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Attention!
New Plan C Participants



As a reminder, please make sure to log into your new Health Savings Account and accept the Terms and Conditions. This will allow you to access your funds and make online transactions. To access your account, log onto:

www.mycdh.usbank.com.

For questions related to your online account, US Bank can be reached at 877-470-1771.

HealthQuest Rewards Program Offers Employees a Premium 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 the steps outlined at the link below:

http://www.kdheks.gov/hcf/healthquest/download/How_to_Register_an_Account.pdf

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, 2014 for a \$480 premium incentive discount in 2015.**

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 2013 and July 2014. 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.

Are you Passionate about Wellness? Become a Wellness Champion!

HealthQuest is looking for wellness-minded volunteers from each agency to join the Wellness Champion Network. We meet on the second Thursday of each month am via webinar to share resources and ideas among worksites. Do you have:

- ◆ **A personal interest in wellness**
- ◆ **A desire to help fellow employees live healthy lifestyles?**
- ◆ **The availability to meet monthly for 30-45 minutes via webinar?**

If so, HealthQuest invites you to join the Wellness Champion Network and represent your agency! Learn more at www.kdheks.gov/hcf/healthquest/wcn.html and return your pledge form today! A great candidate is someone who is enthusiastic about improving health and enjoys motivating others but does not have to be "super fit." Large agencies are encouraged to have more than one champion and to form a wellness team.

Join the Chill Out Challenge to Improve Stress Management Techniques: January 15 – February 12, 2014

This four-week challenge is designed to help you relax, re-charge and re-energize yourself for a less stressful new year. By practicing daily healthy habits like sleeping, relaxing and exercising, you can strengthen your body to better manage both short- and long-term stress.



Participants will earn 1 point per activity per day by completing the following activities:

- * **Getting 7 hours of sleep**
- * **Relaxing for 15 minutes**
- * **Exercising for 30 minutes**

How to Participate

- * Track your activity on the wellness portal at www.KansasHealthQuest.com. Log in and click on "Challenges" from the left menu and then select "Current Challenge."
- * You may download a paper tracking form for convenience and enter your points online later.
- * Or track your activity using the [Mya Health mobile app](#) and your wellness portal account will be automatically updated. Download it for free through the App Store or Google Play for use with iPhone, iPad, iTouch and Android devices. Login with the same User ID and Password that you use on the wellness portal.
- * Receive 1 activity point for each healthy behavior that you practice each day. Earn up to 3 activity points daily.
- * The goal of the challenge is to complete 55 daily activity points by February 12, 2014. Record all activity points online by February 19, 2014.
- * 5 wellness credits will be awarded to your HealthQuest account automatically when you complete the challenge!



Everybody Needs a Coach with Heart

Every day, a few inspiring souls take to fields and courts across America to coach pee wee soccer, little league baseball, girl's volleyball, JV football, & varsity basketball. They lead all the heart-pounding action or – depending on the age and skill of the players – comic relief. As kids, we looked up to our coaches. We turned to them for inspiration and encouragement. Win or lose, our coaches were there to help us rally for another day.

Sure, we *know* what we're supposed to do – eat right, exercise, keep our weight, cholesterol and blood pressure under control. But we're having trouble pulling off the game plan. The stats say it all – heart disease is the leading cause of death among men and women in the U.S.; every year, nearly 1.25 million Americans suffer heart attacks, and more than half a million of them die as a result. Wait a minute – time out. Maybe we still need a coach! Enter HealthQuest Health Coaching.



With Health Coaching you will have unlimited access to a team of experts – registered dietitians, nurses, fitness professionals and lifestyle coaches – to help you get on track to better health. It's **FREE** and completely **confidential**. Call **1-888-275-1205**, or visit **KansasHealthQuest.com** to enroll!

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HealthQuest Success Story



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 Melinda, an employee with the Kansas Department of Labor.

"The weight tracker, stress tracker and the meal planners on your website have proven to be very instrumental to the success of my weight loss of roughly 60 pounds in the last year! I've changed my diet and exercise habits and have never felt better. If there's any advice I could give anybody that is struggling with their weight, it would be these three things:

1. *Get up and move! Walk on all of your breaks.*
2. *Drink water!*
3. *Cut out the fast food.*

Hope this helps anybody that is looking to LIVE life rather than just get by."

Thanks for sharing your story, Melinda!



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 Kalkman, the onsite Health Promotion Manager, at Marissa.Kalkman@alere.com.

Save Money on Outpatient Lab Testing - Use Your Preferred Lab Benefit!

With medical costs rising for businesses and individuals, your health plan is doing something to help contain these costs! By partnering with Quest Diagnostics and Stormont Vail Labs, the SEHP's Preferred Lab Partners, you have access to a benefit to help save you and the health plan real money. One of the most important aspects of effective medical care is the role of the laboratory – to perform tests and see what's really going on inside your body. As the old adage goes, "Physician's make 70% of their medical decisions based upon laboratory testing results." Labs play a vital role in diagnosing health problems, as well as monitoring and maintaining optimal health for patients.



Two new tests available through Quest Diagnostics:

Quest Diagnostics has announced the availability of BRCAVantage™, a suite of four new lab-developed genetic tests (LDT) that identify mutations in BRCA1 and BRCA2 genes, which are associated with increased risk of inherited breast and ovarian cancers. For more information and "Forward Thinking" on BRCAVantage testing available from Quest Diagnostics, please visit: <http://www.brcavantage.com/>.

Quest Diagnostics' new Panorama prenatal test offers a non-invasive maternal blood test that can be performed as early as 9 weeks gestation and is a replacement for the more invasive amniocentesis.

Click the below link for a video with more information on Panorama and the benefits of Prenatal Genetic Testing: <http://www.questdiagnostics.com/home/patients/tests-a-z/prenatal/before-conception/genetic-screen-video.html>



Coverage notice: Genetic testing is covered only when medically necessary and appropriate. Please have the testing pre-certified by your medical plan prior to having services performed.



NueSynergy: Your New FSA Administrator

NueSynergy, headquartered in Leawood, Kansas, is your new State of Kansas Flexible Spending Account (FSA) administrator. NueSynergy brings tools and technology that will make managing your FSA faster, easier and more convenient.



If you had an FSA in 2013, please note that you should now direct all questions and claims to NueSynergy, 1-855-750-9440 or customerservice@nuesynergy.com. Please register your account online at www.KansasFSA.com to view account information and submit online claims.

As of January 9, 2014, you now have access to any remaining 2013 FSA fund balance. As of this date, claims will be paid from 2013 funds first, until depleted, and then reimbursements will be drawn from 2014 funds. Under the grace period, you have until March 15 to incur claims against 2013 funds, and until April 30 to file the claim against 2013 funds.

For more information, please visit www.KansasFSA.com.

Faster access to your funds



Kansas FSA participants who requested a NueSynergy debit card should have received it and can begin using it for qualified expenses. If you didn't request a debit card but would like one, you still have time.

Like Joe Smart, you may want an FSA debit card to avoid out-of-pocket expenses. The NueSynergy debit card gives you fast access to your FSA account funds. No more waiting to be reimbursed for your out-of-pocket expenses. Simply swipe your card and go!

To get your debit card, contact NueSynergy, 1-855-750-9440 or customerservice@nuesynergy.com.

Also remember to establish your Direct Deposit. If you submit a manual claim you will need to have setup direct deposit in order to receive your reimbursement. You can establish your direct deposit by going to www.KansasFSA.com.

NueSynergy Mobile Application

The NueSynergy Mobile App is available for download for iPhone and Android users. Use NueSynergy Mobile on-the-go to view account details, review recent transactions, contact customer service, and submit claims by taking photos of your receipts for automatic submission. To download the free app, search for "NueSynergy Mobile" in Google Play or the iTunes store, or go to www.KansasFSA.com.



Online Registration & Set-up Instructions

Accessing your account through the WealthCare portal will enable you to submit claims electronically for faster approval, access balance and claims history, important communications and more.

Setting up your account for online access is easy! Just follow the steps below. (For additional help you can download the Registration Guide with step by step screen shots at www.KansasFSA.com.)

Step 1: To get started go to www.KansasFSA.com

Step 2: **Click Register** at the top right hand corner of the screen & fill in the required fields

- Create a Username, enter your first and last name and email address
- PASSWORD field, must be at least eight characters with at least one non-alpha character
- Employee ID field, enter your State of Kansas Employee ID (Ex: K1111111111)
- Registration ID/Employer ID field, enter **NUESOK**



Step 3: Accept the Terms of Service and click **Register**.

Step 4: A Registration Instructions screen will appear– click **Begin Setup Now**

Step 5: Enter a personal phrase and select a picture.

Step 6: Select **4** security questions and provide your answers.

Step 7: You have the option of registering your computer. Doing so will eliminate the need to answer security questions during future logons. Click **Continue Setup**.

Step 8: Confirm your first name, last name and email address. Click **Continue Setup**.

Step 9: A summary of your registration will appear. You may change the information as needed. After reviewing, click the **Submit Setup Information**.

Step 10: You are now logged in your WealthCare portal!



How to File an FSA Claim



File Your Claim Online

One of the easiest ways to submit your claim for reimbursement is by completing our online claim form at www.KansasFSA.com. Once your claim is processed an email notification will be sent to your email address confirming approval or requesting additional documentation.

- Step 1:** Logon to www.KansasFSA.com
- Step 2:** Click on the "My Accounts" on the top navigation bar
- Step 3:** Click on the "File a Claim"
- Step 4:** Select "Add New"
- Step 5:** Enter your claim detail and attach your scanned receipts
- Step 6:** Select the certification box and click "Submit"
- Step 7:** If you cannot scan your receipts click "View Submittal Form"
- Step 8:** Print the completed form, which contains a bar code
- Step 9:** Fax the form and proper documentation/receipts to 855.890.7238



File Your Claim with NueSynergy Mobile

Filing a claim with the free NueSynergy mobile app is fast and easy. Once your claim is processed, an email notification will be sent to your email address confirming approval or requesting additional documentation.

- Step 1:** Logon to NueSynergy Mobile
- Step 2:** Select the  icon within your account window
- Step 3:** Provide the required information and select "Add Receipt"
- Step 4:** Choose "Take Photo" and take a picture of your documentation
- Step 5:** After taking your picture select "Preview"
- Step 6:** If all of the information is correct select Submit.
- Step 7:** Accept the Disclosure
- Step 8:** A window indicating the claim was successfully submitted will appear.
Note: NueSynergy Mobile is available for all Apple & Android devices.



File a Paper Claim

A copy of the paper claims form is included within the welcome kit. You can also download a copy by going to www.KansasFSA.com.

Claims can be faxed or emailed to NueSynergy at:
Fax: 855.890.7238
Email: customerservice@NueSynergy.com



Free, confidential counseling

The arguments with your spouse are becoming more frequent and your children's unruly behavior is causing even more stress and aggravation. A loved one or close friend has recently passed away. You're abusing drugs or alcohol to cope with the pressures at work.

There are times when life's challenges become too much to handle on your own. Fortunately, your EAP offers short-term counseling to help you deal with these stresses and obstacles before they become major issues. Starting Jan. 1, your EAP will provide you and your dependents with **eight** free sessions per issue per calendar year. It's twice as much as what was previously offered, and it could be just what you need to get your life back on track.



GuidanceResources® Online

Need help dealing with financial woes or a legal problem? Looking for car buying or tax tips? If you're searching for answers, Guidance Resources Online is the place to find them.

Now that you have 24-7 access to this award-winning website, you have a wealth of expert information right at your fingertips. Browse articles on thousands of topics, take assessments, "Ask

the Expert," and look through the site's robust multimedia library: e-books, mobile apps, podcasts, resource guides, slideshows and videos.

Visit GuidanceResources® Online today at www.guidanceresources.com. It's your one stop for expert information on the issues that matter most to you.

Finding a better Work-Life balance

Sometimes it feels like there aren't enough hours in the day to get everything done. You're busy at work all week, but you're distracted because you still need to find a CPA to discuss your tax returns, a lawyer to learn about estate planning and a plumber to fix the leaky kitchen faucet before it becomes more of a problem.

It's understandable if juggling all these responsibilities is making you feel overwhelmed. The enhanced Work-Life services offered through your EAP can help you find solutions and give you the peace of mind you need.

In addition to the guidance you can receive from FinancialConnect® and LegalConnect® experts, the experienced and highly trained Resource Specialists offered through FamilySource® can provide culturally sensitive and customized information, referrals and care recommendation packages for services, including caregiving, education, adoption and other issues.

You can also receive assistance for your not-so-everyday needs, such as finding a translation service for a book written in Romanian, appraisal services for a WWII-era letter or a 4-wheel drive rental car that seats six and includes an AARP discount. Work-Life can cover every conceivable issue you may face.



Call: **888.275.1205, Option 7**
TDD: 800.697.0353

Go online: **guidanceresources.com**

Your company Web ID:
SOKEAP

