

March 2019

UPCOMING WELLNESS CHALLENGES

Getting Lean in 2019

Exercise Challenge | March 13 – March 27



Biometric Screenings

REGISTRATION OPEN!

Log into your [HealthQuest Portal](#) to find the best screening option for you!



IMPORTANT PROGRAM DEADLINES

HSA/HRA DEADLINE – NOV 18th

Premium Incentive Deadline – DEC 31st



SUPPORT ON THE GO

All New FREE Guidance
Resource App
By ComPsych



The stresses of life shouldn't get in your way. Let us help! From finding childcare to legal/finance questions, your Employee Assistance Program is here for you!

Have Questions? Call 1-888-275-1205 OPTION 1

Basics of Estate Planning

Create Your Will Here!

Thursday, March 21, 2019

11:00am

Although most people think estate planning is for just the elderly, it is important for everyone else, too—especially for those with minor children, substantial assets or unusual circumstances. Estate planning can allow one to make decisions on who receives his or her estate, make arrangements for disability, medical care and guardianship for minor children. Properly done, estate planning can remove many burdens from surviving family members during a stressful time.

REGISTER NOW!



BE PREPARED

Is your estate in order?

Create an asset plan to ensure your family and assets are protected with EstateGuidance. Create a Will for only \$9.99, March-May 2019!

[Company News >>](#)



BE PREPARED

Avoid Tax Filing Anxiety

Don't stress this tax season. Manage your tax filing anxiety by being prepared with these tips from the IRS.

[Article >>](#)



BE SECURE

Managing Personal Finances

Creating a budget and managing your debt can help you increase your long-term financial stability. Learn how to manage your finances with this On-Demand Training.

[On-Demand Training >>](#)

Estate planning made simple.

I want to:

[Get Started >](#)



Don't have an hour for a webinar?

Check out the 5-10 minute On-Demand Trainings

One (1) HealthQuest Credit will be applied upon completion (max 8 EAP credits)

REGISTER HERE!

DON'T WAIT!

START EARNING HEALTHQUEST CREDITS TODAY!



Save Money on Your Health Plan Premiums! Register for the HealthQuest Wellness Program Today!

You (or your spouse) may be missing out on this opportunity! As an employee and a member of the State Employee Health Plan (SEHP), you can participate in the HealthQuest Wellness Program and earn \$480 off your health insurance premiums (\$20 per paycheck). If you have a spouse on the health plan, you must earn 40 credits **each** to earn the premium reduction. If only one completes the required 40 credits, the discount earned is \$240. If both do, the discount earned is \$480.

Don't forget your employee ID is a letter followed by 10 digits and then EE for employee (ex. K0001234567EE). Spouses will use the employee's ID followed by SP (ex. K0001234567SP).

LOCKED OUT OF YOUR ACCOUNT? CAN'T GET SIGNED UP? WE CAN HELP!



1-888-275-1205 // option 3

Available 24 hours a day, 7 days a week!



HEALTHQUEST@CERNER.COM

Get your workplace on the Path to Wellness

Join the Wellness Champion Network



*We meet on the second Thursday of each month at 11:00 am
via web and audio conference for about 45 minutes*

DO YOU:

- Wish to share your experience as a wellness leader in your workplace?
- Want to make a difference and promote wellness to your co-workers?
- Want to share ideas and experiences with wellness champions at other locations?
- Have a passion for wellness and helping others?

Apply now to join the Wellness Champion Network. Earn one (1) HealthQuest Credit for monthly webinars! If you have questions, please contact the [Wellness Plan Coordinator](#).

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



January 2019

Lower Body Mobility Exercises



March Featured Health Coaches



Kayla Graves
Registered Dietitian



David Bromberg
Personal Trainer / Team Lead