

# HealthQuest Wellness Champion Network Meeting

Thursday, August 9th at 11:30am

Toll-free call in number: 1-800-391-9177  
Conference Code: 501 765 7935#  
Please sign in with full name of all attendees  
Please press \*6 to mute/unmute your line



## Agenda

- Announcements
- Rewards Program Metrics
- New Tobacco Declaration Process
- Health Advisor
- Questions, Comments & Open Dialogue

## Announcements

- September webinar is cancelled
- Survey for wellness champs
- New program year
  - 8/1/12-7/31/13
  - Goal = complete a health assessment questionnaire (worth 10 credits) and earn an additional 20 credits for a total of 30 credits
  - “Health Assessment Questionnaire”
  - “Biometric Screening”

## Rewards Program Metrics

- **31,903** active employees have completed the requirements for the 2013 discount (75%)
  - **July Meeting = 27,048**
- **35,752** active employees registered on the portal by 7/31/12 (84%)
  - **July Meeting = 34,322**
- **815** new hire (3/1/12 or later) employees have completed the health assessment by 7/31/12 (21%)
  - **July Meeting = 559**

# New Tobacco Declaration Process

**0 Credits**

Complete Health Assessment Questionnaire + 20 credits for \$480  
[How do I earn credits?](#)

- ▼ **Rewards Program**
  - Program Overview
  - Track Credits
- ▶ Biometric Screenings
- ▶ Health Assessment Questionnaire
- ▶ Health Advisor
- ▼ **Tobacco Declaration**
  - Make Your Declaration**

**Recommendations**

**Health Advisor**

**Get Personal Support From a Health Advisor!** **5 Credits**

After completing the Health Assessment Questionnaire, you may call toll-free 1-888-275-1205 (option 6) and you will be connected to a Health Advisor to help you better understand your personal risk factors.

**Managing Cholesterol**

**Meal Planner**

Get a personalized plan with easy meal ideas tailored to your tastes.

**Try This Tool!**

# New Tobacco Declaration Process

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**Tobacco Declaration**

- Make Your Declaration

**Tobacco Declaration**

**Non-Tobacco Users:**

Employees and health plan members who do not use tobacco products can make a "Non-Tobacco User" declaration between August 1, 2012, and July 31, 2013, by completing the [Self-Report Form](#) for non-tobacco use. They will automatically earn 10 credits for the Rewards Program.

**Tobacco Users:**

Employees and health plan members who use tobacco are eligible to participate in the HealthQuest tobacco cessation program. Those who enroll and complete a total of five tobacco cessation telephone discussions with a quit coach by July 31, 2013, will earn 10 credits for the Rewards Program. Credits are awarded on the portal within two weeks of completing the fifth discussion with a quit coach. [Get more information and enroll](#)

# New Tobacco Declaration Process

Take these quick questionnaires!

Forms Counted for Activities :

- Non-Tobacco User Declaration** (10 Credits)
 

Non-Tobacco Users can complete this form and earn 10 credits. Available until July 31, 2013. To declare as a Non-Tobacco User complete this form.

[Get Started](#)
- Preventive Exam - Well Woman/Well Man** (5 Credits)
 

Complete your annual Well Woman or Well Man Exam and earn 5 credits. Exam must be completed August 1, 2012 - July 31, 2013. Once you have completed your Well Woman or Well Man

[Get Started](#)

# New Tobacco Declaration Process

Forms Counted for Activities :

- Non-Tobacco User Declaration** (10 Credits)
 

\* Today's Date: 08/08/12

\* By typing your name, you certify that this information is accurate and true: TestUser1298

[Continue](#)
- Preventive Exam - Well Woman/Well Man** (5 Credits)
 

Complete your annual Well Woman or Well Man Exam and earn 5 credits. Exam must be completed August 1, 2012 - July 31, 2013. Once you have completed your Well Woman or Well Man preventive exam, then complete this form to earn your wellness credits.

[Get Started](#)

# New Tobacco Declaration Process

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- ▶ **Tobacco Declaration**
- ▶ **Tobacco Cessation**
- ▶ **Self-Report Forms**
- ▶ **Nurse 24**
- ▶ **Condition Mgmt**
- ▶ **Health Coaching**
- ▶ **Challenges**

 Take these quick questionnaires!

**Forms Counted for Activities :**

**Non-Tobacco User Declaration**

Congratulations, you have successfully completed the Non-Tobacco User Declaration Form and earned 10 wellness credits. Keep it up and stay healthy!



 **Preventive Exam – Well Woman/Well Man**

5 Credits

Complete your annual Well Woman or Well Man Exam and earn 5 credits. Exam must be completed August 1, 2012 – July 31, 2013. Once you have completed your Well Woman or Well Man preventive exam, then complete this form to earn your wellness credits.

[Get Started](#)

# New Tobacco Declaration Process

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**You've Earned**

10

Credits

Complete Health Assessment Questionnaire + 20 credits for \$480

[How do I earn credits?](#)

- ▼ **Rewards Program**
  - [Program Overview](#)
  - [Track Credits](#)

 Welcome, Test1298! Ready to live healthier? Let's make it happen!

**Recommendations**

**Health Advisor**

 **Get Personal Support From a Health Advisor!**

5 Credits

After completing the Health Assessment Questionnaire, you may call toll-free 1-888-275-1205 (option 6) and you will be connected to a Health Advisor to help you better understand your personal risk factors.

# New Tobacco Declaration Process

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**You've Earned**  
**10 Credits**  
 Complete Health Assessment Questionnaire + 20 credits for \$480  
[How do I earn credits?](#)

**Rewards Program**  
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Welcome, Test1298! Ready to live healthier? Let's make it happen!

**Recommendations**  
**Health Advisor**  
**Get Personal Support From a Health Advisor!** 5 Credits  
 After completing the Health Assessment Questionnaire, you may call toll-free 1-888-275-1205 (option 6) and you will be connected to a Health Advisor to help you better understand your personal risk factors.

# New Tobacco Declaration Process

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**Rewards Program**  
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**Complete Health Assessment Questionnaire + 20 credits for \$480**  
 Complete a Health Assessment Questionnaire (worth 10 credits) and earn 20 additional credits by July 31, 2013, for a \$480 premium discount in 2014. Click "learn more" below for details.  
[Learn more](#)

How close am I to earning a premium discount?

**So far, you've earned 10 Credits!**  
**Start earning by checking out the activities below!**  
 You've earned 10 out of 30 Credits. Stay with it!

0 30  
**You**

**Below are the activities you have to complete to be eligible for your incentive:**

- Health Assessment Questionnaire

## New Tobacco Declaration Process

**So far, you've earned 10 Credits!**

**Start earning by checking out the activities below!**  
You've earned 10 out of 30 Credits. Stay with it!

0  30

**You**  
Below are the activities you have to complete to be eligible for your incentive:

Health Assessment Questionnaire

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**Activities you are currently engaged in:**

**Health and Productivity Assessment** 10 Credits

You'll need about 15-20 minutes to complete the assessment. But you can always start now and finish later.

The report includes questions about your biometric data such as cholesterol levels, triglycerides, blood pressure and glucose. Try to have this information on hand. This will improve the accuracy of your report.

[Finish Now!](#)

**Current Program Year Activities Completed**

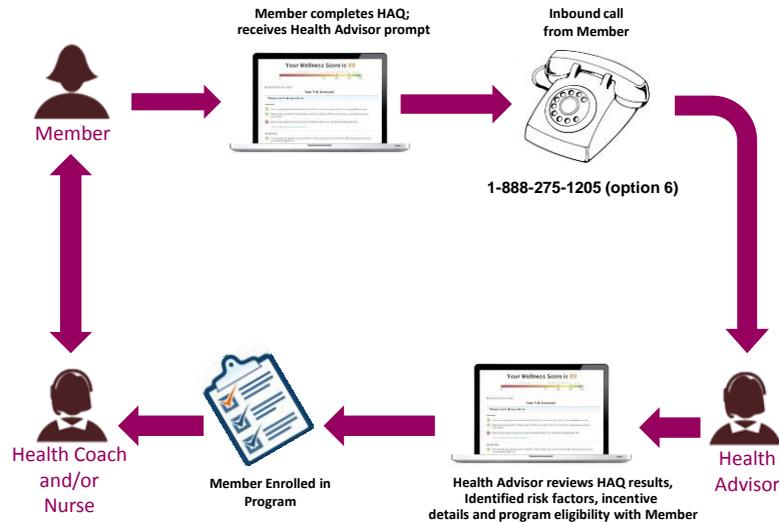
**Non-Tobacco User Declaration** Completed on August 8, 2012 

10 Credits earned

## Health Advisor

- Through a live conversation with a Health Advisor, members will become empowered to understand and improve their health by:
  - Understanding their Health Assessment Questionnaire results and how to address identified risk factors to improve their health
  - Awareness of what tools and programs are available to assist them in their lifestyle changes
  - Reviewing incentive program
  - Experiencing a seamless, integrated program enrollment

## Health Advisor Experience



## Health Advisor

- After completing the Health Assessment Questionnaire, members may call toll-free 1-888-275-1205 (option 6) and will be connected to a Health Advisor.
- Credit will be awarded on the portal automatically upon completion of the Health Advisor Call.
- A maximum of 5 credits can be earned for the Health Advisor Call.

# Health Advisor

**You've Earned**

**10**  
Credits

Complete Health Assessment Questionnaire + 20 credits for \$480

- How do I earn credits?

[Rewards Program](#)  
[Program Overview](#)  
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[Health Assessment Questionnaire](#)

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Welcome, Test1298! Ready to live healthier? Let's make it happen!

**Recommendations**

**Health Advisor**

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After completing the Health Assessment Questionnaire, you may call toll-free 1-888-275-1205 (option 6) and you will be connected to a Health Advisor to help you better understand your personal risk factors.

**Managing Cholesterol**

**Test Your Cholesterol IQ**

Test your cholesterol knowledge.

# Health Advisor

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**Health Advisor**

- [Learn More](#)

**Health Advisor**

The Health Advisor service is designed to help you better understand your personal risk factors after completing the Health Assessment Questionnaire. By speaking with a Health Advisor you will also learn what resources are available help you achieve your goals and get answers to your questions about the HealthQuest Rewards Program. After completing the Health Assessment Questionnaire, you may call toll-free 1-888-275-1205 (Option 6) and you will be connected to a Health Advisor. Health plan members who use the Health Advisor service can earn 5 credits for the HealthQuest Rewards Program. Credit will be awarded on the portal automatically upon completion of the Health Advisor Call.

## Paul's Duathlon

- Consider signing up for a multisport event, 5K, marathon, etc.
- Only enjoyed sports with ball- never used to enjoy running and cycling until training for this event.
- Trained for 6 months and was able to get 11<sup>th</sup> overall and 1<sup>st</sup> in age group

<http://www.healthquestkansas.com>



## Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue