

HealthQuest Wellness Champion Network Monthly Webinar Thursday, August 8 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 Year-End Stats ([unofficial](#))
- New Rewards Program and Chug A Jug Challenge
- Next Practice Award Announcement
- HERO Scorecard Results
- Discussion



Summer Activities Photo Round-Up

HealthQuest Stats (Unofficial)

Completion Stats as of 7/31

Total Active Employees Earned 2014 Discount:

29,726 (71%)

Total Active Employees Completed the HAQ:

30,515 (75%)

HealthQuest Rewards Program: Year 3

August 1, 2013 – July 31, 2014

Requirements for the 2015 Discount:

Complete a health assessment questionnaire (worth 10 credits) and earn an additional 20 credits, for a total of 30 credits, by July 31, 2014.

New for this year:

- Earn up to 10 credits for participating in the Move Across Kansas program
- Earn one credit each (maximum of 3 credits) if your biometric value is in the range listed below:
 - Blood Pressure Less Than 120/80
 - Total Cholesterol Less Than 200
 - Glucose Less Than 100

Click on the My Biometric Credits link in the left menu to see your values for Blood Pressure, Total Cholesterol and Glucose. You will see check marks for each of the three values that are in the clinically-defined healthy range.

Start the Program with the Chug A Jug Challenge!

Chug A Jug Challenge
August 19 - September 16
Challenge yourself to stay hydrated!

Proper hydration is important to keep your body working well and feeling good!
This challenge will focus on tracking water intake throughout the day to be sure you get a healthy balance of hydration!

How the Challenge Works:

- During the Challenge, keep track of the amount of water that you drink each day.
- Earn 1 point for each cup (8 ounces) of water you drink per day.
- Your goal in this Challenge is to accumulate at least 160 points in 4 weeks.
- 5 credits will be awarded to your HealthQuest account when you complete the challenge!

How to Track Daily Points:

- Record your activity at www.KansasHealthQuest.com.
- You may print and use the paper tracking form for convenience and enter your points online later.
- Or track your activity using the Mya™ app and your portal account will be automatically updated.
- Record all activity by September 23.

Download the free Mya™ app through the App Store or Google Play. The app can be used with iPhone, iPad, iTouch and Android devices so you can track your healthy choices right at your fingertips. Login with the same User ID and Password that you use on www.KansasHealthQuest.com.

www.KansasHealthQuest.com

SCAN TO DOWNLOAD

- Earn 1 point for each cup (8 ounces) of water you drink per day. Daily point max is 8.
- Challenge goal = **160 points**
- Record your activity in any of these ways:
 - Enter online at www.KansasHealthQuest.com
 - Use a paper tracking form to record points and enter online later
 - Or track your activity using the Mya™ app and your portal account will be automatically updated
- Record all activity by **September 23.**

HealthQuest Honored with the
Edington Next Practice Award

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**Health
Quest**

**2013 Annual Edington
Next Practice Award
*Taking Wellness to a
Higher Level***

**Award Winner for Pillar IV:
Recognition and Rewards**



The HealthQuest team accepting the Next Practice Award from Dr. Dee Edington.

About the Next Practice Award:

This award recognizes organizations that are actively engaged in the pursuit of a healthy, high-performing workforce and seeks to recognize the *best, newest* thinking .

[Check out HealthQuest in the news!](#)



HealthQuest's Leadership and Levels of Influence



HERO Scorecard

Health Enhancement
Research Organization

- The **Best Practice Scorecard** is designed to help organizations **discover opportunities** to improve their programs and **measure progress** over time
- The Scorecard provides:
 - An inventory of best practices
 - An indicator of program success
 - A normative database for benchmarking
- As an active member of HERO, **Alere supports the non-profit organization's vision to create and share research** to advance the acceptance and practice of employee health management



The Health Enhancement
Research Organization
(HERO) is a national leader in
Employee Health



HERO Scorecard Results

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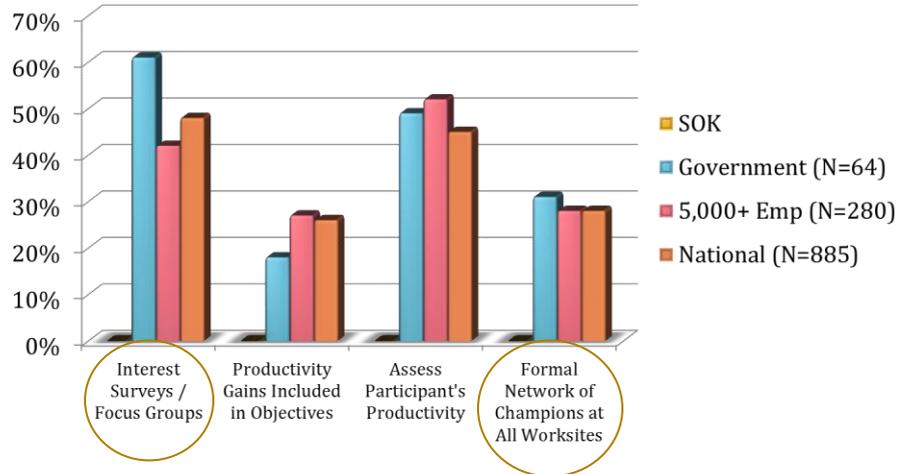
Understanding the Score

- The current national average is based on **885 employers** who have completed the Scorecard since December 2012
- Total **maximum score is 200**, though this is not likely nor even desirable
- **Six total sections** are evaluated in a thorough questionnaire to produce the total score

Section	State of Kansas	National Average	Maximum Points
Section 1: Strategic Planning	9	5	11
Section 2: Leadership Engagement	27	17	33
Section 3: Program Level Management	20	11	22
Section 4: Programs	36	28	56
Section 5: Engagement Methods	49	28	67
Section 6: Measurement and Evaluation	9	5	11
Total Score	150	94	200

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Identified Opportunities through HERO Results



Guiding Questions for Discussion

- What is the feedback you hear about the HealthQuest Rewards program (good and bad)?
- What ideas do you have to improve the Wellness Champion Network?
- Are you an “over-earner” or do you know someone who is?
- The HERO Scorecard has helped us to identify areas of opportunities – from your point of view, what are we missing as an opportunity?
- Would you be interested in working with HealthQuest and the leadership at your location to complete a HERO Scorecard next year?

Thank You for Attending Today!

- Next Meeting is Thursday, September 12
- Secret Question
- Open Questions / Comments