

HealthQuest Wellness Champion Network Meeting

Thursday, August 11th 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



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Welcome

- Announcements
- Icebreaker

Agenda

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

Champions & Agency Representation

- 80 Total Champions
- 58 Different Agencies Represented

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VRAK Update

- 785 began tracking on portal
- 450 completed challenge
 - Includes some email and faxed forms
- Prize Drawing Winners:
 - Joe Torres, KDOT, Topeka
 - Rexanna Schneider, KU, Lawrence
 - Julie McNickle, KNI, Topeka

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Chug A Jug Update

- August 1 – 31 (not too late to begin!)
 - Last day to enter points is September 7
- Earn 1 point for drinking 64oz of water in 1 day
- 20 points to complete and earn 5 credits
- 303 members have begun tracking on the portal through 8/5

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Chill-Out Stress Challenge

- September 1 – 23
 - Last day to enter points is September 30
- Earn 1 point for completing 10 minutes of relaxation activity in per day
- Earn 1 point for getting at least 7 hours of sleep per day
- 30 points to complete and earn 5 credits

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Go to www.KansasHealthQuest.com

The screenshot shows the Kansas HealthQuest website interface. At the top left is the Kansas HealthQuest logo. To the right are three small images: a group of people outdoors, a woman and a child, and a basket of fresh produce. The main content area is divided into three sections:

- Sign In:** A section for existing users with the text "Already registered? Enter your username and password here." It includes input fields for "Email" and "Password", a "Forgot your password?" link, and a "Sign In" button.
- Register:** A section for new users with the text "First time here? You'll need an employee ID to get started." It includes a "You are registering" dropdown menu, a "What does this mean?" link, and a "Register" button. Below this is a "We're here to assist you" section with contact information: "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?:** A list of benefits:
 - 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!

Click Chill-Out Stress Challenge From Left Navigation

The screenshot shows the Kansas HealthQuest website interface. At the top left is the Kansas Department of Health and Senior Services logo. A search bar is located at the top right. Below the logo is a navigation menu with categories: Healthy Lifestyle, Diseases & Conditions, Personal & Family Health, and Tools & Media. On the left side, there is a 'You've Earned' section showing 0 Credits. Below this is a 'Program Info' section with a list of links: Program Overview, Track Credits, 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, and Know Your Numbers Chill-Out Stress Challenge. A red arrow points to the last item in this list. The main content area features a welcome message for user Test101872 and a 'Recommendations' section with two cards: 'Take your Health Assessment with Biometrics' (10 Credits) and 'Healthy Aging Program' (5 Credits).

Enter Chill-Out Stress Challenge On Center Module

The screenshot shows the Kansas HealthQuest website interface, specifically the 'Chill-Out Stress Challenge' page. At the top, it says 'Hello, Test101872.' and includes links for Home, Account, Feedback, and Logout. A search bar is at the top right. Below the navigation menu, there is a 'Program Info' section on the left with links: Program Overview, Track Credits, Order your at-home screening kit, Health Assessment, Past Health Assessment Results, \$50 Gift Card, Health Coaching, and Employee Assistance. The main content area features a yellow banner with an apple icon and the text: 'Challenges are activities that provide an opportunity for participants to practice healthy behaviors.' Below this is a 'Current Challenges' section with a card for the 'Chill-Out Stress Challenge' (5 Credits). The card includes a photo of a woman in a yoga pose and the text: 'Stay in control! Continue earning points for practicing healthy behaviors. You will receive 5 credits in the program once you earn 30 points. Last Date to Enter Points: September 30, 2011'. A red arrow points to the 'Enter/Save' button at the bottom right of the card.

Click Boxes On Days You Met Relaxation And/OR Sleep Goal And Click Enter/Save

Chill-Out Stress Challenge

Stay in control! Continue earning points for practicing healthy behaviors. You will receive 5 credits in the program once you earn 30 points.

Last Date to Enter Points: September 30, 2011

You've completed **0** points
Complete 30 pts for 5 Credits

Week of Sep 18, 2011 - Sep 24, 2011 Previous week

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Take at least 10 minutes of relaxation activity per day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get at least 7 hours of sleep per night	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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

After Clicking "Enter/Save" Completed Points Will Display

Chill-Out Stress Challenge

Stay in control! Continue earning points for practicing healthy behaviors. You will receive 5 credits in the program once you earn 30 points.

Last Date to Enter Points: September 30, 2011

You've completed **4** points
Complete 30 pts for 5 Credits

Week of Sep 18, 2011 - Sep 24, 2011 Previous week

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Take at least 10 minutes of relaxation activity per day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get at least 7 hours of sleep per night	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily Points	2	1	1	0	0	0	0

[Learn more](#) Enter/Save

Your entry has been saved.
You earned 4 points this week.

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 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

2011 Credits Program Prize Drawing

- Earn 30 credits by Sept. 30 for entry into prize drawing
- 20 HydraCoach digital water bottles will be given away
 - Built-in computer calculates your personal hydration needs
 - Motivates you to stay properly hydrated
 - Easy to set up and operate
 - Durable polycarbonate bottle



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 – 155 fans
<http://www.facebook.com/KansasHealthQuest>
- Follow us on Twitter – 11 followers
<http://twitter.com/kshealthquest>
- Visit us on YouTube – 26 videos/2,632 views
<http://www.youtube.com/user/kansashealthquest>

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Wellness Tip: At Desk Stretching

- Elbow Pullback
- Arm Crossover
- Neck Pull
- Seated Hamstring Reach
- Seated Figure Four
- Standing Side Bend/Overhead Reach

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue