

AUGUST 2019

REMINDERS

2019 HealthQuest Program Checklist

Click [Here](#) for a list of activities you can earn HQ credits for.

Click [Here](#) to See How Many Credits You've Earned

In the top navigation, go to the INCENTIVE SUMMARY tab and click on INCENTIVE SUMMARY. Make sure to scroll down to the bottom of the page to view your earned credits summary

August Newsletter

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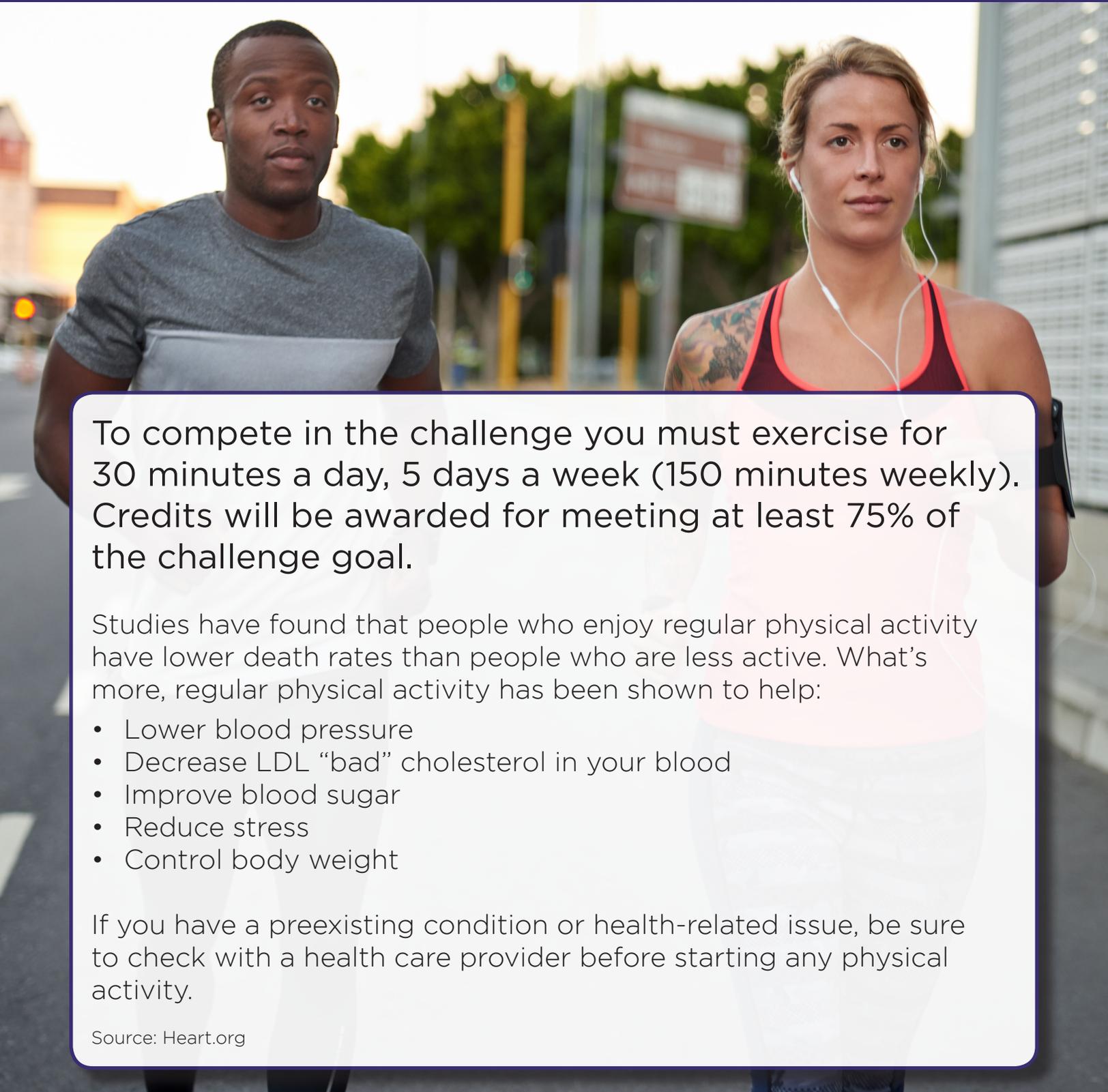
Biometric Screenings

REGISTRATION OPEN!

Log into your HealthQuest Portal to find the best screening option for you!

Maintain Don't Gain

Exercise Challenge | August 14 – 28



To compete in the challenge you must exercise for 30 minutes a day, 5 days a week (150 minutes weekly). Credits will be awarded for meeting at least 75% of the challenge goal.

Studies have found that people who enjoy regular physical activity have lower death rates than people who are less active. What's more, regular physical activity has been shown to help:

- Lower blood pressure
- Decrease LDL “bad” cholesterol in your blood
- Improve blood sugar
- Reduce stress
- Control body weight

If you have a preexisting condition or health-related issue, be sure to check with a health care provider before starting any physical activity.

Source: Heart.org

Questions?
Contact HealthQuest at 1.888.275.1205, option 3,
or HealthQuest@Cerner.com.

 **HealthQuest**
Your path to wellness

A top-down view of a black plate with a white rim, filled with a pasta salad. The pasta is a light-colored, spiral-shaped variety. It is mixed with pieces of cooked chicken, sliced red tomatoes, and green broccoli florets. Fresh basil leaves are scattered on top. A silver fork is placed on the left side of the plate. The background is a dark, textured wooden surface.

DITCH DIETS, NOT LUNCH.

You don't have to give up
your favorite foods to lose
weight and feel your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. The State of Kansas is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at **NO COST** to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited. Apply between July 22 - August 2, 2019.

www.naturallyslim.com/kansashealthquest

The Naturally Slim program starts August 19, 2019. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C, J, Q and N members receive \$150 in their HSA or HRA.

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Building Workplace Resilience

Building a career can be stressful, and no one has ever succeeded without facing some setbacks. That's why resilience is such a useful workplace tool. Resilience means controlling your ego, not panicking in the face of a problem, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady and make rational decisions instead of being driven by emotion.

There will always be periods of large growth, times of relative stability and times in which the economy slows or recedes. To thrive, businesses must respond to these waves appropriately. While workplace upheaval can be stressful, there are things you can do to cope with this challenging environment:

- **Find a healthy balance.** Your work is important, but it's unhealthy for you mentally, physically and socially if you live, breathe and sleep your job. Get off the rollercoaster and away from the stress and uncertainty by finding positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations.
- **Look for the gray.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle ground. It can be a far less stressful place.

Here when you need us.

Call:

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID:



Back to School Planning

Whether your child is beginning kindergarten, moving up to middle school or returning for another year of high school, the transition back to school requires an adjustment. To help ease the stress or anxiety of the transition, consider the following tips:

Prepare in advance. Know what to expect and how daily routines will change. Mapping out a morning schedule or laying out clothing in advance may be helpful.

Get up earlier. Start the new morning routine a couple of days before the first day of school begins to help adjust to the new routine.

Arrive early. Getting a head start on the first day will help you kids settle in.

Talk about feelings. Encourage children to describe how they feel about the new year and try to ease any fears they may have.

Express interest. Listen to your child's viewpoint, even if it is difficult to hear.

Beginning something new can be stressful and adjustments take a lot of concentration and effort. How adults handle such transitions can set the stage for how well a child adjusts to his or her own challenges later in life. Help them adapt by making preparations in advance, clearly explaining the changes about to take place and listening if they express doubts or fears.

For more tips on preparing your child for the return to school, contact your Employee Assistance Program.

Here when you need us.

Call:

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID:

No More Excuses: You Need a Flu Vaccine

Get the Facts

- The Flu vaccine is safe and does not cause the flu
- It can protect the ones you love
- Spread the word and **GET VACCINATED!**



Even healthy people need a flu vaccine.

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. The flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes, and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year CDC works closely with the U.S. Food and Drug Administration (FDA), and other partners to ensure the highest safety standards for flu vaccines.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus before or after you had been vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses.
- You might have been exposed to the flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- You may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated.

The most common side effects of flu vaccines are mild.

The flu vaccine cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. People vaccinated with the nasal spray flu vaccine may have a stuffy nose and sore throat. These side effects are NOT the flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Can't I wait and get vaccinated when/if flu hits my community?

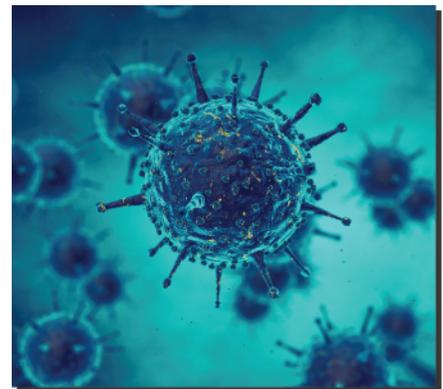
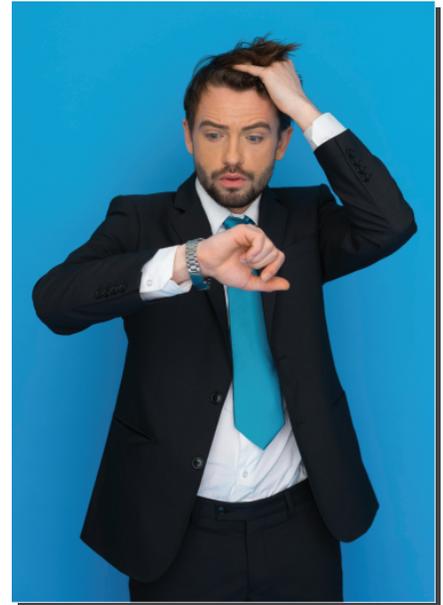
It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Don't avoid getting a flu vaccine because you don't like shots.

The very minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. The flu can make you very sick for several days; send you to the hospital, or worse. There is a shot that uses a much smaller needle than the regular flu shot. Either way, getting the shot can help to protect you from catching the flu. So, whatever little discomfort you feel from the minor side effects of the flu vaccine is worthwhile to avoid the flu.

You need to get a flu vaccination every year.

You need to get a flu vaccine every year to protect yourself against the viruses that circulate each season. The viruses are constantly changing and vaccines are updated from one season to the next to provide full protections. As a person's immune system can weaken over time, annual vaccination is needed for optimal protection.



ARE YOU GETTING BACK ON THE PATH TO WELLNESS?

OUR HEALTH COACHES ARE HERE TO HELP!

**SIGN UP TODAY
WITH YOUR HEALTH COACH**

Each 30-minute appointment (in-person or by phone) is designed to help you achieve your health goals!



Nutrition



Exercise



High Blood Pressure



Stress Management



Weight Management

Plus Earn one (1) HealthQuest Credit per visit!

[CLICK HERE TO SIGN UP FOR YOUR APPOINTMENT](#)

Health Coaching Videos

Click [here](#) for Health Tips from our Health Coaches

February 2019

Upper Body Mobility Exercises



Hey Everyone, my name is David Bromberg, Trainer and Wellness Coach for the State of Kansas. What I wanted to talk to you about

January 2019

Lower Body Mobility Exercises



Hi everyone, this is David Bromberg, trainer and Wellness Coach for the State of Kansas.

**AUG Featured
Health Coaches**



Kayla Graves
Registered Dietitian



David Bromberg
Personal Trainer / Team Lead