

HR Contacts –

Below are the **APRIL 2017** 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

GuidanceResources®



## Building Workplace Resilience

Building a career can be stressful, and no one has ever succeeded without facing some setbacks. That's why resilience is such a useful workplace tool. Resilience means controlling your ego, not panicking in the face of a problem, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady and make rational decisions instead of being driven by emotion.

There will always be periods of large growth, times of relative stability and times in which the economy slows or recedes. To thrive, businesses must respond to these waves appropriately. While workplace upheaval can be stressful, there are things you can do to cope with this challenging environment:

- **Find a healthy balance.** Your work is important, but it's unhealthy for you mentally, physically and socially if you live, breathe and sleep your job. Get off the rollercoaster and away from the stress and uncertainty by finding positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations.
- **Look for the gray.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle ground. It can be a far less stressful place.

EAP Monthly Webinar Series – April 25th, at 3:00PM

**1-888-275-1205 OPTION 1, [www.guidanceresources.com](http://www.guidanceresources.com) (web ID: SOKEAP)**

## Emotional Intelligence

Implementing discipline over our emotional life is difficult and requires lifelong practice. Being able to choose to act or respond in a particular manner is preferable to re-acting on a consistent basis, yet it is difficult. Enhancing emotional intelligence improves our ability to master our emotional functioning. High emotional intelligence can improve our communications with all others, enhance our perception of satisfaction with ourselves and our lives and increase our productiveness overall. <https://attendee.gotowebinar.com/register/569135953888801283>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at [www.guidanceresources.com](http://www.guidanceresources.com) (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



## Stress Awareness Month

### Is stress affecting your health?

Stress is part of life. Stress can be defined as the brain's response to any demand—positive or negative. Some people may cope with stress better or recover from stressful events quicker than others. It is important to know your limits when it comes to stress to avoid more serious health effects.

Stress can lead to physical symptoms such as digestive issues, headaches, sleeplessness, weakened immune system, fatigue or weight gain.

Stress can also lead to emotional symptoms like depressed mood, anger, irritability, feelings of panic, anxiety or helplessness.

Over time, continued strain on your body from routine stress may result in serious health problems, such as heart disease, high blood pressure, diabetes, depression, anxiety disorder and other illnesses.

## Walk of Knowledge Steps Challenge Wraps Up!

(worth 4 HQ Credits and for Plan C members a \$40 HRA/HSA contribution)

At the completion of the Walk of Knowledge Steps Challenge – we have **2,941** teams consisting of **4,885** members participating! The total number of steps taken is **1,500,042,764!** Which makes the average steps per person **308,714!** So far the total miles walked is over **707,258!**

## Office ergonomics: Your how-to guide

A comfortable work space can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics.



If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

### Chair

Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.

### Key objects

Keep key objects — such as your telephone, stapler, or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.

### Keyboard and mouse

Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use. If possible, adjust the sensitivity of the mouse so you can use a light touch to operate it. Alternate the hand you use to operate the mouse by moving the mouse to the other side of your keyboard.

## Coming May 1<sup>st</sup> - Spring into Action – Cardio Wellness Challenge!

(worth 4 HQ Credits and for Plan C members a \$40 HRA/HSA contribution)

Spring into Action is a 4 week individual cardio challenge. Studies show that exercising in 10-minute increments 3 times a day or 15-min increments twice a day is just as beneficial to your health as doing 30 minutes of exercise at one time.

For this challenge your goal will be to exercise at least 90 minutes a week. There are many different ways to get cardio versus your traditional exercise. You can park further away to work, play around with your children, take the stairs versus the elevator, garden, clean house, and so much more!

We encourage everyone to “Spring into Action” and join us for the May Cardio Wellness Challenge. Be on the lookout for information on how to sign up!



<https://portal.rxsavingsolutions.com/#/register>

## Divide and Conquer

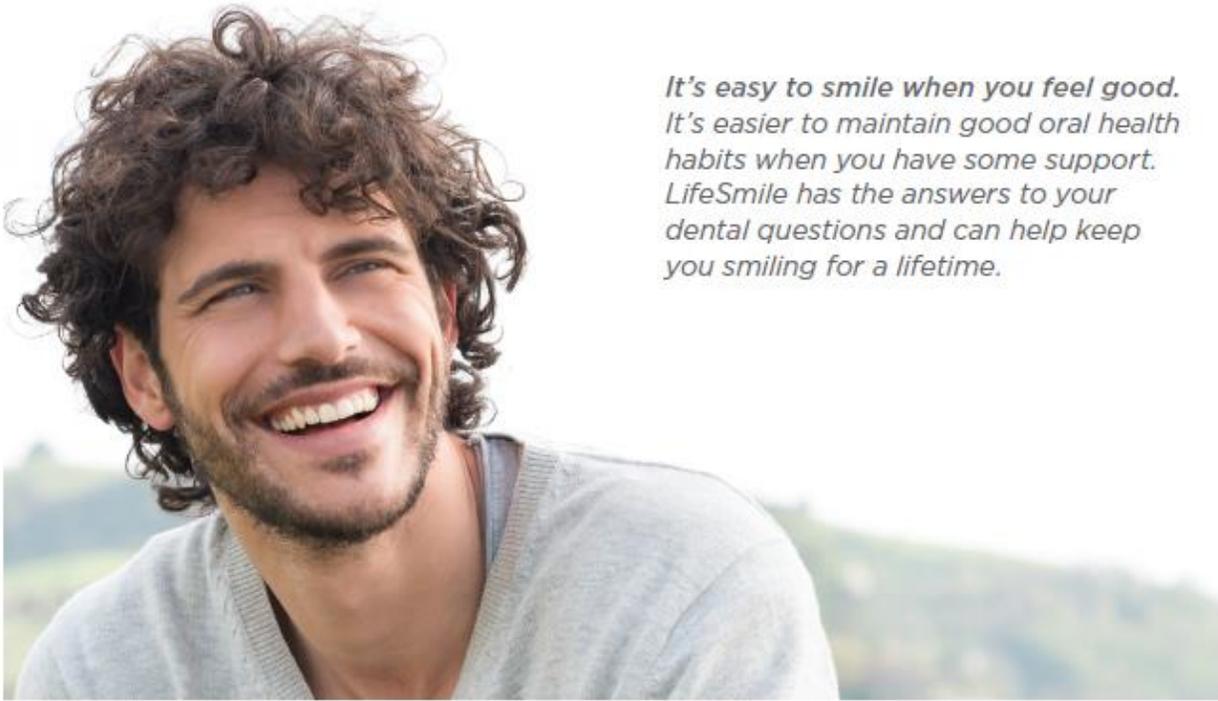
Combination prescription medications may be convenient for your lifestyle, but not always convenient for your wallet. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by filling the individual active ingredients of combination medications as separate prescriptions.

Here is an example of how filling combination medications as separate prescriptions can save money:

Utilizing our prescription savings pricing tool, 90 tablets of the cholesterol and high blood pressure medication amlodipine-atorvastatin 10-40mg (generic for Caduet®) costs \$187.86. However, 90 tablets of the individual ingredients costs \$18.35 for atorvastatin 40mg, and \$9.06 for amlodipine 10mg respectively. That is a savings of \$641.80 per year! Savings may be even greater if the patient uses their insurance card.

Not all combination medications are available to be filled as individual ingredients, and patients need to be aware that increasing the number of prescriptions taken means more responsibility. Talk with your doctor to see if this is an option for you. It is important for patients to be active participants in managing their health.

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



*It's easy to smile when you feel good.  
It's easier to maintain good oral health  
habits when you have some support.  
LifeSmile has the answers to your  
dental questions and can help keep  
you smiling for a lifetime.*

## Foolproof Flossing in SIX Quick Steps:

1. Pull about 18 inches of floss and wrap most of it around the index or middle finger of each hand so you have only a few inches between your hands.
2. Hold the floss between your thumbs and fingers and saw between each set of teeth until the floss gently pops between the teeth.
3. Pull the floss tight against the side of one tooth so it forms a "C" shape and slide it up and down.
4. Gently get down below the gum between each tooth and gumline.
5. Repeat for each pair of teeth.
6. Remember to floss the backside of the back tooth in each corner of your mouth.

**LifeSmile** can help you prevent disease and keep you on the path toward a healthier, happier life. For more tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark [DeltaDentalKS.com/WellnessConnection](http://DeltaDentalKS.com/WellnessConnection).



“This program is perfect for me! I love to eat in restaurants, and this plan has allowed me to continue eating all of my favorite foods. I often eat less than half of what I used to but all of the flavor and satisfaction is still there! After 5 weeks I am 15 pounds lighter, and I am looking forward to continued success with this program. It’s definitely a plan I can see myself following for the rest of my life” – **Naturally Slim Participant**

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

**Have you registered for the new HealthQuest program?**

**Go to: [kansashealthquest.cernerwellness.com](http://kansashealthquest.cernerwellness.com) to register.**

**The HealthQuest program runs from January 1, 2017 – December 31, 2017.**

**Plan C HSA/HRA contribution cutoff deadline is 11/9/2017.**

**Be sure to complete your REQUIRED Health Assessment & earn 40 total credits!**

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