



HealthQuest

Your path to wellness

July 2020

REMINDERS

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NEW HealthQuest Portal REGISTRATION

All members must register for the new 2020 HealthQuest Portal!

IMPORTANT REMINDER

2020 HealthQuest requirement reduced from 40 to 20 credits!
Click here for more details

IMPORTANT PROGRAM DEADLINES

HSA/HRA Deadline

NOV 18th

Premium Incentive Deadline

DEC 31st

Coming Soon: Apply for Naturally Slim!

Registration for 2020's final 10-week session of Naturally Slim is open July 20th - July 31st, 2020.

The session begins August 17th, 2020.

[Click Here](#) to learn more about Naturally Slim, and join the waitlist for the upcoming session.

Haven't had a Pap test?
FREE and LOW-COST
screenings near you

early detection works

Kansas Cancer Partnership

Kansas
Department of Health
and Senior Services



Anyone ages 21 and older with a cervix is urged to get a Pap test every 3 years.

Questions?

Call 1-888-275-1205, option 3, for questions regarding your HealthQuest portal.

For HSA/HRA inquiry's, and other HealthQuest questions, email KDHE.Benefits@ks.gov

July Coaches Corner

Stay sun safe this summer.

As you soak up the sunshine in July, remain aware of the dangers of excessive sun exposure.

What is too much sun exposure?

When you expose your skin to the sun, the goal is to stay in the sunlight long enough for your skin to produce vitamin D, but not so long that your skin becomes damaged by ultraviolet (UV) rays. Too much sun exposure can cause:

- Early aging
- Lowered immune system function
- Skin cancer

What's your risk for skin cancer?

Skin cancer is the most common cancer diagnosis in the United States, with nearly 5 million people treated each year.

- 1 in 5 Americans will develop skin cancer by the age of 70
- More than 2 people die of skin cancer every hour in the U.S.

Too much exposure to the sun can also cause melanoma, a form of cancer where the skin tanning melanocyte cells begin to grow out of control.

- Having 5 or more sunburns doubles your risk for melanoma
- When detected early, the 5-year survival rate for melanoma is 99%

Besides sun exposure, indoor tanning is a serious risk for skin cancer. More people develop skin cancer due to indoor tanning than develop lung cancer due to smoking.

Sources: *Cancer.org, CDC.gov*



Sun Safety Quick Tips



**Apply
sunscreen**
in thick layers
every two hours



Seek shade
under a tree,
hat, umbrella,
or other shelter



**Dress
to protect**
by wearing long
sleeves or shades



Staying Safe in the Sun

Summer's here and while time in the sun is good for the soul, the #1 cause of skin cancer is from ultraviolet (UV) rays. The sun's UV rays can damage your skin in as little as 15 minutes, and too much exposure can cause sunburn, eye damage, and premature wrinkles.

Stay safe by following these guidelines:

- **Apply sunscreen** - put on a thick layer of broad-spectrum sunscreen with SPF 15 or higher before you go outside, and reapply every two hours or after swimming or sweating
- **Put on a hat** - wear a hat with a brim all the way around that shades your face, ears, and back of your neck
- **Wear sunglasses** - a pair of shades will protect your eyes from UV rays and reduce the risk of cataracts
- **Protective clothing** - wear long-sleeved shirts, long pants or skirts if possible, otherwise at least a t-shirt or a beach cover-up
- **Seek shade** - seek shade under an umbrella, tree, or other shelter

For more ideas on how to stay sun-safe, schedule a free Health Coaching session on your **HealthQuest Portal**.

Source: MayoClinic.org, CDC.gov

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

HealthQuest Health Center

Planning a Trip to Better Health? We'll Be Your Guide

by Mary Kegelman, DNP, FNP-BC



All health goals involve a behavior change. However, changing behavior is a process – a journey. Your mindset is vital to your success on this journey. Marathon Health coaches help you develop a mindset that promotes success, instead of a pessimistic one that can derail your efforts. Think of your brain as a bag: pack it with positivity.

Before you even begin, your health coach works with you to create an action plan that is attainable and custom-made. With road map in hand, you embark on a reliable path to significant health changes as you make achievable, incremental changes. With your health coach striding alongside you through the process, you ultimately reach long-term behavior change.

As such, think of a health coach as your GPS – dedicated to **Generating Patient Success!** They are someone who tells you which way to go and “re-routes” you when you start to go off the path. Your health coach will modify the plan as you encounter new obstacles: *Did the plan generate success? Keep it! Didn't hit the mark? Revise it!*

When working alone, many of us fail to customize our ongoing plan. Health coaches are there to help you reevaluate and adjust each step of the way and use your experience to help you tailor your plan, free of cost!

With providers who are passionate about supporting you in living a healthier life, health coaching appointments at your Marathon Health center are your sure advantage to achieving your health and wellness goals. Booking an appointment with a health coach at your Marathon Health center is as easy as picking up the phone or scheduling on the [Marathon eHealth Portal](#) – also accessible via the [Marathon Health app](#).

Being Purposeful Through a Pandemic

by Denise Myers, MS, national director of behavioral health services

Each of us, as individuals, families, communities, and as a nation, are walking along a path of change, challenges, and new unknowns. During this time, many have seen how holding a grip on routine and structure can help to maintain a semblance of normalcy and balance.

Near the beginning of the lockdown, I began a practice of setting a daily intention every morning. This simple practice has brought me connection and joy.

Sometimes my intention has been about a specific way I want to behave in the day. “My intention for today,” I say to myself, “is to be calm.” At other times, my intention for the day has been to identify a specific action I will take. For example, “My intention for today,” I might say, “is to knock on my neighbors’ door and ask if I can pick them up some fresh greens when I go to the store later.”

Equally as important is the consistent time I have set aside each evening to reflect on how my intention for the day went. Sometimes I’m successful and feel pleased with myself for my small yet meaningful accomplishment, and sometimes I find that my intention got lost in the uncertainty of the day. If I fall short of my expectation, I hold onto compassion and celebrate the tolerance and understanding I have for myself. I find comfort in being able to begin anew the next morning.

If you believe you could benefit from this, and other related practices, a behavioral health provider can support you. Together, you can discuss adopting small ways to find some peace, joy, and tolerance in these ever-evolving times. Please reach out to your healthcare team at your Marathon Health center and ask about opportunities for support.

HealthQuest Health Center

901 South Kansas Avenue, Topeka, KS 66612
785-783-4080
Monday-Friday, 8 am-5 pm

Marathon
health
For life.

my.marathon-health.com
my.marathon-health.com



Rise Above the Everyday

Your Employee Assistance Program can show you how. Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. The services are free, confidential and available all day, every day to you and your household members. Take off.

Here when you need us.

Call: 1-888-275-1205 option 1

TTY: 800.697.0353

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: SOKEAP