

HR Contacts –

Below are the **MAY 2017** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

****** Have you LOOKED AT or UPDATED your primary email address in the SEHP Member Portal since the transition to Microsoft 365? Emails have changed. Here is an example. OLD - FName.LastName@Kdheks.gov versus NEW - FName.LName@ks.gov.**

Be sure to log on to the Member portal to update your primary email address.

<https://sehp.member.hrissuite.com/>



Spring Into Action! **Cardio Challenge**

May 1st – May 29th, 2017

Spring Into Action Cardio Challenge is designed to help you fit exercise into your day and help you realize that you do have time to get fit.

Studies show that exercising in 10-minute increments 3 times a day or 15-min increments twice a day is just as beneficial to your health as doing 30 minutes of exercise at one time.

This challenge will be an individual challenge.

You will also be asked to log your daily exercise in the cardio log.

How to Participate

- ❖ Sign up for the Challenge on your HealthQuest portal between from now until May 7th.
- ❖ Encourage some of your co-workers to sign up for the challenge so you can participate together and facilitate a culture of wellness.

How to Track Your Participation

- ❖ Record your exercise daily in the Cardio log.
 - Cardio can be tracked by MapMyRun or through the cardio log located under the exercise tab on the HealthQuest portal

- ❖ Last day to log your cardio activity is June 3rd.

Goal

- ❖ Perform and record at least 360 minutes of exercise over the course of the challenge. Plan A members will earn 4 HealthQuest Credits and Plan C members earn 4 HealthQuest credits as well as \$40 into their HRA/HSA.



**Suit up
this summer.**

Learn how to lose weight and
improve your health while eating
the foods you love.

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www.naturallyslim.com/kansashealthquest

State of Kansas - Naturally Slim Participant – Success Story

This has been an amazing journey with the NS program and I have learned so much from it. I've lost 22 lbs. and will reach my goal within the next two or three weeks. I've lost an average of a little over 2 lbs. per week and feel better than I have for years. I have more energy and I'm more active than I have been for years as well. Before I started this program, I had indigestion every night and ate antacids like candy. That's gone and I haven't needed an antacid for 2 months. I also was suffering from knee pain from arthritis caused by an injury when I was young. That pain is completely gone. My doctor told me last week that whatever I've been doing, "Don't Stop". My bloodwork has shown a tremendous improvement. My LDL cholesterol the time before last was 207, the last time (back in August 2016) was 193 and this month it was 87!! Everything is headed in the right direction and he wanted to know what I was doing to turn it around. I explained to him that I have been going through the Naturally Slim Program that was offered by Health Quest and it's made all the difference in the world. The greatest part is that I can eat whatever I want to eat. Like the program teaches you; It's not WHAT you eat, but WHEN and HOW you eat that makes the difference. So again, thank you SO much for offering this program.

******The next application period OPENS MAY 15th! Be on the lookout for an email reminder!**

Spring Cleaning for Your Everyday Life

With spring comes the opportunity to engage in that all-American pastime: spring cleaning. This year, in addition to moving the clocks ahead, changing the batteries in your smoke detectors, cleaning out the gutters and raking up the leaves, think about performing a spring cleaning blitz on your work habits and time management practices, too.

Here are some tips for sprucing up the other parts your life:

- Touch paper and email once: When a paper arrives on your desk, read it, assign it a priority level, and either file it or throw it out. Treat Email in the same fashion.
- If you have not used it in more than a year, you do not need it: This includes old clothing. Most paper documents are unlikely to be relevant a year after they were written, but if you believe that you may need them in the future, file them away.
- Use waiting time more effectively: While sitting in the airport, waiting at the dentist, or traveling by train or plane, think about how you can use this time more effectively, especially if you have a smart phone.
- Understand the value of your time: In a dual income or single-parent family, something has to give. If you are spending a good deal of your free time doing housework and yard work, consider whether it would be cheaper in the long run to hire someone to help.
- Delegate: Effective and successful people understand that they do not have to do it all. Try to delegate tasks that may be important but could be accomplished by someone who reports to you. This not only helps you, it provides others with the opportunity to learn new skills and advance.
- Learn to say no: Try to recognize those tasks that are of little importance, and push back. Say, "We have too many important priorities to concentrate on this issue right now."
- Use the time you save to enrich your life: The more rested and energized you feel, the more creative energy you will have to move your career and personal life forward.



EAP Monthly Webinar Series – Thursday May 25th, at 3:00PM

1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Time Management Tools: ToDo Lists, Calendars, Smartphones & More

It seems that more than ever, people are living busy, chaotic lives that often leave them feeling overwhelmed and out of control. Between work, parental responsibilities, community involvement, exercise, hobbies, friendships, family responsibilities and more, sometimes it feels as if keeping track of it all is just impossible. Fortunately, there are many tools available to help people gain control, though sometimes sorting through what's available can add what seems like even more chaos to life. Smartphones, day planners, alarms, e-mail systems, priority grids, voice mail systems, note pads, to-do lists, contact lists, address books, folders, file cabinets and more—the purpose of this lunch-and-learn is to help you sort through the tools available to help you organize your life, and pick the ones that will work for you.

<https://attendeegotowebinar.com/register/4314812762355173635>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Telehealth Connects You With a Doctor Anytime, Anywhere

Telehealth is a fast, easy way to see a doctor. State of Kansas employees with BCBSKS Plans A and C can have live visits over their computer, tablet or phone with a doctor anytime through telehealth visits. Blue Cross provides telehealth services through American Well®, also known as Amwell, the industry's leading telehealth solution. With Amwell, you can register for free, and the cost per visit is less than emergency room, urgent care, or even in-office doctor visits. It's easy to use, affordable, private and secure.

Click the link for more information. <http://www.bcbsks.com/CustomerService/Members/State/telehealth.shtml>



<https://portal.rxsavingsolutions.com/#/register>

Making a Slight Change May Help You Save on Prescriptions

Saving money on prescriptions does not have to be a big hassle, or unsafe. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by considering drug alternatives. A drug alternative is a medication that has a similar medical effect in the treatment of a disease or condition, but does not contain the same active ingredient as the more expensive medication.

Here is an example of how switching to a drug alternative can save you money:

In 2016, the average coinsurance for SEHP members for a 30-day supply of the acne medication Doryx MPC 120mg DR tablets was \$227.75. However, the average coinsurance for a 30-day supply of the drug alternative doxycycline monohydrate 100mg capsules was \$3.44. That is a savings difference of \$2,691.72 per year!

Talk to your doctor, to find out if making a switch to a less expensive drug alternative is an option for you. It is important for patients to be active participants in managing their health, and our team at Rx Savings Solutions is here to help navigate the complex world of prescription costs.

Have you registered for the new HealthQuest program?

Go to: kansashealthquest.cernerwellness.com to register.

The HealthQuest program runs from January 1, 2017 – December 31, 2017.

Plan C HSA/HRA deadline for HAS/HRA contributions is 11/9/2017.

Be sure to complete your REQUIRED Health Assessment & earn 40 total credits!

KDHE.healthquest@ks.gov