Phishing Schemes Using Employer Communication Vehicles

(Examples: Internal Emails, Newsletters, Intranets, Etc)

To help you safeguard your personal information and assets, we wanted to share valuable information that will help you to protect against cyber-attacks which are, unfortunately, common in the financial industry.

The federal government recently released a warning that individuals should watch out for fake emails or websites looking to access your personal information particularly as it relates to health saving and spending accounts. This is called a "phishing scheme."

Because of this type of potential threat, we wanted to remind you of important steps you can take to protect your information and your health saving and spending accounts with Optum Bank®:

- Check to see how secure the account password is. The most secure passwords use a mix of upper and lower case letters, numbers and symbols and are at least 8 characters in length.
- Use a unique password for all important accounts and logins.
- Change passwords every 3 months.
- Review accounts on a regular basis. Report any activity that doesn't look familiar.
- If ever suspicious or unsure about any communication regarding health saving and spending accounts, please forward emails to assetprotect@optum.com the following email addresses and a trained representative will follow up
- **Do not click links within suspicious emails or texts** as doing so may lead to a fraudulent website designed to obtain personal information. Instead, enter URLs/website addresses manually into the browser window to go directly to the health saving and spending account website.
- Double-check URLs/website addresses and email domains to ensure they match those provided in official communications from Optum, Optum Bank or my-CDH.optum.com.
- Visit the Account Security sections of our websites for additional tips and information.

If you have any additional questions, please call the number on the back of the HSA debit card.

BCBSKS Members—Expect New ID Cards!

If you're currently a BCBSKS member, you will be receiving a new ID card this year. New or existing members will notice a sticker on your ID card to activate **Relay**. Relay is a trusted and secure mobile customer communication network. BCBSKS has partnered with Relay to provide an extra level of personalized service. BCBSKS will send you messages when there are critical plan updates, service notifications, or other important information that helps you stay on top of your personal health. This is a free service and members will need to opt-in to utilize the benefit. To learn more and opt-in to receiving periodic text messages from BCBSKS, call 855-939-5424 or text BCBSKS to 73529.

State Employee Health Plan

Quarter 1 2017

SEHP Customer Service Contacts

The State Employee Health Plan has third party administrators to handle claims, id card inquiries, network provider or pharmacy questions as well as any other questions you might have.

AETNA — 1.866.851.0754 www.aetnastateofkansas.com

BCBSKS — 1.800.332.0307 www.bcbsks.com/customerservice/members/state/

Caremark — 1.800.294.6324 www.caremark.com

Delta Dental — 1.800.234.3375 www.keltadentalks.com

HealthQuest — 1.888.275.1205 www.kansashealthquest.cernerwellness.com

NueSynergy — 1.855.750.9440 www.kansasfsa.com

Optum Bank — 1.877.470.1771 www.mycdh.optum.com

Quest Lab — 1.800.646.7788 www.labcard.com/collection.html

Stormont– Vail Lab — 1.800.637.4716 www.stormontvail..org/state-employees-lab

Surency — 1.866.818.8805 www.surency.com/stateofkansas

DELTA DENTAL

Delta Dental LifeSmile

Healthy Smile, Happy Life.

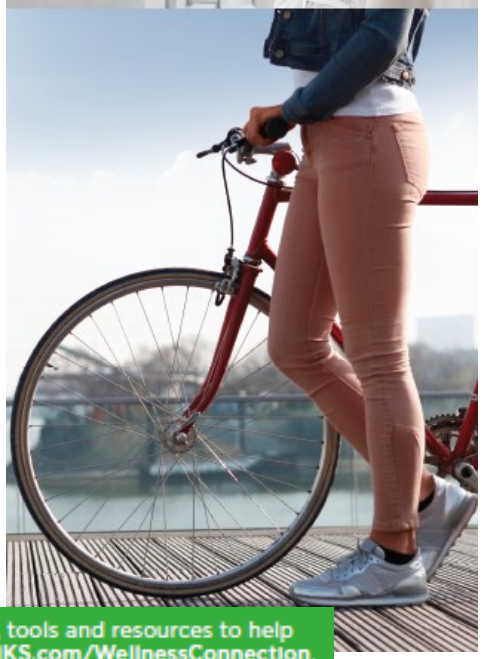
Oral health is directly linked to overall health. When our mouths, gums or teeth aren't healthy, our bodies may be more susceptible to other serious conditions. LifeSmile from Delta Dental is an oral wellness program that can help you prevent disease and keep you and your family on the path toward great dental health. It's a simple truth: Healthy smile, happy life.

Your LifeSmile Benefits include:

- Online Self-Assessments
- Educational Materials
- Online Library of Dental Health Topics

LifeSmile Topics Include:

- Oral Health and Overall Wellness
- Pregnancy and Oral Wellness
- Infant and Child Oral Health
- Managing Periodontal Disease
- Brushing and Flossing
- Fluoride for Adults and Children
- Teeth Grinding
- Sensitivity and Pain
- Dental Visit Anxiety
- Managing Sugar
- Oral Cancer Risks
- And Much More



Keeping your smile healthy is the first step in keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral wellness, make sure to bookmark **DeltaDentalKS.com/WellnessConnection.**

Delta Dental of Kansas | DeltaDentalKS.com

9 Ways to Save on Healthcare

· **Establish a relationship with a primary care doctor.** It's important to select a primary care doctor that offers the affordable, high-quality care that's right for you.
· **Take advantage of free preventive care.** Under the new healthcare law, health plans are required to pay 100 percent for your annual physical and other age- and gender-appropriate preventive screenings (e.g., well child exams, screening mammograms and screening colonoscopies) regardless of your deductible status.
· **Use specialists only when referred by your primary care doctor.** you to specialists only when needed. Using a specialist as your primary care doctor will add significant costs that may not be necessary.
· **Use national laboratory groups for blood tests.** National laboratory groups, such as Quest and LabCorp, have significantly lower prices.
· **Ask for copies of all lab and imaging results and keep a file that you take to all of your doctor visits.**
· **Get your flu shots and other preventive shots.** Talk to your doctor about what safe and effective vaccines will help you avoid the cost of a serious illness later.
· **Avoid the ER.** Studies show that more than 25 pecent of ER visits are non-urgent and should be taken care of in other facilities. In the case of an emergency, never hesitate to go to the ER immediately, but for non-urgent care, go to your primary care doctor.
· **Identify your closest urgent care clinic.** Plan ahead and identify the urgent care clinics nearest to your home. When you can't get in to see your primary care doctor, an urgent care clinic can be the most affordable way to get care.
· **Use Castlight.** Castlight is an excellent resource to help you find the highest quality affordable care for your given situation. In fact, using Castlight is the easiest way for you to take advantage of all of the suggestions above!

https://mycastlight.com/sehp/index.php

Mobile Apps for Everyday Life

- **Headspace** – Headspace teaches users various meditation and mindfulness techniques to improve daily life. The free version allows users access to the Take10 program which teaches the basics of meditation in ten minutes per day. Available for download on iTunes and Google Play.
- **MyMoodTracker Lite** – MyMoodTracker Lite allows users to track their moods and learn how things like sleep, exercise, stress and more can affect their emotional state. Available for download on iTunes.
- **Lose It!** – Lose it! allows users to track daily caloric intake and exercise patterns while working toward achieving weight loss goals. Users can receive practical feedback and advice based on the data they enter. Available for download on iTunes and Google Play.
- **Quit That!** – Quit That! helps users to keep track of how long it has been since they quit a bad habit or addiction. Users can keep track of as many habits as they would like. Available for download on iTunes.

Here when you need us.
Call: 888.275.1205, Option 7 TDD: 800.697.0353
Online: guidanceresources.com
App: GuidanceResources® Now Web ID: SOKEAP

2017 HealthQuest Wellness Program

https://kansashealthquest.cernerwellness.com
Employees: enter 11 digit employee ID followed by EE. The ID # is a letter followed by 10 digits. Example: K0000012345EE
Spouses: enter the spouses 11 digit employee ID followed by SP. Example: K0000012345SP

The **NEW HealthQuest** wellness portal is your resource for all wellness activities!

- Required Health Assessment
- Labs and Biometrics
- Health Coaching
- Activity Tracking
- Wellness Workshops
- Library for educational resources
- Meal Planning
- Exercise Plans
- Device Connectivity
- Wellness Challenges
- Mobile application
- Incentive Tracking

The new program year runs calendar year. Participants have from January 1s, 2017—December 31, 2017 to complete the Require Health Assessment and earn 40 total credits for the 2018 premium reduction. Plan C members also have the calendar year to earn their HRA/HAS contributions.

Questions—email us at kdhe.healthquest@ks.gov

Onsite Biometric Screenings Begin January 16th across the state!

Log on to the portal to schedule your appointment today or call 1-888-275-1205 and choose option 3!

Click the below link for a listing of events:
http://www.kdheks.gov/hcf/healthquest/download/Biometric_Screening_Events_Schedule.pdf

natural)(yslim®

Learn how to lose weight and improve your health while eating the foods you love!

Apply online at www.naturallyslim.com/kansashealthquest between January 9th—20th, 2017!

The program starts February 6th!!

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. We are now offering you the change to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer healthier life!

Lose weight, improve your overall health, earn 15 HealthQuest credits and Plan C members earn $150 HRA/HAS—while still eating the foods you love!

"Over the first ten weeks, I lost 30lbs. And my husband dropped 35, all while we continued to order pizza, eat at restaurants, and enjoy our favorite meals at home. I've gone from skeptic to believer." - NS testimonial