

HR Contacts –

Below are the March 2018 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



# Important News From HealthQuest

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## Naturally Slim Class #2

Application Window March 12<sup>th</sup> – March 23<sup>rd</sup>  
Class Begins April 9<sup>th</sup>

<https://www.naturallyslim.com/Welcome-b-SEP.html?s=KansasHealthQuest>

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## Walk Kansas for HealthQuest Credits

Walk Kansas, an 8-week health initiative offered by K-State Research and Extension, begins March 18. Registration is open at [www.walkkansas.org](http://www.walkkansas.org) and you can earn four (4) HealthQuest credits for participating. New this year is a virtual trail that explores the 8 Wonders of Kansas!

Teams of six register for a Walk Kansas program in their community and choose a challenge to work towards. **Challenge 1** requires each member to meet the minimum guidelines for physical activity -- 150 minutes of moderate activity/week, and they will explore the 8 Wonders of Kansas. To meet **Challenge 2**, participants must log 4 hours of activity/week and they will follow a winding trail that begins in the NE corner in Troy and ends SW in Elkhart. **Challenge 3** allows participants to explore areas of SE Kansas and then winds up to finish in Nicodemus, requiring each person to log 6 hours of activity/week. Participants receive a weekly newsletter and the opportunity to participate in local program events.

While walking is an activity most people can do, other types of physical activity also count. This "Activity Guide" provides more detail on what counts toward Walk Kansas minutes.

<https://www.walkkansas.org/doc/participant/wkactivityguide.pdf>

Each person logs activity minutes online which contributes toward a team total. Healthy eating is also part of this initiative, so you will also be asked to record the amount of fruits and vegetables you eat and report those as well.

For more information on Walk Kansas in your community, contact your local K-State Research and Extension office, or contact Sharolyn Jackson, [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu).

# Move Better, Breathe Better, Feel Better, Live Better

EAP Monthly Webinar Series – March 22<sup>nd</sup>, Thursday @ 11:00AM  
1-888-275-1205 OPTION 1, [www.guidanceresources.com](http://www.guidanceresources.com) (web ID: SOKEAP)

## Living With Change

Whether going back to school or changing careers, starting a family or retiring, change brings both opportunities and turmoil. In today's fast paced world, change has become a constant. Even when we are able to see the advantages of change, it can be hard to say goodbye to what's changing. This workshop will provide you techniques to deal effectively with change.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. <https://register.gotowebinar.com/register/2259052579784825091>

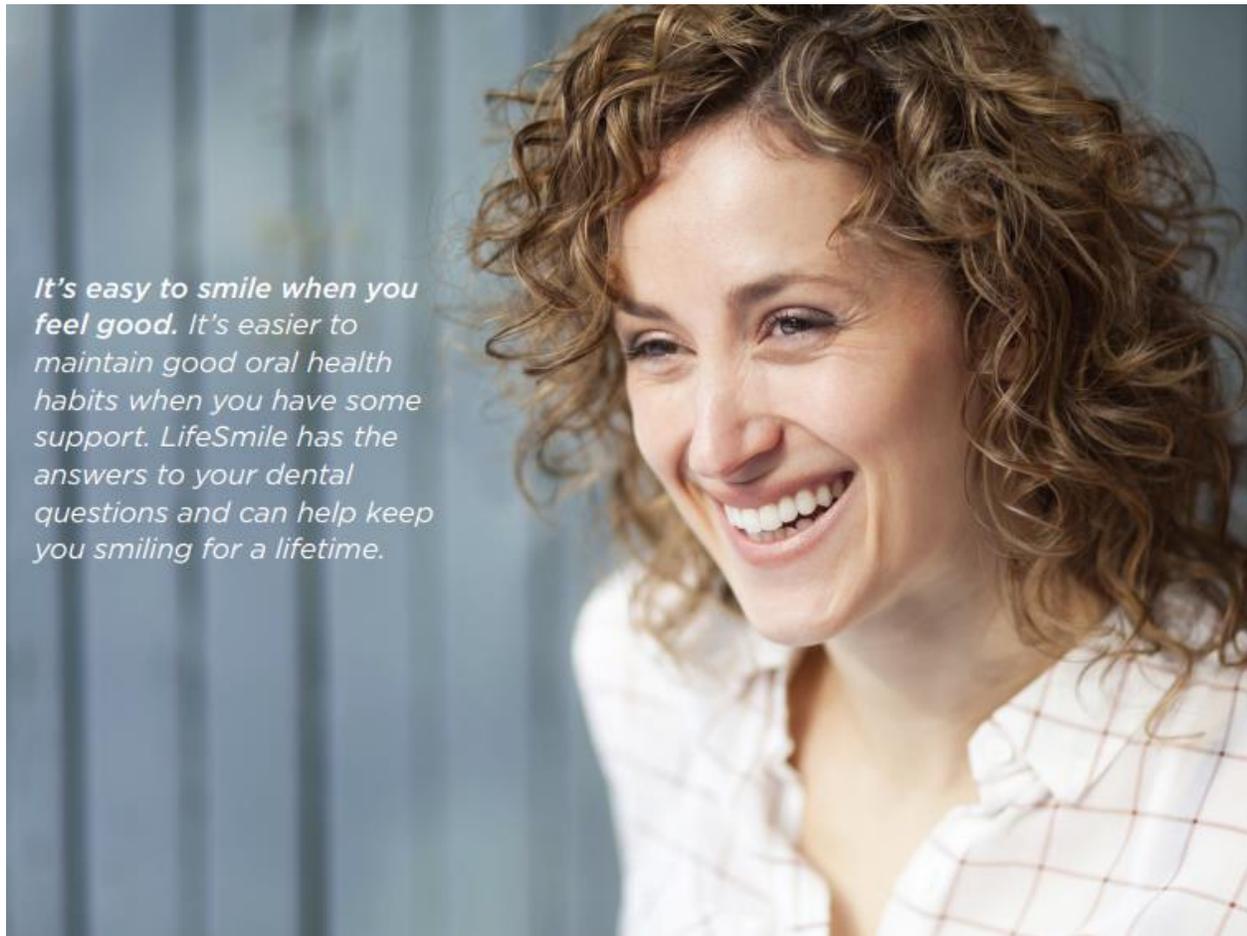
GuidanceResources®



## Taxes 2018

Filing a federal tax return can be a tedious and time-consuming task. Keep in mind: This year's deadline for individual returns is April 17. Here are some tips on filing:

- **Get started.** Organize receipts, paycheck stubs, financial records, mortgage statements and other important documents, and try to estimate how much you will owe or be refunded.
- **Educate yourself.** Learn about the latest tax laws so you can take advantage of as many deductions, exemptions and credits as possible. Visit the IRS website at [irs.gov](http://irs.gov) or call the IRS toll-free at 800.829.1040 for help. Consider hiring a CPA, financial planner or tax attorney for a complex return.
- **Understand your payment options.** There are alternatives if you cannot immediately pay the taxes you owe. Installment agreements can be applied for at [irs.gov](http://irs.gov), and there are a number of options for charging the balance on a credit card. The IRS won't tack on a fee for credit card payments, but the processing companies will charge a convenience fee.
- **If you can't file on time.** The filing deadline has been pushed back to April 17 this year. But you can submit IRS Form 4868: Application for Automatic Extension of Time to File U.S. Individual Income Tax Return and receive an automatic six-month extension to postpone your filing date. This pushes back the due date for the paperwork. It doesn't give you more time to pay any taxes due, so you will owe interest on any amount not paid by the April 17 deadline, plus a late payment penalty if you have not paid at least 90 percent of your total tax by that date.



## HEALTHY SMILE, HAPPY LIFE

Delta Dental of Kansas | [DeltaDentalKS.com](https://www.DeltaDentalKS.com)

Oral health is part of being well, and the foundation for a healthy and active lifestyle. When our mouths, gums or teeth aren't healthy, our bodies may be more susceptible to serious disease. It's a simple truth: Healthy smile, happy life.

### Is Your Oral Health Putting Your Overall Health at Risk?

- About 40 percent of American adults experience a form of moderate to severe periodontal (gum) disease.
- Gum disease is caused by bacteria that form plaque on your teeth.
- Left untreated, these bacteria can severely infect the gums and lead to tooth loss.
- Researchers have associated gum disease with many different health problems, including diabetes, heart disease, stroke and more.

### How To Help Prevent Gum Disease?

- Brush your teeth gently for two minutes twice a day with a soft-bristled brush.
- Make sure you brush not only your teeth, but along and just below your gum line.
- Floss at least once daily to clean between your teeth.
- If you smoke, find a program to help you quit for good.
- See your dentist regularly for check-ups and preventive care.

# 2018 March Nutrition



## Five Tips for Your Fridge Makeover

**1. Vegetables** - Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter.

**2. Nuts and nut butters** - These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews.

**3. Fruit** - Remember that fresh, frozen, dried, and canned fruits all count. Add a tablespoon of raisins or dried apricots to your morning oatmeal.

**4. Eggs** - Use a mug to scramble eggs for a quick breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

**5. Salsa** - A fresh salsa with tomatoes, jalapeños, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet.



Be sure to chat with your dietitian or nutritionist if you have questions about what nutrients are right for you.

<https://kansashealthquest.cernerwellness.com>



Kdhe.healthquest@ks.gov