

HealthQuest Rewards Program



State Employee Health Plan
HealthQuest

Agenda

- Premium Discount - PY2012
- HQ Rewards Program Overview
- Premium Discount - PY2013
- Q & A

Premium Discount – PY2012

- Employees need to make tobacco use declaration during open enrollment (Oct 1 – 31, 2011).
- **Nontobacco Users**
Employees who indicate they are nontobacco users during open enrollment will receive the nontobacco use premium discount of \$40 per month starting January 1, 2012.
- **Tobacco Users**
Employees who use tobacco and who elect during the open enrollment period to participate in the tobacco cessation program must enroll and complete **5 tobacco cessation telephone discussions** with a Quit Coach by **July 31, 2012, to retain the discount of \$40 per month for PY2012.**
- Enrollment and coaching discussions may begin as early as October 1, 2011.

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Why Have a Rewards Program?

HealthQuest Mission: To partner with employees to improve their health and well-being and to better manage health care costs.

- Many opportunities to improve health
- Offers more choices to earn premium discount
- Helps slow down rising health care costs and reduce need for premium increases

Savings to the health plan directly impact employee premiums – let's work together to improve our health and reduce costs.

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HQ Rewards Program – PY2013

Earn 20 Credits Oct 1, 2011 – Jul 31, 2012, to receive the \$480 Premium Discount for PY2013

- Health Screening & Health Assessment (required) 10 credits
- Participate in various wellness activities to earn credits including health screening & assessment, preventive exams, tobacco cessation, coaching, and more.
- Make tobacco use declaration during open enrollment
 - **Nontobacco users** who indicated during PY2012 enrollment that they are nontobacco users not only receive the discount for PY2012 but also 10 credits for PY2013
 - **Tobacco users** who complete the tobacco cessation program by July 31, 2012, receive the discount for PY 2012 but also 10 credits toward their 20 required credits in PY2013

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HealthQuest Rewards Program Requirements By Year to Earn Premium Discount

Discount for Plan Year	Requirement	Earning Period
2012	Nontobacco User Open Enrollment Election or Tobacco Cessation Program Completion	Oct 1, 2011 – Jul 31, 2012
2013	20 Credits (Screening and Assessment Required)	Oct 1, 2011 – Jul 31, 2012
2014	30 Credits (Screening and Assessment Required)	Aug 1, 2012 – Jul 31, 2013

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Who is Eligible for the Premium Discount?

Only State and Nonstate active employees who are enrolled in the State Employee Health Plan need to earn credits to receive the premium discount.

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Privacy is Assured

The State Employee Health Plan is committed to ensuring the privacy and confidentiality of our members' Protected Health Information (PHI). Any information gathered during a health screening, health assessment or any other HealthQuest service is considered PHI and is treated in accordance with our strict confidentiality policies and federal and state laws designed to maintain privacy, including the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

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HealthQuest Rewards Program – PY 2013

(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
Health Screening & Health Assessment (required)	10	10
Non-Tobacco User (enrollment election)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Condition Management – Enrolled +1 call (telephonic)	10	10
Preventive Exams – Well-Woman/Well-Man (in-person)	5	5
Preventive Exams – 2 Dental/Year, 1 Vision/Year (in-person)	5	15
Healthy Living Programs (wellness portal)	5	15
Health Coaching – 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (wellness portal)	5	15
Online Monthly Seminars – New Each Month (wellness portal)	2	6
HealthQuest Approved Activities (in-person, web, telephonic)	2	6
Total Possible Credits		97

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HealthQuest Rewards Program – PY 2013

(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
Health Screening & Online Health Assessment (required) * Must complete both Screening <ul style="list-style-type: none"> • Over 100 onsite screening events across Kansas • Use physician results • At-home screening kits available Assessment <ul style="list-style-type: none"> • Online • Paper form available only if no access to the internet <i>Credit awarded upon completion of health assessment</i>	10	10
Non-Tobacco User (open enrollment election–Oct 1–31) <i>Credit awarded monthly based on your election</i>	10	10
Tobacco Cessation Program Completion (telephonic) <ul style="list-style-type: none"> • Complete 5 tobacco discussions with a Quit Coach <i>Credit awarded monthly upon completion of program</i>	10	10

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HealthQuest Rewards Program – PY 2013

(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
Condition Management – Enrollment + 1 discussion with a nurse (telephonic) <ul style="list-style-type: none"> • Congestive Heart Failure (monitoring device available) • Chronic Obstructive Pulmonary Disease (monitoring device available) • Coronary Artery Disease • Diabetes (monitoring device available) • Asthma <i>Credits are uploaded on a monthly basis</i>	10	10
Preventive Exams – Well-Woman/Well-Man (in-person/self-reported) <i>Credits awarded upon completion of the self-report form For preventive exam completed August 1, 11 – July 31, 2012</i>	5	5
Preventive Exams – 2 Dental/Year, 1 Vision/Year (in-person/self-reported) <i>Credits awarded upon completion of the self-report form For preventive exam completed August 1, 11 – July 31, 2012</i>	5	15

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Preventive Screening Self-Report Form

* Date (mm/dd/yyyy) of exam

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Credits

* Name of exam

* Physician's name

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

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HealthQuest Rewards Program – PY 2013

(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
<p>Healthy Living Programs (wellness portal)</p> <ul style="list-style-type: none"> • 13 programs available • 6 weeks to complete each program • Last date to begin is 6/18/12 and complete by 7/31/12 • 1 program at a time <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <ul style="list-style-type: none"> • Weight Loss • Healthier Diet • Stress Relief • Healthy Kids • Easy Start • Healthy Aging • Cancer fighting <ul style="list-style-type: none"> • Smoke Free • Healthy Seniors • Diabetes • Get In Shape • Healthy Heart • Custom </div> <p style="margin-top: 10px;"><i>Credit awarded upon completion</i></p>	5	15

7 Your Interests

Tell us what topics interest you and we'll customize your program for you. Select from the list below (Check all that apply):

<input type="checkbox"/> Weight loss	<input checked="" type="checkbox"/> Cooking and recipes
<input type="checkbox"/> Disease prevention	<input checked="" type="checkbox"/> Stress reduction
<input checked="" type="checkbox"/> Fitness	<input type="checkbox"/> Dining out
<input type="checkbox"/> Healthier diet	<input type="checkbox"/> Supplements
<input type="checkbox"/> Smoking cessation	<input type="checkbox"/> Senior wellness
<input type="checkbox"/> Pain management	<input type="checkbox"/> Kids' health

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HealthQuest Rewards Program – PY 2013

(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
<p>Health Coaching – 8 Interactions within 3 months of enrollment (telephonic, email, IM chat)</p> <p>Centered on five key health behaviors:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Lose weight <li style="width: 50%;">• Gain energy <li style="width: 50%;">• Be more active <li style="width: 50%;">• Be more confident <li style="width: 50%;">• Ease stress <li style="width: 50%;">• Eat healthier foods <p><i>Credit awarded on a monthly basis</i></p>	5	5
<p>Wellness Challenges (wellness portal)</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Maintain Don't Gain (Nov) <li style="width: 50%;">• Virtual Race Across KS (Apr) <li style="width: 50%;">• New Year, New You (Jan) <li style="width: 50%;">• Keep Your Cool (June) <li style="width: 50%;">• Heart Smart (Feb) <p><i>Credits awarded upon completion of each challenge</i></p>	5	15

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HealthQuest Rewards Program – PY 2013		
(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
<p>Online Monthly Seminars (wellness portal)</p> <ul style="list-style-type: none"> • New seminar each month • 10-15 minutes to complete • Archives from previous program year <p>Examples include :</p> <ul style="list-style-type: none"> •Healthy Travels •Choices in Complementary and Alternative Medicine •Easing Financial Stress •Healthy Eating For Busy People •Feel Full On Fewer Calories •Winter Warm Ups •Timeout: Not Just For Kids! <p><i>Credits awarded upon completion of each seminar</i></p>	2	6

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HealthQuest Rewards Program – PY 2013		
(Earning period: October 1, 2011 – July 31, 2012) 20 Credits Required	Credit	Max
<p>HealthQuest Approved, Self-Reported Activities (in-person, web, telephonic)</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Weight loss programs • Organized fitness events • Wellness lunch and learns • Wellness seminars (HealthQuest or community) • Job safety training • Employee Assistance Program (EAP) participation • Nurse line program participation • “Like” HealthQuest on Facebook • Kansas Department of Labor online safety programs • Wellness fairs <p><i>Credit awarded on completion of self-report form</i></p>	2	6

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HQ Approved Activities Self-Report Form

Date (mm/dd/yyyy) of event or activity

2 Credits

* Name of event or activity

* City of event or activity

* Briefly describe the event or activity

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

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Gift Card Prize Drawings

Three Prize Drawings – 53 Winners per drawing!

- \$100 gift card (1 winner)
- \$50 gift card (2 winners)
- \$25 gift card (50 winners)

November 30, 2011 – everyone who has registered an account on the wellness portal since January 1, 2010

March 31, 2012 – everyone who has earned at least 20 credits

July 31, 2012 – everyone who has earned at least 20 credits
(more credits=more chances to win)

Gift cards are taxable by the IRS.

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Keeping Members Informed

- Wellness Portal: www.KansasHealthQuest.com
- HQ website: <http://www.kdheks.gov/hcf/healthquest/>
- Employee Webinars
- Human Resource Manager Network
- Wellness Champion Network
- Home Mailers
- Electronic Newsletters
- State Employee Health Plan website
- Print Media (e.g., posters, brochures)
- Wellness Portal Email Reminders
- Social Media (Facebook, Twitter, Blog)

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Summary of 2013 Rewards Program

- Employees need to earn **only 20 credits between October 1, 2011, and July 31, 2012**, to earn the \$480 premium discount for PY2013.
- Entry into three prize drawings.
- Confidentiality is assured. Privacy is protected under HIPAA.

More information:

HQ Website: www.kdheks.gov/hcf/healthquest/rewards.html

Wellness Portal: www.KansasHealthQuest.com

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HQ Phone Tree To Access Programs or Ask Questions

Department	Option from Phone Tree
Condition Management	1
Nurse24	2
Tobacco Cessation	3
Health Coaching (stress, weight, fitness)	4
Health Screening	5
Employee Assistance Program (EAP)	7
Technical Support for portal and health assessment	9

1-888-275-1205