

HealthQuest Wellness Champion Network Monthly Webinar Thursday, September 12 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 Updates and Chug A Jug Challenge
- Resources for Upcoming Events/National Observances
- Wellness Champion Video Story Testimonials
- Wellness Champion “Motto”
- *Who’s Driving Your Wellness?* – A Quick Look at the Self-Determination Theory
- Discussion

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.

Mya™ Mobile Challenge App and Upcoming HealthQuest Challenges

- The app can be used with iPhone, iPad, iTouch and Android devices so you can track your healthy choices right at your fingertips.
- Download the app on your device for free through the App store or Google Play.



Earn 5 Credits for Each Completed Challenge!

Maintain Don't Gain Challenge
(November 4 – December 16, 2013)

Chill Out Challenge
(January 15 – February 12, 2014)

Financial Fitness Challenge
(April 2 – April 30, 2014)

Additional HealthQuest Mobile Apps

Quit for Life Mobile App

- This app will support you through your tobacco quit process and motivate you with daily tips.
- Find out more at www.quitforlifeapp.com
- Download the app on your device for free through the App store or Google Play.



Mya™ Diabetes Coach App

Coming Soon!

- This app will support participants in the Diabetes program as a Virtual Health Coach.
- It will provide prevention reminders, educational content, encouragement messages and the ability to track your health information.



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Chug A Jug Challenge Stats

August 19 - September 16

Last Day to Enter Activity: September 23

Stats as of 9/11/13

Challenge Participants: **3,840**

Challenge Completers: **708 (18%)**

Resources for Upcoming Events and National Health Observances

National Wellness Institute 2013 Health Monthly Health Observances:

http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/2013_nwi_healthobsvcal.pdf

HealthFinder.gov: National Health Observances Toolkits

<http://healthfinder.gov/nho/Default.aspx>

[September: Fruits and Veggies – More Matters](#)

[October: Breast Cancer Awareness](#)

American Institute for Preventive Medicine: Wellness Activity Planner

<http://www.healthylife.com/documents/WellnessActivityPlanner.pdf>

Hope Health: Health and Wellness Planning Guide

<http://hopehealth.com/reports/PDF/HealthandWellnessCommunicationsPlanningGuide.pdf>

**Wellness Champion
Recruitment!**

Video:



HealthQuest Video Story Campaign!

- Why do you participate in the Wellness Champion Network?
- Do you have any examples of positive influence that you've experienced with your peers, co-workers or yourself?
- Why would you encourage someone to become a Wellness Champion?



Also on the HealthQuest YouTube Channel:

http://www.youtube.com/watch?v=M8JR98jPsaM&feature=c4-overview&list=UU6gU_RHNo0YdojzmiQmtl9Q

Wellness Champion Motto

mot•to

noun

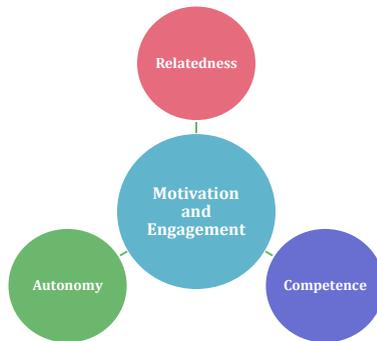
A short sentence, phrase or brief statement chosen to encapsulate the beliefs or ideals guiding an individual, family, institution or group.

1.	"Think Different"	4.	"Play on"	7.	"We Find Ways"
2.	"Impossible is Nothing"	5.	"Just Do It"	8.	"American by birth Rebel by choice"
3.	"Ideas for Life"	6.	"The greatest tragedy is Indifference"	9.	"Connecting People"

What should be the motto for our Wellness Champion Network?

Who's Driving Your Wellness?

[Check out the article](#)



Learn More About the
[Self-Determination Theory](#)



“Be the boss who solicits advice from experts then experiments, reflects, adjusts and experiments again to arrive ultimately at the best choice for you.”

Thank You for Attending Today!

- Next Meeting is Thursday, October 10
- Secret Question
- Open Questions / Comments