Which of the three sessions did you find to be the most beneficial to strengthening your leadership skills?	Session I: 42% Session II: 50% Session III: 8%
The Leadership Training sessions have helped me to become a more effective wellness mentor for my co-workers.	46% agree 64% are neutral or disagree
Please share any suggestions you have for improving the Leadership Training series:	More than 3 sessions, hands-on and interactive activities, longer sessions, personal strength-building, provide flyers
What ideas do you have for future training topics that would help you succeed as a leader and a Wellness Champion?	Major Themes: <ul style="list-style-type: none"> • Coordinating wellness programs – tools for development, planning and executing • Communication and promoting wellness confidentially • Information on a wider variety of wellness topics

WCN Leadership Training for 2014

- 3-5 sessions
- Possible duration of 45 – 60 minutes
- Topics are not yet decided, but your feedback will absolutely be used to develop the curriculum for the next training series

Thank You for Attending Today!

- Next Meeting is Thursday, August 8
- Secret Question
- Open Questions / Comments