

HealthQuest Wellness Champion Network Meeting

Tuesday, September 7th 12pm

Call in number: 1-877-628-7426
 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
- ▶ HealthQuest Team
- ▶ Online Health Assessment – Julie
- ▶ \$50 Gift Card – Julie
- ▶ Promote Virtual Race Across Kansas (VRAK) – Julie
- ▶ VRAK Details – Paul
- ▶ Online Videos – Paul
- ▶ Train Like The Pros – Paul
- ▶ Mission Statement and Your Ideas– Paul
- ▶ Survey – Paul

Housekeeping/Live Meeting

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- ▶ Please put all names in attendees if sharing one computer
- ▶ 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





Online Health Assessment

- ▶ Results from health screening were automatically populated
- ▶ Or use doctor's results
 - Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
 - Triglycerides
 - Glucose
 - Systolic and diastolic blood pressure
 - Height and weight
 - Waist circumference

<http://www.khpa.ks.gov/healthquest/assessment/html>

Online Health Assessment

- ▶ 9/30/10 is deadline to complete it & earn a \$50 gift card
- ▶ Create account /sign in on the member portal www.KansasHealthQuest.com
 - click on "Health Assessment" from the Program Info menu on the left

<http://www.khpa.ks.gov/healthquest/assessment/html>

Online Health Assessment

- ▶ Allow up to 30 minutes to complete it
- ▶ If using Mozilla Firefox as your browser, version 3.5.9 or older will work. The beta version 3.6.3 is not yet supported.
- ▶ Help Desk, 1-888-275-1205 (option 9) 8 am - 10 pm, 7 days/week Closed Labor Day & for maintenance from 7 pm on 9/17 through 4 am on 9/20

<http://www.khpa.ks.gov/healthquest/assessment/html>

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\$50 Gift Card

- ▶ Must either opt in or opt out of receiving a gift card at the end of the assessment
- ▶ Deadline to opt in is 9/30/10
- ▶ Preview list of 350 merchants on website
- ▶ Taxable by IRS

<http://www.khpa.ks.gov/healthquest/giftcard.html>

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Need Help with Gift Card?

- ▶ Step by step guide on how to order your card (with screenshots) posted on our site
- ▶ For assistance ordering on the portal: 1-888-275-1205 (option 9)
- ▶ Already ordered but need to check status: 1-888-275-1205 (option 6) have your confirmation # handy

<http://www.khpa.ks.gov/healthquest/giftcard.html>

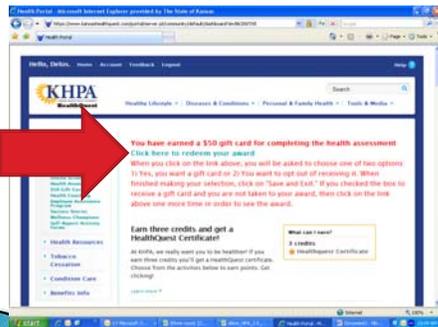
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- ▶ Once you have completed your assessment, follow the link above your score to opt in or opt out of receiving a gift card.



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- ▶ You will be taken to the track credits page. Click on the blue text that states "Click here to redeem your award."



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- ▶ This is where you opt in or opt out. Then click on "Save and Exit."



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▶ This is your award. Click the "Redeem Award" button to order your gift card.



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▶ Select the gift card of your choice from this list and continue through the ordering process and "Place Order" to receive confirmation #



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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

<http://www.khpa.ks.gov/healthquest/virtualrace.html>

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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		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8		Week 9			
			24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	
Physical Activity																						
Crash/Incapacitated																						
Sub Total																						
Week Total																						

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

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.

VRAK Drawing/Prize Information

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



Full Body Workout Videos –Upload Complete!

- ▶ <http://www.khpa.ks.gov/healthquest/virtualace.html>



Train Like The Pros!

- ▶ Capital City Wellness Fitness Event
 - Friday, September 24th
 - 12:10-12:50pm
 - Eisenhower Building, Auditorium A, 4th Floor
700 SW Harrison St, Topeka, KS 66603
 - Will be videotaped and link will be sent out to WCN
 - Join in or just observe, something for everyone!



WCN Mission Statement

- ▶ To help employees achieve wellness balance and create a culture of health in Kansas
 - Healthcare impact today to 2016
 - What ideas do you have to create a culture of health with your agency?

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Next Meeting and Future Meetings

- ▶ Next Meeting
 - Tuesday, October 5th at 12pm for 30-40 minutes
- ▶ Future Meetings
 - First Tuesday of the month

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Any Questions?

- ▶ Press *6 to un-mute if you have a question or comments

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