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HealthQuest Rewards Program Offers Employees a Premium Incentive Discount



The HealthQuest wellness portal, www.KansasHealthQuest.com, is a custom-made homepage with health information, programs and fun tools and trackers that can help you meet your health goals.

If you've never had an account with HealthQuest, you can register for a personal account by following these easy steps (see also [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)):

- 1) Go to www.KansasHealthQuest.com where you will see the Login page.
- 2) To begin, select from the drop down menu under "You are registering" in the center of the screen and then click the "Register" button.
- 3) On the "Validation" page, fill in all required fields to set up your account. Your Login ID must be in email format and you will use your email address and password to log in each time you come back to the wellness portal. Please note: You will need your employee ID to complete this page.
- 4) On the "Complete Your Registration" page, fill in all required fields and click the Register button.
- 5) Read and Agree to the Terms of Use and Privacy Policy.

And that's it! Once you're registered you can view your personalized homepage and begin earning your credits. **Complete a Health Assessment Questionnaire (worth 10 credits) and earn 20 additional credits by July 31, 2013 for a \$480 premium incentive discount in 2014.**

If you need technical assistance, please call the HealthQuest Help Desk at 1-888-275-1205 option 9. The Help Desk is available from 8:00 AM – 10:00 PM seven days per week, excluding national holidays.

Biometric Screening Events Offered at Worksites Statewide

HealthQuest is sponsoring more than 250 onsite screening events this program year making it convenient for employees to obtain these biometric values needed to complete the Health Assessment Questionnaire:

- Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)
- Waist circumference



Make your appointment today at www.KansasHealthQuest.com (click on "Biometric Screenings" from the left menu and then select "Onsite Screenings").

Or call toll-free 1-888-275-1205 and select option 5 for assistance making an appointment. Because fasting is required, the early slots fill up quickly so make your appointment as soon as possible. Employees/health plan members can participate in one event between August 2012 and July 2013. The appointment system closes two full business days in advance of an event. For a list of events or more information on alternative

ways to get your biometric numbers, go to <http://www.kdheks.gov/hcf/healthquest/screening.html>.

Your results are automatically uploaded into your online Health Assessment Questionnaire within five business days. You will need to log in to your account at www.KansasHealthQuest.com and complete your Health Assessment Questionnaire to earn 10 credits for the HealthQuest Rewards Program. Your health information is protected by state and federal privacy laws. Only aggregated data is shared with SEHP/HealthQuest.

Live Healthy in 2013!

Did you know you have access to 13 customized Healthy Living Programs that will guide you through a six-week online program to help you achieve your wellness goals? These interactive personalized online tutorials help you take important steps to reduce risk and improve health. You may participate in only one at a time. Five credits will be awarded to your account automatically upon completion of a program (to a maximum of 15 credits). Log in to your account at www.KansasHealthQuest.com to get started on the program of your choice:

- ◆ **Easy Start**
- ◆ **Smoke-Free**
- ◆ **Get In Shape**
- ◆ **Healthy Kids**
- ◆ **Weight Loss**
- ◆ **Healthy Aging**
- ◆ **Healthy Heart**
- ◆ **Healthier Diet**
- ◆ **Stress Relief**
- ◆ **Cancer Fighting**
- ◆ **Healthy Seniors**
- ◆ **Diabetes Fighting**
- ◆ **Custom**



SOK Active Plan C Members Only — Transfer 2012 Health Saving Accounts to US Bank

As you know, US Bank is the new banking custodian for the Health Savings Accounts (HSA) in 2013. As a result, members who participated in Plan C and who have HSAs with other banks may decide to transfer the balance from their current custodian for their HSA to US Bank.



- For members who are enrolled with Coventry Health Care and had United Missouri Bank (UMB) as their HSA bank, there will be a \$15.00 account closing fee associated with the transfer of their balance to US Bank.
- For members with Blue Cross / Blue Shield that had SelectAccount as their HSA Bank, there will not be any fees associated with transferring their balance or closing their HSA with them.

For information about transferring a 2012 HSA balance to US Bank, please contact US Bank at 1-877-470-1771. Their Customer Service hours are Monday through Friday 7:00 am to 7:00 pm.

Health & Wellness Resources Available Online

With a new year in full swing, there's no better time to renew those resolutions for a healthier, happier you. There are a multitude of helpful online resources available, and we have highlighted some of these below. We hope they will help you to meet your health and wellness goals for 2013!

[HealthyDiningFinder.com](http://www.healthydiningfinder.com) – This website allows you to search by location for the healthiest options when eating out, from fast food to fine dining! It also has a variety of additional features like a Recipe Finder, Restaurant Reviews, Nutrition Articles and Healthy Kids resources.

[The Nutrition Source](http://www.hsph.harvard.edu/nutritionsource/) - <http://www.hsph.harvard.edu/nutritionsource/>

– A resource library maintained by the Department of Nutrition for the Harvard School of Public Health.

[EatRight.org](http://www.eatright.org) – With March being National Nutrition Month, this website is good for nutrition-related information and promotion of the National Health Observance.

[American Heart Association](http://www.heart.org/GettingHealthy) – www.heart.org/GettingHealthy

- The "Getting Healthy" portion of the website includes informational links to topics that include nutrition, physical activity, stress management, weight management, dietary fats and smoking/tobacco use.

[Healthy Eating.org](http://www.healthy-eating.org) – Includes a variety of Meal planning, grocery shopping and recipe resources.

[StarfishDave.com](http://www.starfishdave.com) - A local Kansas website featuring books and materials for weight control.

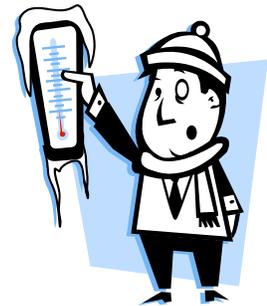


Benefits Processing For Human Resource Representatives — Helpful Tips and Reminders —



For faster, more efficient benefits processing, please submit all completed and legible forms and documentation to SEHP Membership Services via fax. Our fax number is 785-368-7180.

Please Remember:



- **Clearly print your NSE Department ID on all items**
- **Clearly print the employee's full name and KS employee ID on all items (for new hires, the employee ID# will be assigned)**
- ♦ **Include the actual "Date of Event," as well as the "Effective Date" for when the change will impact benefits**
- **All enrollment and change forms must be signed and dated by both the employee and HR Representative within 31 days of the qualifying event/date of eligibility**
- **Submit all appropriate documentation at the same time as the enrollment/change form**
- **Ensure that all items are submitted to Membership Services within 10 days of the date of the employee's signature**

