

HealthQuest Wellness Champion Network Meeting

Thursday July 26th 12pm

Call in number: 877-628-7426
 Call Pass Code: 783834
 Please press *6 to mute your line
 Please do not put your line on hold



Agenda

- ▶ Housekeeping/Live Meeting Features – Paul
- ▶ Introduction to HealthQuest Team – Paul
- ▶ HealthQuest Past, Present, Future – Cheryl
- ▶ Becoming a Wellness Champion – Cheryl
- ▶ HealthQuest Communications – Julie
- ▶ WCN Mission Statement and Wellness Balance – Paul
- ▶ Virtual Race Across Kansas Challenge – Paul
- ▶ Demo Tracking Form – Paul
- ▶ Video Preview – Paul
- ▶ Promotion of Virtual Race Across Kansas – Julie
- ▶ Leadership – Paul

Housekeeping/Live Meeting

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- ▶ Live Meeting Top Tool Bar
 - Attendees, Q&A, Handouts
- ▶ Recording available after meeting
 - Sent to WCN email list

HealthQuest Team

- ▶ Cheryl Miller
 Program Director
cheryl.miller@khpq.ks.gov
 785-296-4304
- ▶ Julie Faust
 Wellness Communications Coordinator
julie.faust@khpq.ks.gov
 785-296-5624
- ▶ Paul Sandburg
 Alere Onsite Wellness Program Manager
paul.sandburg@alere.com
 785-296-8198





Where We've Been and Where We're Going

- ▶ Brief History – 1988 to present
 - HealthCheck 88-97 and HRA, 8,000-12,000 participants on average (no incentive)
 - EAP (formerly LIFELINE)
 - Various Onsite programs: tobacco cessation, nutrition, fitness, wellness coordinator network, presentations
 - 2003/4 Mobile Screening and HRA, 20,000 participants both years (\$10/mo premium discount)
 - 2003 Blog

Where We've Been and Where We're Going

- 2005 – Division of Health Policy and Finance (D of A)
- 2006 – Kansas Health Policy Authority
 - Managing Health and Health Care
 - Wellness viewed as an important business strategy to improve health and decrease health care costs
 - New Strategies: incentives, value-based wellness design, integrated vendor programs
- 2007 – CBIZ Wellness Consultant
- 2007 – RFP for Integrated Wellness Vendor
- 2008 – Communications Coordinator
- 2010 – Cleaned up HQ branding (umbrella poster, name of EAP, KHPA/HQ)
- 2010 (Jan) – Alere Wellness Vendor
- 2010 (July) – Alere Onsite Wellness Program Manager

Current Offerings

- ▶ Health screening & Online Health Assessment
- ▶ \$50 gift card
- ▶ Tobacco Cessation Program (8-weeks patch or gum)
- ▶ Health & Wellness Portal
- ▶ 24/7 Nurse Line
- ▶ Lifestyle Health Coaching
- ▶ Condition Management Programs (COPD, HF, Diabetes, Asthma, CAD)
- ▶ Health Monitoring Devices
- ▶ Employee Assistance Program (EAP) *formerly LIFELINE*
- ▶ Blog
- ▶ Web Resources: <http://www.khpa.ks.gov/healthquest/>
- ▶ Wellness Champion Network (WCN)

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A Culture of Health

- ▶ Population Health Management – assess the health needs of a population and provide interventions at all risk levels (low, medium, and high) to keep low risk populations from migrating to higher risks – most beneficial when participation is 80%+
- ▶ Why Be a Wellness Champion?
 - Understand width & breadth of HQ programs
 - Help HQ promote programs locally – make it viral
 - Provide feedback about programs and services
 - Receive support and resources for your own wellness journey

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Julie Faust Wellness Communications Coordinator HealthQuest

- ▶ Maintain HealthQuest website www.khpa.ks.gov/healthquest
- ▶ Create promotional materials (email templates, flyers, kits, etc)
- ▶ Collect and use testimonials
- ▶ Provide resources/videos
- ▶ Develop newsletter for WCN

Send us your ideas!
julie.faust@khpa.ks.gov

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WCN Mission Statement

- ▶ To help employees achieve wellness balance and create a culture of health in Kansas

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What is wellness balance?

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Virtual Race Across Kansas (VRAK) September 21st – November 16th

- ▶ The Virtual Race Across Kansas is a statewide physical activity and nutrition challenge
- ▶ Participants track their physical activity and consumption of fruits/vegetable that translate into travel miles across Kansas
- ▶ Participants who complete the challenge by earning 1000 or more miles will be entered into a prize drawing

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VRAK – Who is Eligible?

- ▶ Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan
- ▶ Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan

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VRAK – How To Participate

- ▶ Download a tracking form to self-report your progress
 - Excel Tracking Form – just enter your daily miles and it automatically totals your weekly and overall miles plus charts your progress
 - PDF tracking form – print it out to write in your daily points (you will need to total your own weekly and overall miles)
- ▶ Between September 21 and November 16, 2010, record your daily travel miles earned
- ▶ The goal is to complete 1,000 total miles in 8 weeks
 - Earn 30 miles per day for performing at least 30 minutes of moderate physical activity
 - Earn 30 miles per day for eating at least 2 cups of fruits and/or vegetables
 - Maximum earned miles for physical activity in 1 day = 30 miles
 - Maximum earned miles for nutrition in 1 day = 30 miles

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VRAK – Tracking Form Preview

Name:	Phone Number:				Emp ID:				
Week 1	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	Sub Total	Week 1 Total	0	0
Physical Activity						0			
Fruits/Vegetables						0			
Week 2	28-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	Sub Total	Week 2 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 3	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	Sub Total	Week 3 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 4	16-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	Sub Total	Week 4 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 5	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	Sub Total	Week 5 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 6	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	Sub Total	Week 6 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 7	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	Sub Total	Week 7 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 8	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	Sub Total	Week 8 Total
Physical Activity								0	0
Fruits/Vegetables								0	0
Week 9	14-Nov	15-Nov	16-Nov					Sub Total	Week 9 Total
Physical Activity								0	0
Fruits/Vegetables								0	0

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VRAK – Tracking From Submittal

- ▶ Tracking forms must be submitted by November 17, 2010 to be included in the prize drawing. Completed forms may be submitted to Paul Sandburg as follows:
 - ▶ Email: paul.sandburg@alere.com
 - ▶ Fax: 785-291-0524
 - ▶ Mail: Paul Sandburg
Landon State Office Building
900 SW Jackson St, Suite 900
Topeka, KS 66612

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VRAK Drawing/Prize Information

- ▶ Participants who complete the challenge by earning 1,000 or more travel miles and submit their tracking forms by November 17, 2010 will be entered into a drawing for one of three fantastic fitness equipment packages.

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VRAK Drawing/Prize Information

- ▶ Each prize package is valued at \$100 and includes:



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Full Body Workout Video Preview

- ▶ Resource for strength training by Paul Sandburg:
 - <http://www.youtube.com/watch?v=OPO9QxmHbLY>

Promoting the Virtual Race

- ▶ Send agency-wide emails to employees (coordinate strategy with HR)
 - Announcement, Sept. 7
 - Day before race begins, Sept. 20
 - Weekly motivational messages & resources
- ▶ Post flyers
- ▶ Utilize agency intranet
- ▶ Submit info for staff newsletters
- ▶ Ask supervisors to cover it in staff meetings

Virtual Race Across Kansas Flyer



Be a leader!

- ▶ As a Wellness Champion your colleagues will need your guidance and leadership

Next Meeting and Future Meetings

- ▶ Next Meeting
 - Tuesday September 7th at 12pm for 30-40 minutes
- ▶ All future meetings will take place on the first Tuesday of each month at 12pm

Any Questions?

- ▶ Press *6 to un-mute for questions and comments