



# Employee News

## Join National Walk @ Lunch Day!

Tired of eating lunch at your desk or while out running errands? Do yourself a healthy favor by taking a walking lunch April 27 as part of the 10<sup>th</sup> annual **National Walk @ Lunch Day**!

**National Walk @ Lunch Day** is designed to complement – not compete with – your busy lifestyle. Created to improve personal health and decrease the costs of health care for employers and employees, make **National Walk @ Lunch Day** the start of your new daily walking routine, helping you to improve your health step by step.

Walking is one of the easiest and most effective forms of exercise and, when done briskly and on a regular basis, 30 minutes of walking can decrease the risk of heart attack and type 2 diabetes, control weights, improve muscle tone and reduce stress!

Participation is easy! Show up and Walk! Blue Cross is hosting rallies and one-mile walks in 12 Kansas communities- Topeka, Dodge City, Garden City, Emporia, Hays, Hutchinson, Independence, Lawrence, Manhattan, Pittsburg, Salina and Wichita. Each event begins at noon- rain or shine! Feel free to organize your own Walking Lunch event as well.



TURN A  
**WORKING  
LUNCH**

INTO A  
**WALKING  
LUNCH!**

Wednesday  
**April 27, 2016**

More information on the community walks can be found at:  
<http://www.bcbsks.com/AboutUs/Community/Walk-at-lunch/>

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Vision

Premium

News

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Effective July 1, 2016 the full monthly Vision Premium will be deducted on the first payroll deduction of each month.

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## Long Term Care Program - - Enrollment Ending April 30th

Face to face presentations and webinars are going on now! Discussing the uninsured long term care costs, which are one of the greatest risks to retirement savings and income today. ACSIA Partners has developed a comprehensive program to provide you with all the information you need to determine which type of long term care solution is appropriate for you and your family.

For more information please call 1-877-720-2165 or go to [www.kansasltc.com](http://www.kansasltc.com)



## Check out the Mobile App for Castlight



Castlight lets you shop for your health care just like you shop for anything else: by comparing options based on price, quality and convenience. Know how much you'll pay out of pocket before your visit. The following quick links on the mobile application provide important information at your fingertips.

- **Care team** - You can build a favorites list of the providers you and your family use.
- **Past care** – Provides you with a history of previous claims.
- **Insurance cards** – Your insurance card is available.
- **Plan status** – Provides your current in-network spending along with your in-network benefit summary.

For additional information on the Castlight Health Transparency Tool visit the State Employee Health Plan website at <http://www.kdheks.gov/hcf/sehp/default.htm>, and click on Castlight.

## Vision Coverage Updates

A simple search can save you money!! <http://www.surency.com/stateofkansas/>

Surency's network is growing by the day so make sure you check to see if your provider is in the "insight network"

**Reminder—** Surency will pay for all Walmart's regardless of whether they are in network or not so don't worry if your local Walmart is not on the provider search. Simply pay for your services at the time of your visit and submit your receipt for reimbursement - instead of the standard out of network benefit you will be reimbursed as if you were in network. You can use the same link from above to download a claims form to turn into Surency for reimbursement.



## New From Delta Dental

**LifeSmile** from Delta Dental of Kansas is a complete oral wellness resource helping you to focus on your oral health and well-being with tools and tips for improving and maintaining good dental habits.

**Members**, use the Delta Dental of Kansas Wellness Connection to explore LifeSmile oral health topics, tips, and resources

**Login** to [Deltadentalks.com](http://Deltadentalks.com) to learn all about LifeSmile and what this tool can offer you





## Employee Assistance Program

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Your EAP provides support, resources and information for personal and work-life issues. It is completely confidential and provided at no charge to you and your household family.

Here to help with everyday challenges. Speak to an expert via phone or online (by email or chat).

Telephone: 1.888.275.1205 Option 8

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

(Company ID: SOKEAP)

## Rethink Your Drink: Reducing Sugary Drinks in Your Diet

Take a minute and think about what you drink in a typical day. Unless you are a true water lover, you may be getting some extra, unneeded calories through sodas, ice teas, energy and coffee drinks.

**So, here are tips on how to switch to healthier drinks that can quench your thirst and still taste good!**

**Read those ingredients** - Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, concentrated fruit juice and honey. Also, look at the label carefully because one container may be considered more than one serving, which can double or triple your sugar consumption.

**Cut back slowly** - If you have sugary drinks like sodas and sweetened teas on a regular basis, start cutting back now. Replace those drinks with the water suggestions next.

**Work up to water** - Carry a refillable water bottle or have a permanent glass at your office desk. Add slices of oranges, lemons or even cucumbers for an added boost of flavor. Try seltzers or sparkling water with a splash of 100% fruit juice.



## Reminder: Earn your HealthQuest Reward before November 15th!

Log on to:

[www.kansashealthquest.com](http://www.kansashealthquest.com)

to schedule your screening, complete your Health Assessment Questionnaire and for all other wellness activities!

1  
Obtain  
Biometric Values

2  
Complete the  
Health Assessment  
Questionnaire  
(required,  
worth 5 credits)

3  
Earn 30  
total credits

# Recipe - Chipotle Chicken Stuffed Sweet Potatoes

494 Calories / 293 mg Sodium

1. Preheat the oven to 400.
2. Pierce each sweet potato all around with a fork. Place potatoes on a baking sheet and bake for 1 hour until potatoes easily pierce with a fork.
3. While potatoes are baking, rub chicken breasts with olive oil and place in a baking dish, sprinkle with pepper. Bake in the oven with potatoes for 20-25 minutes until chicken is cooked. Remove and let cool. Once cooled, shred chicken with a fork and set aside.
4. Spray a large skillet with cooking spray. Over medium heat saute onion 2-3 minutes until translucent. Stir in corn and beans stirring occasionally until heated through, approx. 3-5 min. Gently add chicken, lime juice, no-calorie sweetener, cumin, chili powder, garlic powder, oregano, and water. Stir until well blended and cook until mixture is warmed enough.
5. Carefully remove potatoes from oven and slice open lengthwise. Add 1/4 of bean/chicken mixture and top with cheese. Return to oven until cheese is melted.

## Ingredients:

4 medium sweet potatoes	Juice of 1 lime
1 lb. boneless skinless chicken breasts	1 tsp no-calorie sweetener
2 tsp. olive oil	1 tsp cumin
1/2 tsp black pepper	1 tsp chili powder
1/2 medium white/yellow onion, diced	1/2 tsp garlic powder
3/4 cup frozen corn, thawed and drained	1/2 tsp dried oregano
15 oz. canned, low-sodium black beans	2 Tbsp water
	2 Tbsp reduced fat pepper-jack cheese



## *Vegetables on the Grill*

Grilling season is in full swing all across the country. When most of us think of grilling, our minds run through a list of meats. Steaks, burgers, brats, chicken, maybe a turkey breast or two. If we think of vegetables at all, it's the coleslaw or potato salad. This summer is the time to change your grilling style.

- **Pepper and Onion Kebabs** Cut 1 red, green, an orange or yellow bell pepper, and 2 Anaheim peppers into quarters. Scrape away any seeds. Slightly thaw 1 cup frozen pearl onions. Thread peppers and onions onto wooden skewers. Brush kebabs with olive oil and balsamic vinegar. Sprinkle with salt, black pepper and Aleppo pepper flakes. Grill until peppers are soft and begin to char, 4 or 5 minutes per side.
- **Smoky-Sweet Sweet Potatoes** Peel and thickly slice 2 or 3 fat sweet potatoes. Toss slices with apple juice, a splash of maple syrup, a generous grinding of black pepper and a tablespoon of olive oil. Wrap up in a double layer of foil and grill for about 20 minutes, turning the package a couple of times.
- **Pesto-Topped Squash** Cut summer squash or zucchini diagonally into slices about 3/8 inch (1 cm) thick. Brush both sides with olive oil. Grill on one side until browned, about 2 or 3 minutes. Turn over, lightly brush grilled sides with store-bought pesto and grill another minute or two.
- **Grilled Celery (Really!)** Toss large celery ribs in a favorite low-fat Italian salad dressing and set aside to marinate for a few minutes. Start grilling the celery over medium-high heat. After 2 or 3 minutes, slide to a cooler part of the grill to finish cooking. When perfectly done, celery will be tender, yet slightly crisp. Serve with just about anything.
- **Spicy Pineapple** Lay thick slices of fresh pineapple on a hot grill and brush them with your favorite lower-sodium barbeque sauce. Cook for a minute or two. Serve with grilled chicken or fish.