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## Experiencing a Mid-Year Qualifying Event

Just because Open Enrollment is over, it doesn't mean that life stands still. If you experience a significant life event that affects you or your dependent's insurance coverage, you may have a qualifying event that allows for a change to your State Employee Health Plan coverage.

For a comprehensive list of mid-year changes that trigger a qualifying event, see our Employee Guidebook online, beginning on page 21:

<http://www.kdheks.gov/hcf/sehp/NSEGroup.htm>

Keep in mind, when a qualifying event occurs, there are certain guidelines and restrictions that still apply to mid-year changes. The most common restriction for a member or dependent involves the vision coverage. Refer to your Human Resource office, or benefits representative, for more details about when you can make a change to your vision mid-year.

**Remember:** Any mid-year change that involves adding a dependent will always require certain documentation. Be sure to have copies of eligible dependent documentation ready to submit to your benefits representative, along with any other documents that may correlate to the event. For more information on what qualifies as eligible documentation, check with your benefits representative, or view the full list on our website:

<http://www.kdheks.gov/hcf/sehp/DependentDoc.htm>



## HealthQuest Portal

### Act Now to Get Rewarded in 2014

Employees enrolled in the medical portion of the State Employee Health Plan (SEHP) have an opportunity to earn a \$480 incentive discount on their 2014 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, 2013.



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_to_Register_an_Account.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. A paper version of the health assessment questionnaire is always available throughout the year by request from the Help Desk. Completed paper versions were due by July 1st, so any employee who still needs to complete an assessment, and does not own a personal computer, should seek out a public library or speak with their HR about accessing a computer.

### Need to check your credits?

Employees can confirm their credits and discount status by following these steps:

- Go to: [www.kansashealthquest.com](http://www.kansashealthquest.com) and sign in with your login ID (email) and password.
- Click on "Track Credits" from the left menu.
- On the Track Credits page under the bar graph you will see the message "**You've completed the incentive. Congratulations!**" if you have completed all of the requirements to qualify for the incentive.
- If you do not see this message, keep working to complete the health assessment questionnaire (worth 10 credits) plus 20 additional credits.
- At the bottom of the page under the heading "Current Program Year Activities Completed" you can review the date and amount of credits earned for each activity you have completed.
- Please contact the HealthQuest Help Desk toll-free at 1-888-275-1205 (option 9) if you need assistance or visit <http://www.kdheks.gov/hcf/healthquest/trackcredits.htm> for more information.



## HealthQuest Portal

HealthQuest is helping employees make positive lifestyle changes for their health and wellness every day. In this newsletter issue, we'd like to share the story of Karen, a KDHE employee. She has been on a personal journey to improve her health since 2010 and HealthQuest has been a constant resource to support her new, healthier lifestyle. Listen to her inspiring story on the HealthQuest YouTube channel:

<http://www.youtube.com/watch?v=M8JR98jPsaM>.

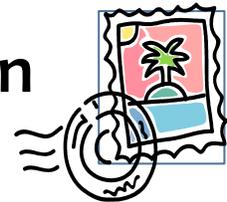
***Thanks for sharing your story, Karen! You are a true champion for wellness!***



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](http://www.KansasHealthQuest.com) or email Marissa Szukala, the onsite Health Promotion Manager, at [Marissa.Szukala@alere.com](mailto: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. **Starting immediately, every Non State member will be required to have a valid email address on record.** Please make the necessary arrangements to report either a valid work or home email address to your benefits representative. If you do not currently have an email account, there are many free email providers online for which you can sign up instantly.



## Annual Open Enrollment Period

### *Important Information*

Summer is here and, before we all know it, Fall will arrive along with our annual Open Enrollment period. This year's Non State Employee Open Enrollment period will be from October 1 through 31. We are already working on our Open Enrollment books and important plan information for 2014.

Again this year, Open Enrollment will be completed using the Kansas Employee Eligibility Portal. We had a large number of Non State Employees successfully complete their enrollment elections online last fall. This resulted in a quicker, more efficient Open Enrollment period for our members as well as the SEHP. Our members' elections were sent seamlessly to all our insurance carriers as well as our billing administrator. Insurance cards were produced quicker and billing information was more accurate.



You will only need to access the system if you wish to make changes to any of your SEHP benefits. The online enrollment portal can be accessed through any computer that has Internet access. Each member will need to enter their Kansas employee ID number, their date of birth, and their social security number to access the system. Once logged in, you can see your election choices online, make changes to your demographic information (address, phone number, email address, etc.), and make changes to your SEHP coverage for 2014.

***\*Please note: A valid email address is required. Confirmation statements will be sent to your email address.\****



**Stay tuned in the upcoming months for further information about the enrollment portal and additional Open Enrollment information.**



## Nutrition Know-How: Eating for Healthy Aging

While all foods provide calories and some nutrition, scientists in recent years have identified some "superfoods" that can do much more. These foods not only nourish you, but work with your body to improve your health and prevent common diseases, including conditions commonly associated with aging.

### - Fruits and Vegetables -

Tomatoes, carrots, oranges, spinach, broccoli, brussels sprouts, garlic and onion are all superfoods. Eat one fruit or vegetable from each of seven color groups (Red, Green, Yellow/Green, Orange, Orange/Yellow, Red/Purple and White/Green) every day to get the phytochemicals you need:

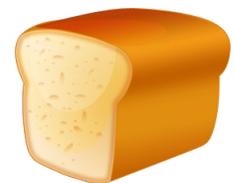
<b>Red:</b>	Tomatoes, tomato juice, tomato soup, watermelon, pink grapefruit
<b>Green:</b>	Broccoli, brussels sprouts, cabbage
<b>Yellow/Green:</b>	Spinach, avocado, kale, collard greens
<b>Orange:</b>	Carrots, butternut squash, pumpkin
<b>Yellow/Orange:</b>	Oranges, pineapple, banana, cantaloupe
<b>White/Green:</b>	Garlic, onions, chives
<b>Red/Purple:</b>	Blueberries, strawberries, raspberries

Each color provides unique substances; eating one from each group every day makes the most of their protective, nutritional properties. Another benefit: Fruits and vegetables fill you up on fewer calories.

### - Whole Grains -

Your body wants 25 - 35 grams of fiber per day, but most Americans manage to eat just 10 - 15g. Whole grains, along with fruits and vegetables, help you reach the desired goal. Fiber reduces cholesterol, fills you up, and helps you maintain your weight.

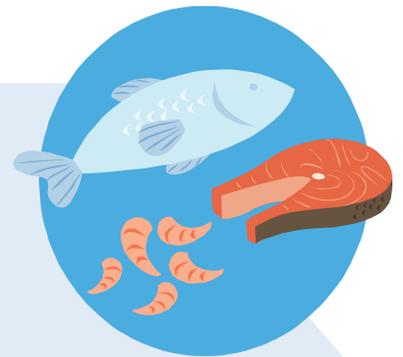
Grains have other benefits, too. Wild rice has a fiber-rich brown husk, and also has lots of B vitamins. Oatmeal and barley have beta-glucan, a soluble fiber that can lower cholesterol and help prevent heart disease.



## Nutrition Know-How: Eating for Healthy Aging

### - Protein -

The next superfoods are rich sources of protein. Your body needs protein to maintain muscle strength and mass as you age. Fish, especially the fattier varieties that are rich in omega 3 fatty acids is an excellent protein source that will lower your risk of heart disease.

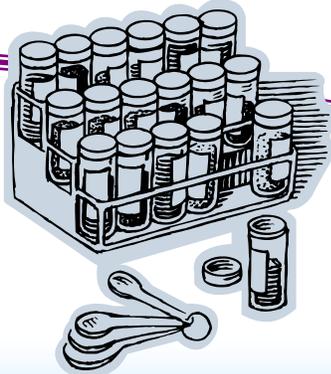


### - Water -

Mild dehydration can cause fatigue, headache, loss of appetite, dry eyes and dry mouth. Nothing improves upon water for staying hydrated — try to drink at least 6 cups per day.

### - Spices -

Curry, green and red chiles, and rosemary have phytochemicals that can prevent cancer cells from growing in the laboratory. Countries with cuisines that use lots of spices have low rates of cancer; in America, where we have ketchup and mustard as our national spice, and sweet and creamy as our preferred tastes, we're not as lucky. By eating dishes from different traditions around the world, you will be eating more superfoods.



## Nutrition Know-How: Eating for Healthy Aging

### - Antioxidants -

As we age, our genes and tissues accumulate damage from oxygen. You can see examples of this oxidation process when iron rusts or an apple turns brown from exposure to the air. All our tissues have built-in defenses that prevent this damage, but with age these systems get slower and need a boost from substances found in food, mostly in colorful fruits and vegetables.



### - Foods for Eye Health -

The No. 1 preventable cause of blindness in aging is macular degeneration, which damages the central area of vision on the retina, the thin film at the back of the eye. Eating a diet rich in lutein, a yellow-green substance in spinach, squash, pumpkin, corn and dark green leafy vegetables, concentrates this preventive substance in the retina, where it may protect against macular degeneration, as well as cataracts.

### - Foods for a Sharper Mind -

In the brain, damage from aging is subtle. It may become more difficult to remember facts such as phone numbers and names. In animals, studies have shown that aging reduces the ability to go through a maze, and that eating foods rich in the red/purple colors, such as blueberries and raspberries, may prevent age-related loss of brain power.



*Adapted from an article by Dr. David Heber, M.D., Ph.D., Director of the UCLA Center for Human Nutrition. This article and further information related to the topic can be found on [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).*



# Nutrition Know-How: What Counts as a "Serving?"

Eating at least 5 servings of vegetables and fruits each day may not be that hard to do when you look at how small "one serving" really is. According to the Centers for Disease Control and Prevention (CDC), the following are examples of what counts as 1 cup or 1 serving of a fruit or vegetable.

## 1 cup of Fruit



8 large strawberries



32 grapes



1 wedge of watermelon



1 cup chopped cantaloupe



1 cup berries, fresh or frozen

## 1 Piece of Fruit or Veggie (size depends on type)



1 large orange



1 small apple



1 medium pear



1 full grapefruit



1 large banana



1 large bell pepper



2 large or 3 medium plums



2 large celery sticks



1 large sweet potato



12 baby carrots or 2 medium carrots

## 1/2 cup of dried fruit



Mixed dried fruit



Dried apple chips



100% Grape Juice



Dried cherries



Dried Mango pieces

## 1 cup (8 oz) of 100% fruit or veggie juice



100% Orange Juice



100% Tomato Juice



100% Grape Juice



Fresh Squeezed Lemonade



Mango Juice

## 1 cup of cooked or 2 cups of raw veggie



Summer squash



1 large ear of corn



1 cup cooked greens or 2 cups raw (spinach, collards, mustard, turnip)



1 medium potato