

# Choose Your Path to Wellness

To qualify for a premium reduction and/or HRA/HSA contribution in 2020, you and your spouse must be enrolled in one of the medical plans (A, C, Q, N, or J) and earn 40 credits from **January 1, 2019 through December 31, 2019**.

The following checklist provides several opportunities that allow you to participate, earn points, and incorporate wellness into your life.

**For additional details, visit the portal at**  
<https://kansashealthquest.cernerwellness.com>.

## BE AWARE

[HealthQuest Program Overview Video Quiz](#)

[Online Health Assessment](#)

[Health Coaching Support](#)

[On-site Biometric Screening or Home Test Kit](#)

## BE ENGAGED

[Naturally Slim Program](#)

[Online Tobacco Cessation Workshop](#)

[Financial & Wellness Workshops](#)

[Wellness Challenges](#)

[Guidance Resources Webinars](#)

[Fitness Tracker Integration](#)

## BE PROACTIVE

Annual Dental Exam

Annual Eye Exam

Annual Well Man/Woman Exam

Annual Flu Shot

### Questions?

Contact the HealthQuest consumer support line (open 24/7) at 1.888.275.1205.