



HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, August 11th - 11:00-11:45 am

Agenda

- ✓ **Leadership Development**
 - ✓ *With Special Guest Jack Bastable*
- ✓ **Finding Focus Challenge – ENDS Tomorrow, August 12th**
- ✓ **90 Days until End of Program Year – November 15th, 11:00 p.m. Central Time**
- ✓ **Nurse24**
- ✓ **Flu Shot Clinics Begin Soon!**
- ✓ **August HQ Seminar**
- ✓ **August EAP Webinar**
- ✓ **Edington Award – New Beginnings, Self-Leadership**

What's Job 1 of a Leader?

*“First and foremost, the job as a leader is taking charge of your own **energy** then helping to orchestrate the **energy** of those around you”*

Peter Drucker,
World Renown Business Strategist



So What's Energy?



The diagram features a pyramid with four distinct levels, each associated with a specific energy attribute:

- spiritual** (top, yellow): Intensity of Energy
- mental** (second, red): Focus of Energy
- emotional** (third, blue): Quality of Energy
- physical** (bottom, green): Quantity of Energy

The pyramid is set against a white background with a green border on the right and bottom. The text labels for the energy attributes are positioned to the right of the pyramid.

The Only Way to Win, By Jim Loehr

Finding Focus Challenge

*Ends Tomorrow, August 12th
Log Points by August 19th
For 5 HealthQuest Credits*



7

REMINDER: 90 Days Left in the HealthQuest Program Year (Ends November 15th, 2016 at 11:00 p.m. CST)



Health Assessment Questionnaire:
Great start! Finish now to get a health score and a plan to take action.

+5

Finish Assessment



Finding Focus Challenge: We provide the challenge, you bring your game face. Only 21 days left to get involved.

+5

Join Challenge



Earn Now: Earn credits while working on healthy changes. It's easy!

Ways to Earn

8

Don't Forget to Use Nurse24!



It happens to everyone. You have a health problem and aren't sure what to do. Whether the issue is affecting you or a family member, now there's a place to turn, 24/7, even nights and weekends.

Nurse24 provides access to an experienced nurse who will:

- ▶ Advise you personally, no matter how big or small the concern
- ▶ Use nationally accredited guidelines to assess your symptoms
- ▶ Provide easy-to-understand explanations about medical tests and results
- ▶ Talk you through self-care for treating minor medical conditions at home
- ▶ Help determine if you need to go to the emergency room
- ▶ Stay on the line until everything's under control

Best of all, it's provided to you at no additional cost, as part of your benefits plan!

9

2016 Flu Shot Clinics *State Employee Health Plan (SEHP)*

2016 Flu Shot Clinic Information

[2016 Flu Vaccine Information by Health Plan](#)

[2016 Flu Shot Clinic Schedule](#)

[Print Your Caremark ID](#)

[How to Schedule your appointment](#)

[Frequently Asked Questions](#)

[2016 Kansas Consent Form](#)

[2016 Influenza Vaccination Receipt](#)

PLEASE NOTE: You will need your Caremark ID number on your consent form to receive a flu vaccination

Please see <http://www.kdheks.gov/hcf/sehp/2014FluShotClinicInformation.htm>

10

August 2016 Seminar Available on the Portal 8/1/16

TOOLS

More



Knowing the Alternatives

Seminar · 1 Credit · 0

[Watch Seminar](#)

11

August 2016 EAP Webinar

Thursday, August 25th, 2016, 11:00 a.m.

How to Deal with A Difficult Person

At one time or another, we have all dealt with a difficult person.

Whether they are hard to communicate with, acting defensive or just handling a situation inappropriately, interactions with difficult people can affect our confidence, mood and focus. Learning to recognize and cope with common difficult behaviors in ourselves and others can help make difficult encounters much more manageable.

Register at: <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm>

12

Edington CBIZ “Great Beginnings” Honor

Pillar III – Self-Leadership

Great Beginnings

- Pillar I – Senior Leadership:**
 - Blue Valley Unified School District
 - Kansas City Area Transportation Authority (KCATA)
 - Raytown Quality School District
- Pillar II – Operational Leadership:**
 - Aduro, Inc.
 - Alhambra Elementary School District
 - Kansas City Area Transportation Authority (KCATA)
 - Park Hill School District
 - Raytown Quality School District
 - Sonic Boom Wellness
- Pillar III – Self-Leadership:**
 - CentraState Healthcare System
 - Kansas Department of Health and Environment/HealthQuest
 - POAH Communities
 - Salt River Pima-Maricopa Indian Community
- Pillar IV – Recognition & Rewards:**
 - Blue Valley Unified School District

10 EDINGTON CBIZ NEXT PRACTICE AWARDS

Thank You for Joining Our August Meeting!

Next Meeting is **Thursday, September 8th**

✓ 11:00-11:45 am

Secret Question:



Open Questions/Comments