

HealthQuest Wellness Champion Network Meeting

Thursday, July 14 at 11:30 am

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



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Welcome

- Announcements
- Icebreaker

Agenda

- Welcome & Icebreaker – Cheryl
- Update on Champions/Agencies – Paul
- VRAK Update – Paul
- Chug A Jug Challenge – Paul
- 2011 Portal Credits Program – Cheryl
- Health Screening & Social Media Update – Julie
- Wellness Tip – Paul
- Questions, Comments & Open Dialogue – Cheryl

Champions & Agency Representation

- 80 Total Champions
- 58 Different Agencies Represented
- 2 New Champions in July
 - Heather Shivers – Social & Rehabilitative Services
 - Overland Park, KS
 - Tonya Ketchum – Social & Rehabilitative Services
 - Lawrence, KS

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VRAK Update

- June 1 – July 31
- July 15 is last day to begin tracking and complete the goal by the deadline
- 658 people tracking on the portal
- 222 have already completed the challenge (1,000 miles)
- Worth 5 credits on portal

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Chug a Jug Challenge

- August 1 - 31
- Track daily water intake on portal to earn points
- 64 ounces of water/day = 1 point
- Complete the challenge by earning 20 points (out of 31 possible)
- Worth 5 credits on portal

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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

[What does this mean?](#)

[Register](#)

We're here to assist you

For technical assistance, please call 1-888-273-1205 (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!

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Click Chug A Jug From Left Navigation



You've Earned

5 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
- Know Your Numbers
- Chug A Jug Challenge**

Welcome, Test90313! Ready to live healthier? Let's make it happen!

Recommendations

Take your Health Assessment with Biometrics

Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health.

[Learn more](#)

[Get Started](#)

10 Credits

Stress Relief Program

Think stress is unavoidable? It's not! This program can give you the tools, support and advice you need to avoid and manage daily stress. [Try it today!](#) Or [view all programs](#) available to you.

[Learn more](#)

[Start Program](#)

5 Credits

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Enter Chug A Jug On Center Module

[Home](#)

Program Info

- [Program Overview](#)
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- [\\$50 Gift Card](#)
- [Health Coaching](#)
- [Employee Assistance Program](#)
- [Success Stories](#)
- [Wellness Champions](#)
- [Self-Report Activity Forms](#)
- [Know Your Numbers](#)

Challenges are activities that provide an opportunity for participants to practice healthy behaviors.

Current Challenges

Chug A Jug Challenge

Stay Hydrated! You will receive 5 credits once you earn 20 points

Last Date to Enter Points: September 7, 2011

[Learn more](#)

5 Credits

[Enter/Save](#)

This Challenge is promoting the importance of adequate fluid intake as a reminder to keep cool and use common sense during the hot summer months. Your body is made up mostly of water. Staying well-hydrated helps regulate body temperature, transport nutrients to where they are needed and cushion your joints to prevent injury. If you do not get all the fluids you need, you could start feeling dizzy, light-headed or get a headache. Even mild dehydration can affect physical and mental performance.

Future Challenges

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Click Boxes On Days You Met Hydration Goals And Click Enter/Save

[Home](#)

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Challenges are activities that provide an opportunity for participants to practice healthy behaviors.

Current Challenges

Chug A Jug Challenge

Stay Hydrated! You will receive 5 credits once you earn 20 points

Last Date to Enter Points: September 7, 2011

31 points completed
5 Credits Earned (max)

[Enter/Save](#)

Week of Aug 21, 2011 - Aug 27, 2011	Sun	Mon	Tu	Wed	Th	Fri	Sat
Consume at least 64 ounces to earn 1 point per day	<input checked="" type="checkbox"/>						
Daily Points	1	1	1	1	1	1	1

[Learn more](#)

Future Challenges

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

Hello, Test90728. Home Account Feedback Logout Help

KHPA
KANSAS HEALTH POLICY AUTHORITY
HealthQuest

Search

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

You've Earned
5
Credits

Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!
[How do I earn credits?](#)

Welcome, Test90728! Ready to live healthier? Let's make it happen!

Recommendations

Take your Health Assessment with Biometrics **10** Credits

Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health.

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Track Credits Landing Page

Success Stories
Wellness Champions
Self-Report Activity Forms
Know Your Numbers

> Health Resources
> Tobacco Cessation
> Condition Care
> Benefits Info

How close am I to earning 30 Credits?

So far, you've earned 5 Credits!

Start earning by checking out the activities below!
You've earned 5 out of 30 Credits. Stay with it!

0 **You** 30

Activities you are currently engaged in:

Virtual Race Across Kansas **5** Credits

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

Last Date to Enter Miles: August 7, 2011

[Learn more](#) [Enter/Save](#)

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2011 Credits Program on Portal

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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 Seminars	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

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Click Preventive Exam Link on Program Overview Page

Program Info

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[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

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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

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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

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

You've Earned

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Credits

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How do I earn credits?

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- Health Coaching
- Employee Assistance Program
- Success Stories
- Wellness Champions
- Self-Report
- Activity Log

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

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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 –**NEW URL:**
www.kdheks.gov/hcf/healthquest
- Make Appt/Take Assessment/Order Card on Portal:
www.KansasHealthQuest.com

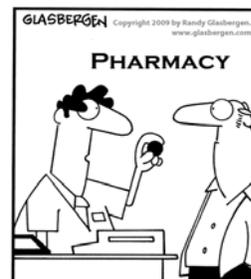
Social Media Update

- Like us on Facebook – 149 fans
<http://www.facebook.com/KansasHealthQuest>
- Follow us on Twitter – 9 followers
<http://twitter.com/kshealthquest>
- Visit us on YouTube – 26 videos/2,536 views
<http://www.youtube.com/user/kansashealthquest>
 - NEW - Super Set Strength Series (short videos)
 - 3 videos added last week on Chest & Back workout
 - Legs, Abs/Cardio and Biceps/Triceps coming soon!

Wellness Tip: Fitting In Time To Be Fit

Paul's Current Weekday Schedule (Prepping for Duathlon)

- 5:00am – 5:20am
 - Put in contacts
 - Put on workout gear
 - Drink coffee!
 - Answer email
 - Drink pre-workout shake or choc milk
- 5:30am – 6:00am
 - Strength training
 - 5 day split, super set opposing muscle groups
- 6:00am – 6:30am
 - Run, bike, bike/run, or run/bike (long distance on weekends)
- 6:30am – 6:35am
 - Cool down, stretch, drink shake or choc milk
- 6:35am - _____
 - Feed Camden, get ready for work, drive to daycare,



"This is the most effective diet pill we sell.
 You chase it around a handball court
 for an hour a day."

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue