

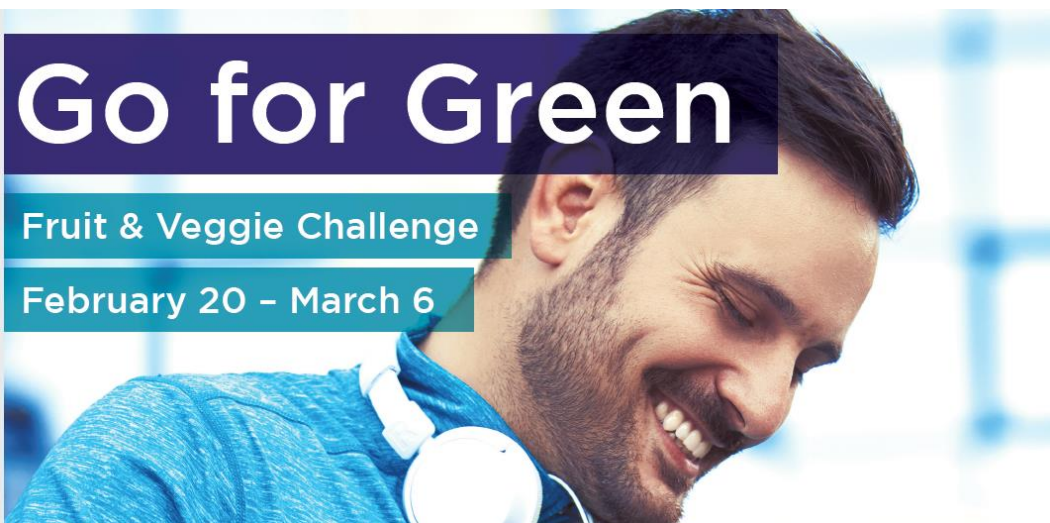
February 2019

UPCOMING WELLNESS CHALLENGES

Go for Green

Fruit & Veggie Challenge

February 20 – March 6



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



WORK – LIFE SOLUTIONS

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

10 Strategies for Improving Your Finances

Wednesday, January 23, 2019

11:00am

The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: "What should I be most careful about" and "What should my family and I work towards?" The 10 financial tips discussed in this work shop will get you on the road to financial wellbeing during challenging times.

REGISTER NOW!

SUPPORT ON THE GO

All New FREE Guidance Resource App
By ComPsych



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 in areas such as:

Exercise
High Blood Pressure /High Cholesterol
Nutrition
Stress / 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



February Featured Health Coaches



Kayla Graves
Registered Dietitian




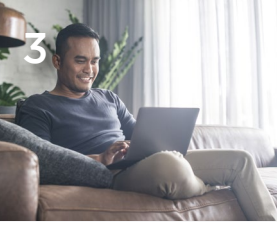















David Bromberg
Personal Trainer / Team Lead

February 2019

January 2019

March 2019

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
							31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						2 Groundhog Day
3 	4 Check out the on-site biometric screening schedule here for upcoming dates and locations.	5 	6 	7 Click here to learn what questions to ask your doctor when starting a new exercise routine.	8 	9 Over-exercising can cause injury, which may lead to quitting. Pace yourself to avoid injury.
10 Make sure your clothes and footwear are made for the type of physical activity you want to do.	11 	12 	13 	14 Valentine's Day	15 	16 
17 	18 Presidents' Day	19 	20 The Go for Green Fruit & Veggie Challenge begins today. Sign up here .	21 EAP Webinar 10 Strategies for Improving Your Finances Register here .	22 	23 
24 Be sure to walk on a path or sidewalk whenever possible. Always walk facing oncoming traffic.	25 	26 	27 	28 Discover how your Health Coach can help you stay committed to your health goals. Sign up here .		

Source: NIH.gov