



Table of Contents

Lab Card for Plan C	1-4
Open Enrollment Materials	4
HSA - Account Verification	5-8
HealthQuest News	9-11
Healthy Highlights	12-14



Lab Card Access Now Available for Plan C Members

Effective April 1, 2014, State Employees on Plan C have access to Quest Diagnostics' Lab Card Select program! You can now access the country's largest and most innovative laboratory to receive deeply discounted services on the highest quality lab testing in the industry.

Lab Card Select is a value-added benefit to your current Plan C health plan through the State of Kansas. When you choose to use Quest Diagnostics for your laboratory testing, you will receive deep discounts on your routine, outpatient lab testing*. You have the opportunity to save between **30% - 50%** on lab services! This is an optional benefit designed to save you money and keep you healthy!

*Testing that is approved under your current medical plan.

How it Works...

Member Asks to use Quest Diagnostics at the time of service

- Member shows their Lab Card Select and/or insurance card with Lab Card Select logo
- Member must verbally request to use Quest Diagnostics at the time of their draw
- Routine outpatient lab testing covered under medical plan is eligible for Lab Card Select discounts

Physician office or collection site collects specimen and sends to Quest Diagnostics

- Physician office can call Lab Card Select client services to schedule pick up
- If physician does not draw in house, patient has the option to locate collection site for draw
- Patient must bring doctor's orders to site and verbally ask for Lab Card Select program

Testing is completed by Quest Diagnostics and transmitted to physician

- Testing is usually completed within 24-48 hours depending upon the services ordered
- Member and plan save money!



Lab Card Access for Plan C Members

What YOU need to know about Lab Card Select

- ◆ All lab claims (except preventive care) will be applied toward your deductible.
- ◆ You are responsible for the cost of claims applied to your deductible.
- ◆ You may use your HSA funds or other personal funds to pay for these claims.
- ◆ The discounts negotiated by the State Employee Health Plan (SEHP) will control the pricing on your lab claims processed by Quest.
- ◆ Quest will send you a bill for the amount applied to your deductible.

Stormont Vail/Cotton O'Neil will also be implementing the discount for Plan C members who use their facilities. The same processing protocols will apply for this Preferred Lab Vendor, as well. Deductible will apply first, pricing will be based on the negotiated discounts.

A Few Common Questions About the Lab Card Select Program

Q. Does Lab Card Select replace current healthcare benefits?

A. No. It simply provides you the option to receive discounted outpatient laboratory testing when you present your Lab Card. However, if you choose not to use the Lab Card, your standard benefits for outpatient laboratory testing will apply.

Q. What tests are processed under Lab Card Select?

A. The program covers diagnostic outpatient laboratory testing provided the tests have been ordered by your physician and you have requested to use your Lab Card. Outpatient lab work

includes: Blood testing, Urine testing, Cytology and pathology, and Cultures.

Q. What tests are NOT processed under Lab Card Select?

A. Lab Card Select does not cover all lab work, including: Lab work ordered during hospitalization. Lab work needed on an emergency basis, and fertility testing, bone marrow studies, and spinal fluid tests. Lab work performed by another lab or a non-participating Quest Diagnostics lab.

Q. Is there a charge for specimen collection?

A. Yes. This will be billed to your health plan either by your physician's office or by Quest

Diagnostics. You may be responsible for the coinsurance, copay and/or deductible.

Q. Can testing under the Lab Card Select Program be sent to any Quest Diagnostics laboratory?

A. Yes. To ensure you receive the benefit of the Lab Card, you must show your healthcare card with the Lab Card and verbally request to use the Lab Card Select Program. Your physician should clearly mark Lab Card Select on your lab orders or Quest Diagnostics requisition and call 1-800-750-1253 for a Lab Card Select pick up. The results will be sent back to your physician, typically the next day.





Lab Card[®] Select Consumers can save!

The Lab Card Select Program

The Lab Card Select Program, offered by Quest Diagnostics, is a value added, benefit enhancement to the **Kansas State Employee Health Plan C**. When you choose to use Quest Diagnostics Lab Card Select Program to obtain outpatient lab work covered by your medical plan, you will receive discounted testing performed by the nation's largest laboratory provider. This is an optional benefit designed to save you money on your laboratory needs.

Typical savings on common lab tests, include:

Lab Test:	Typical Lab Allowed:	Lab Card Select Allowed:
- Complete Blood Count	\$11.70	\$5.83
- Lipd Panel	\$20.06	\$9.51
- Basic Metabolic Panel	\$19.13	\$5.78
- TSH	\$31.43	\$17.83

You Save Money!

For the most current listing of collection sites available, visit LabCardSelect.com. The website also provides you with other information and capabilities:

- Print a temporary Lab Card Select or order a replacement
- Instructions on how to use the Lab Card Select
- Printable Q&A for physicians
- "Contact my physician" feature to provide information on the program

The Lab Card Select covers routine outpatient testing. Lab Card Select does NOT cover:

- Testing ordered during hospitalization
- Lab work needed on an emergency or (STAT) basis
- Testing done at another laboratory
- Time sensitive esoteric testing such as fertility testing, bone marrow studies and spinal fluid tests

Please remember — the Lab Card Select Program is completely voluntary and provides you with high quality, discounted outpatient lab testing on covered services. If you and/or your physician elect to use another lab — including the lab in your physician's office — your normal benefits will apply and you will not receive these discounts.

For more info visit LabCardSelect.com or call 1.800.750.1253 today.

Using Lab Card Select is Easy

1. When your physician orders laboratory work, show your Lab Card Select card or Healthcare ID card with the Lab Card Select logo and verbally request to use the Lab Card Select Program. Your physician will collect your specimen and send it to Quest Diagnostics under the Lab Card Select benefit.
2. Any physician can collect specimens and call our Client Services at 1.800.750.1253 for courier pick-up and supplies. If your physician does not participate; simply take your test orders to an approved Lab Card Select collection site for your draw. Collection site locations can be found by calling Lab Card Select Client Services or by visiting our website at LabCardSelect.com.
3. Your specimens will be processed through the Lab Card Select Program at an approved Quest Diagnostics facility and results sent back to your physician (usually within 24 - 48 hours).
4. **You save money as you will be provided with significant discounts on covered outpatient lab services!**

Lab Card Access for Plan C Members

Plan C Members Please Note: Lab Card Select card packets containing cards and further information will be mailed to your home address. Please do not discard!

For more information about this important added benefit, please see the included Q&A Brochure and/or visit:

www.LabCardSelect.com.



About Quest Diagnostics

Quest Diagnostics is the world's leading provider of diagnostic information services that patients and doctors need to make better healthcare decisions. The company offers the broadest access to diagnostic testing services through its network of laboratories and patient service centers, and provides interpretive consultation through its extensive medical and scientific staff. Quest Diagnostics is a pioneer in developing innovative diagnostic tests and advanced healthcare information technology solutions that help improve patient care. Additional company information is available at QuestDiagnostics.com.



Open Enrollment Materials Online - Opt-In for Print

Beginning this Fall, the State Employee Health Plan (SEHP) is excited to announce the transition to fully digitized Open Enrollment materials. The same content you rely on for your State benefits information will be exclusively available on our website. (www.kdheks.gov/hcf/sehp) Not only is the online material conveniently accessible 24/7, this move will positively impact our environment by reducing our carbon footprint during the Open Enrollment period year-in and year-out.

For members who would still like to receive printed Open Enrollment materials, you can "opt-in" via an online form. Simply visit the website below and complete the required fields. Printed Open Enrollment materials for PY 2015 will **only** be mailed to members who have opted-in via the link below. The deadline to opt-in is **Friday, May 2nd**.

www.surveymonkey.com/s/OEmaterials



Health Savings Accounts - Blocked Accounts

In accordance with the U.S. Patriot Act, federal law requires all financial institutions to obtain, verify and record information that identifies each individual or entity opening a Health Savings Account (HSA).

- If you receive an email notification or phone call from US Bank advising that your HSA account has been put on "Blocked" account status during the account opening process, US Bank was unable to verify your information.
- When an account is blocked, all account activity is suspended until the necessary documentation has been received and verified.

What you need to do:

Respond to your email notification or phone call from US Bank and provide the completed "Blocked Account Verification Form" along with the necessary documentation as soon as possible. **This information can be sent by fax to U.S. Bank Consumer Services at 888-403-5029 or email to myusbank@healthaccountservices.com.**

The following documentation is required if US Bank is unable to validate the Name, Address, Social Security Number, or Date of Birth:

US Bank was unable to verify:	Acceptable forms of documentation:	
Name (two forms required)	Social Security Card ITIN Card Passport Birth Certificate Marriage Certificate	Divorce Decree Legal Name Change Certificate State Identification Current Phone/Utility Bill with current address
Address (two forms required)	Driver's License Passport State Identification Current Phone/Utility Bill with current address	
Social Security Number (one form required)	Social Security Card ITIN Card Military ID (only if it shows the SSN)	
Date of Birth (one form required)	Driver's License Passport Birth Certificate State Identification	

Continued →



Health Savings Accounts

Please allow 2-3 business days to complete the validation.

Once your documentation has been verified, an email will be sent advising you that the block has been removed and your HSA will be accessible.

If you have any questions or concerns about the request, please contact the U.S. Bank Consumer Services Team at 877-470-1771 or your HR representative.

Important Note:

If you do not respond to the initial request for required information within (60) days, your account will be inactivated by US Bank.

Terms & Conditions Acceptance Process

A U.S. Bank Health Savings Account (HSA) offers you the opportunity to make the most of each dollar you set aside for healthcare expenses. Whether your objective is to save and invest for the future or take advantage of tax savings to pay for qualified medical expenses now, a U.S. Bank Health Savings Account (HSA) is easy to use, with tools to access and manage your account at your convenience.

To get started, please follow these simple steps:

1. Once enrolled in an HSA, participants will receive a Welcome email and will be directed to <https://cdhaccount.usbank.com> to Log in.

2. Click on "Create your new username and password" under New user.



Welcome to U.S. Bank Healthcare Payment Solutions

Welcome to U.S. Bank Healthcare Payment Solutions - your #1 source for healthcare spending. U.S. Bank provides the tools to make smart healthcare spending decisions that are important to you.

Login to your account

Username: [Forgot Username?](#)

Password: [Forgot Password?](#)

New user?

[Create your new username and password](#)

Login to your account

Username: [Forgot Username?](#)

Password: [Forgot Password?](#)

New user?

[Create your new username and password](#)

Questions?
Contact U.S. Bank Consumer Services at (877) 470-1771 or myusbank@healthaccountservices.com.



Health Savings Accounts

3. To verify your identity, when prompted, enter your First and Last Name, Zip Code and your Social Security Number Click Next.

User Identification (Step 1 of 3)
Complete the information below to verify your identity.

*First Name:

*Last Name:

*Zip Code:
Please enter your 5 digit zip code.

*SSN or Employee ID: SSN: - -
-OR-
Employee ID:

* Required field

4. Select and answer five security questions. Click Next.

Security Questions (Step 2 of 3)
Please enter an answer to any 5 security questions to complete your user setup. To keep your information secure, you will be asked to answer 2 of these questions to complete sensitive actions within the portal such as resetting a forgotten password.

* Select a question...

Change Username and Password (Step 3 of 3)
Please change your login information.

*Username:
Enter the username that you would like to change your current username to. Your username may contain alphanumeric characters and any of the following special characters: period (.), at sign (@), underscore (_), and dash (-).

*New Password:
Enter the password that you would like to change your current password to. - Have a minimum of 7 characters but not exceed 10 characters in length - Not be one of your last 2 passwords - Contain at least one number

*Confirm Password:
Re-enter your new password for verification.

* Required field

5. Create your own username and password. Click Submit.



Health Savings Accounts

6. An eSignature disclosure will be presented with Terms and Conditions for establishing your HSA. Please review and check off the "I have read and agree to the Custodial Agreement" and click Submit.

7. All steps are now complete, and you will be brought to the consumer portal.



Begin managing your account!

**If you have any questions, please call us at 877-470-1771.
Representatives are available to assist you Monday through
Friday, 7:00 a.m. to 7:00 p.m. CT.**

This Health Savings Account (HSA) is a custody account with U.S. Bank serving as the custodian. Terms and conditions of the HSA are included in your HSA Application and Agreement. For the U.S. Bank HSA, your funds maintained in the Cash Account are FDIC insured subject to the FDIC insurance coverage and insurance limits allowed by law. FDIC insurance is calculated on end-of-day ledger balances in your deposit account which may include funds deducted from your available balance for investment purchases that have not yet settled.

U.S. Bank does not provide legal, tax, or investment advice to HSA accountholders. Contact a qualified accountant, attorney or investment adviser for tax, legal or investment advice.

©2014 U.S. Bank National Association. All trademarks are the property of their respective owners.

(1/14)



HealthQuest News

Act Now to Get Rewarded in 2015

Employees enrolled in the medical portion of the State Employee Health Plan (SEHP) have an opportunity to earn a \$480 incentive discount on their 2015 health plan premium by participating in the HealthQuest Rewards Program. To earn the incentive, employees will need to complete a health assessment questionnaire (worth 10 credits) and earn 20 additional credits, for a total of 30 credits, by July 31, 2014.



The Rewards Program is optional and participation in any of the HealthQuest services is confidential. For more information, please go to:

<http://www.kdheks.gov/hcf/healthquest/rewards.html>.

Don't have an account yet?

Follow these instructions to set one up and start earning credits:

[http://www.kdheks.gov/hcf/healthquest/download/How to Register an Account.pdf](http://www.kdheks.gov/hcf/healthquest/download/How%20to%20Register%20an%20Account.pdf)

Don't have a computer/internet?

Those without computer access can call the HealthQuest Help Desk toll-free at 1-888-275-1205, option 9, and they can set up an account for the employee over the phone as well as assist in completing self-report forms for credits. Employees may request to have a paper version of the health assessment questionnaire mailed to their home. Completed paper forms must be returned with a postmarked date no later than July 1, 2014, to earn credits toward the 2015 premium incentive discount.



HealthQuest News

HealthQuest Offers Free Nurse Line for Health Plan Members

Ever wish you could get immediate medical assistance and answers, without a trip to the ER and a sizeable copay? Well you can, and answers are as close as your phone! It's called Nurse24 – where a registered nurse is always available. It's already part of your existing health benefits so it's free to use. Just call 1-888-275-1205 (option 2), even nights and weekends. Nurses are standing by 24/7 to answer your medical questions, provide immediate help with injuries and illness, explain medications and possible side effects, review test results and their meanings and so much more.



A Guidance Consultant is available anytime to listen sensitively to your concerns and refer you to local resources in your own community or to Guidance Resources Specialists who can address your issues. Free confidential assistance for the personal issues you are facing is just a phone call away.

NO PAY –VS→ CO-PAY



FREE



CO-PAY

Nurse24™: Let's you skip the ER bill and talk to a registered nurse for free.

Get Support During a Separation/Divorce

The pain of separation and divorce can be devastating, but help is available. Your Employee Assistance Program (EAP) offers professional and confidential counseling services designed to help address the personal concerns and life issues you are facing. This service, staffed by experienced clinicians, is available to you and your dependents, 24 hours a day, 7 days a week.

Call anytime for concerns such as:

- ◆ Alternative dispute resolution
- ◆ Child custody & visitation
- ◆ Child support
- ◆ Coping with depression
- ◆ Dating as a divorced parent

Call: 1-888-275-1205, option 7
TDD: 1-800-697-0353

Online: www.guidanceresources.com

Enter Company ID: SOKEAP



HealthQuest: Story of Success!

HealthQuest is helping employees make positive lifestyle changes for their health and wellness every day. In this newsletter issue, we'd like to share a testimonial from an employee with the Department of Corrections.

"I did this testing [biometric screening] last January and then participated in the Governor's Weight Loss Challenge. I started at 183 pounds and ended at 159 pounds. I have maintained my exercising and lifestyle change for over a year now. My numbers are much better than they were in 2013."

Thanks for sharing your story!



If you have experienced success on your own health and wellness journey, HealthQuest invites you to share your story to motivate and inspire other employees. You can submit your story through a self-report form on the wellness portal at www.KansasHealthQuest.com or email Marissa Szukala, the onsite Health Promotion Manager, at Marissa.Szukala@alere.com.

Contact Information



Please be sure that your Human Resources Officer has your most current address on record. This is to ensure that you receive important information regarding your health insurance in a timely manner. **Every Non State member is required to have a valid email address on record.** Please provide either a valid work or home email address, wherever you prefer to receive your SEHP information, to your benefits representative. If you do not currently have an email account, there are many free email providers online where you can sign up for one.



Want to be More Fit? Please Stand Up!

If you exercise regularly you probably assume you're pretty healthy. What you may not realize is that even daily workouts may not be enough if you spend the rest of your day sitting at a desk.

Research shows people who sit for long periods—even those who meet recommended exercise guidelines—are more likely to develop chronic conditions like diabetes, obesity, and heart and lung disease. A new study found being physically active *doesn't mean* you're sitting less. In short, it suggested sit less by standing and walking more.

Northwestern University researchers monitored healthy women, ages 40 to 75, for a week. Their findings were published in the *International Journal of Behavioral Nutrition and Physical Activity*: Many women met or exceeded the recommended 150 minutes of aerobic exercise a week, yet they spent only a fraction of their day actually being physically active. Furthermore they spent an average of nine hours *just sitting*.

Does this sound familiar?

The solution: Keep exercising and if you're required to sit for long periods, take frequent breaks.

"We all know someone who gets a good workout in every day, but then spends a large portion of their day sitting in front of a computer with few breaks," said lead study

author Lynette Craft. "If these people could replace some of the sitting with light activity – just getting up, moving around, maybe standing up while talking on the phone, walking down the hall instead of sending an email – we do think they could gain health benefits."

Don't just sit there!

Here's a simple stretch to get you started:

- Stand with feet shoulder width apart
- Bring right arm across chest
- Use left arm to slowly pull it across chest, grasping it either side of the elbow
- Hold for 15 to 30 seconds
- Repeat on other side
- Feel the stretch in your back and shoulder blade



Get a **Health Coach** and begin standing, stretching and walking your way to better fitness. By enrolling in Health Coaching you'll get fitness tips to fit your lifestyle and schedule, as well as:

- Unlimited phone and email access to your very own personal health coach
- An individualized action plan to help you reach your personal health goals

**To enroll, call 1-888-275-1205, Option 4
Or visit**

www.KansasHealthQuest.com

Source: <http://www.ijbnpa.org/content/9/1/122> International Journal of Behavioral Nutrition and Physical Activity
© 2013 Alere. All rights reserved. The Alere Logo and Alere are trademarks of the Alere group of companies.

Give in to Your Natural Temptations.



Fruit is a natural temptation for many of us. It attracts us, bursting with bright colors and interesting textures and drawing us in to its sweet flavor and dense nutrition. Beautiful fruits are not only tempting and tasty, but

have a great effect on our health – inside and out. Fruit is one of the richest sources of potassium. Because of this, people who have healthy servings of fruit in their diets tend to have lower blood pressure.

Before you make a mad dash to your grocer’s produce section, review these tips for picking and storing fruit.

FRUIT	SHOPPING TIP	STORING TIP
 Apple	Well-colored, firm fruit with a pleasant smell.	In the refrigerator in an open plastic bag for up to 2 to 3 weeks.
 Bananas	Bright, firm, green fruit that is starting to turn yellow; at the peak of ripeness brown spots form.	At room temperature until ripe.
 Berries	Bright, plump berries with good uniform color and clean appearance.	In the refrigerator in the container they were sold for up to 10 days for blueberries or 1 to 2 days for other berries.
 Grapefruit	Fruit that is heavy for its size and firm yet springy to the touch and thin, blemish-free skin.	At room temperature for up to 1 week or in the refrigerator in an open plastic bag for up to a month.
 Peaches & Nectarines	Smooth, plump with no trace of green on the skin.	At room temperature in a closed paper bag until ripe; then in the refrigerator for up to 1 week.
 Watermelon	Slightly dull rind; whole melon is symmetrical; in a cut melon you see deep red flesh free of white streaks.	At room temperature for 1 to 2 days or in the refrigerator for up to 2 to 3 days cut and in a container or 1 week if it is whole.

Want to learn more about how you can make better choices to help improve your diet?

Enroll in Health Coaching for unlimited access to your very own personal health coach who will work one-on-one with you to create a custom diet plan you can follow. Work with your coach by phone or secure email. Participation is free and completely confidential as part of the HealthQuest program. Give in to the temptation and do something sweet for your health!

**To enroll call 1-888-275-1205, Option 4
www.KansasHealthQuest.com.**

A Dry Mouth Deserves Attention

Does your mouth ever feel dry? Almost everyone experiences this sensation, which can stem from any number of conditions. This condition may seem innocent enough, but it can cause dental problems.

Besides making your mouth uncomfortable, not having enough saliva can affect your oral health. You need good saliva flow to lubricate your oral tissues, cleanse your mouth of food particles, neutralize acid from plaque bacteria, and help the digestive process.

Not having enough saliva in your mouth can put you at risk for tooth decay and periodontal (gum) disease. If not treated, gum disease can lead to more serious oral health complications, such as swollen or bleeding gums, loose teeth, or even tooth loss.

Stress, anxiety, or nervousness can trigger brief periods of dry mouth. There are more than 400 medications, both prescription and over-the-counter, that list dry mouth as a side effect, including allergy medicines, blood pressure medications, and antidepressants. Cancer patients undergoing chemotherapy or radiation may also experience dry mouth because the treatment causes either a decrease in salivary secretion or thicker saliva. Other culprits include salivary gland disease, diabetes, hormonal alterations during pregnancy and menopause, and aging.



Increasing your fluid intake may moisten your mouth. Other recommendations include:

- **Sipping water or sugarless drinks**
- **Chewing sugarless gum or sucking on sugarless candy to stimulate salivary flow**
- **Using alcohol-free oral rinses**
- **Avoiding tobacco, alcohol, and caffeinated beverages**
- **Using a humidifier while you sleep if your mouth is dry at night**

What if your dry mouth persists? Talk with your dentist about prescription saliva substitutes or medications that stimulate saliva. If a medication or herbal supplement is the cause, a different prescription might help. Ask your dentist if you should see a physician.

Because patients with dry mouth are prone to oral health complications, it is critical that they brush gently with a soft-bristled toothbrush at least twice a day, with special attention to the gum line, and gently floss at least once a day. It's also important to see your dental professional regularly in an effort to avoid serious oral health problems.

- See more at: <http://oralhealth.deltadental.com/Search/22,Delta45#sthash.nyzXTXeS.dpuf>