



HealthQuest

Your path to wellness

September 2020

REMINDERS

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****Upcoming Deadline****

November 18th, 2020

is the deadline to earn HSA/HRA reward dollars. Don't miss out on rewards!

Every HealthQuest credit is worth \$20 in HSA/HRA rewards , up to \$500

Going the SOCIAL Distance: Step Challenge!

Sign up: September 14th-September 21st
Challenge Length: September 12th-October 26th

Challenge Yourself to walk 10,000 steps a day, 5 days a week for 5 weeks- to earn 5 HealthQuest credits

Sign up on September 14th in your [HealthQuest portal](#)

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

Questions?

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

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

Coaches Corner



Diabetes & Prediabetes Prevention and Management

While being diagnosed with diabetes or prediabetes can feel scary and overwhelming, it is important to know that these conditions can be managed, and you can still live a full, healthy, and happy life. Knowing the lifestyle changes you can make can help improve your well-being overall.

- **Prediabetes:** Sometimes blood sugar levels are high, but aren't high enough for a diabetes diagnosis. Diabetes may be prevented through a treatment plan that includes healthy diet and exercise.

Types of Diabetes

There are different types of diabetes, each with different recommended treatment plans.

- **Type 1 Diabetes:** The body does not produce insulin. It can affect all ages. Insulin therapy and a healthy lifestyle can help manage the condition.
- **Type 2 Diabetes:** The body does not use insulin properly. It can be managed with a healthy diet and exercise, or oral medications or insulin therapy.
- **Gestational Diabetes:** Pregnancy hormones can cause insulin resistance. May include daily blood sugar checks and insulin injections.

Lifestyle Changes

Implementing these lifestyle habits can go a long way to prevent and/or manage diabetes:

- **Eat healthy.** Choose to eat healthy, whole foods over processed foods more often.
- **Meal prep.** Prepare meals at home to make healthier choices and reduce portion sizes.
- **Stay active.** Aim for at least 30 minutes of exercise 5 days a week, and work your way up.
- **Manage stress.** Manage stress levels, and aim for 7-8 hours of sleep each night.

Be sure to visit with your Primary Care Physician (PCP) regularly to develop a treatment plan.

Sources: hhs.gov; diabetes.org

Don't forget these UPCOMING EVENTS



SEPT 8 - OCT 9
Earn double coaching points



SEPT 10
Wellness Champion Network Webinar



SEPT 14 - NOV 2
Step Challenge: registration begins

Interested in Health Coaching?

Sign up on the Appointments tab of the [HealthQuest portal](#) today!



Earn Double Health Coaching Credits Today!

Earn double HealthQuest credits for Health Coaching appointments from **September 8 to October 9.***

Weekday appointments are available. Everyone enrolled in the state's health plan is eligible.

HealthQuest offers free visits with a certified Health Coach who is a registered nurse, dietitian, or trainer. Coaches can help you achieve a healthy lifestyle by setting attainable goals and customizing a plan tailored to your needs.

Each 30-minute appointment is designed to help you reach health goals related to nutrition, stress management, weight management, exercise, and more.



Coaching is available over the phone, by appointment, during the COVID-19 pandemic. Consult the health coaching schedule for details. Up to five sessions may be completed during this promotion. Appointments will fill up quickly, so schedule your session today.**

*Coaching sessions completed prior to September 8 and after October 9, 2020 are not eligible for this promotion. You will only receive incentive credit for one completed appointment per day.

**If you are unable to attend your scheduled appointment time, we ask you to reschedule or cancel your appointment in advance to allow other members to participate.



Questions?

Contact HealthQuest at 1.888.275.1205, option 3, or email us at HealthQuest@Cerner.com.



Protect Yourself From Germs

Germs are everywhere and can make us sick. Being careful about the surfaces you touch and frequently washing your hands can help keep you safe, especially during the COVID-19 pandemic and flu season.

Common germ prevention measures you can take include:

- Avoid touching your eyes, nose, or mouth
- Cover your mouth and nose with a tissue when you cough or sneeze
- Wash your hands with soap and water for at least 20 seconds after covering your cough or sneeze
- Clean your hands with hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Practice social distancing, wear a mask, and avoid overcrowded areas at group events or gatherings

You don't have to live in fear, you can take proper precautions and continue daily life. For more information about staying healthy during COVID-19, go to [CDC.gov](https://www.cdc.gov). For more germ prevention tips, you can schedule a free Health Coaching session on your **HealthQuest Portal**.

Source: [WebMD.com](https://www.webmd.com), [CDC.gov](https://www.cdc.gov)

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

EAC PRESIDENT'S CORNER



Fellow State Employees,

The Employee Advisory Committee (EAC) is now accepting applications from employees who are passionate about health care and want to roll up their sleeves to advocate for their fellow employees' health care benefits. The EAC is a group of 21 state employees that advises the Health Care Commission (HCC) on the State's health care benefits. Because we are all current or former state employees, EAC members know how important health care benefits are for your finances and security.

The HCC established the EAC to advise it on matters relating to health care benefits of state officers and employees and to assist in the development of policy with respect to such benefits. The HCC is the governing body tasked with maintaining the Health Plan's financial security, setting all Health Plan rates and plan options, reviewing and approving vendor contracts and oversight of the HealthQuest program.

The EAC meets several times a year to discuss health care benefits and make recommendations to the HCC about changes to the plans and plan rates. This year, recognizing the disruption caused by the novel coronavirus disease 2019 (COVID-19) to employees' work and personal lives, the EAC advocated for a reduction in the number of HealthQuest credits required to receive the Plan Year 2021 premium incentive discount and the HRA/HSA contributions for Plan Year 2020. We were very pleased when the HCC approved the mid-year change, reducing the requirements by half while maintaining the full employer contribution.

Eighteen of our members are active state employees and three are retired employees who are covered by a State health plan through the direct billing system. The EAC strives for a diverse membership based on plan enrollment, employing state agency, and geographic location.

At least three positions for active state employees will become vacant in January 2021. Each EAC member serves a three-year term beginning in January. While we have been meeting virtually because of COVID-19, the EAC traditionally meets in Topeka. The application is available now on the [EAC webpage](#), and applications will be accepted until Friday October 9, 2020. Your supervisor or HR officer is required to authorize participation.

I'm excited for what the next year holds, and look forward to welcoming some new members.

Natalie Yoza

President of the Employee Advisory Committee

Associate General Counsel for the Kansas Board of Regents



Suicide Can Be Prevented

World Suicide Prevention Day on September 10 promotes worldwide action to prevent suicides.

Every year, nearly 1 million people die from suicide worldwide. Depression, alcohol abuse and reckless behavior contribute to suicide. Here are some warning signs of suicidal behavior:

- Being sad or depressed most of the time
- Talking about suicide
- Withdrawing from family and friends
- Feeling hopeless
- Acting recklessly

Always take these signs seriously, and get help immediately.

Your Employee Assistance Program, provided by your employer, can help you deal with emotional concerns, with free and confidential counseling from trained professionals.

To speak with a counselor, contact your program today.

Here when you need us.

Call: 888.275.1205, Option 1

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNowSM

Web ID: SOKEAP