HR Contacts –

Below are the **JUNE 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

Humor: A Serious Weapon in the Fight Against Stress

Scientific researchers have demonstrated that laughing and maintaining a sense of humor ward off stress, fight illnesses and promote overall mind and body health. Find simple ways to laugh and relax, and turn to humor when you feel worries and frustrations creeping in. What can laughter do for you?

- **Lower blood pressure and improve cardiovascular health:** Laughing increases the heart rate and improves blood circulation. Research also shows that the physical effects of laughter last for up to two hours after you stop laughing.
- **Boost the body's immune system:** Laughter can increase the body's level of T-cells, which attack virus-infected cells.
- **Relax muscles:** Laughing works at least five different muscle groups throughout the body and improves muscle tone.
- **Help control pain and make you feel good:** Your body releases a shower of adrenaline and endorphins when you laugh.
- **Decrease hormones that cause stress:** These include dopamine and epinephrine.
- **Prevent heart attacks:** Laughter's ability to reduce stress, tension and anger can actually safeguard the heart.
- **Stimulate the brain:** Researchers have discovered that laughter changes brain-wave activity.
- **Burn calories:** When you laugh regularly and for long stretches, your metabolism and body temperature increase.
- **Aid in digestion:** Research indicates that laughing can stimulate enzymes that act as natural laxatives.
- **Relieve depression:** Laughter helps you get your mind off your troubles and helps control physiological factors that may promote depression.

EAP Monthly Webinar Series – Wednesday June 21st, at 3:00PM

1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Being Accountable in Work and Life

In work and life, successful people avoid making excuses, and instead take responsibility for their actions. "It's not my fault," and "I can't believe they did this to me" exemplify that type of thinking that holds people back. We all think that way sometimes, and the key is to catch ourselves, look in the mirror, and turn that thinking around. This workshop defines what it means to be accountable, and offers some tips to help people build accountability into their own lives.

https://attendee.gotowebinar.com/register/4379915945347453443

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 (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

Spring Into Action!

Cardio Challenge

***REMINDER:** The Last Day to Log Your Cardio Activity is Monday June 5th to earn your 4 HealthQuest Credits!*

kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp

HealthQuest

Rx Savings Solutions

https://portal.rxsavingssolutions.com/#/register

Who We Are and How We Can Help You

June 2017 marks our three-year partnership with the Kansas State Employee Health Plan (SEHP), and we at Rx Savings Solutions would like to use this moment to reflect on how we have saved, and continue to save, employees and their dependents on their prescription drugs.

At Rx Savings Solutions, our goal is to educate, motivate and empower consumers of prescription drugs to save money. Our team of pharmacists does extensive research to find different ways to save money on prescription drugs and these savings suggestions are communicated to members. Members can realize savings in multiple ways and sometimes it is as simple as filling their prescription at another local pharmacy. All of the savings suggestions are optional and it is up to the member and their doctor to make the final decision.

Our service is **free** to SEHP employees and their dependents. SEHP members can earn **1 Health Quest credit** for registering. Register and logon to our website at https://portal.rxsavingssolutions.com/auth/verify to see how you can save. We have a team of registered pharmacy technicians available by phone and email to answer any questions you may have.

natura)(yslim

"I have lost 5 pounds in 4 weeks which was my initial goal of the 10 week program! My mom saw how successful this program has been and is doing it too and has lost 3 pounds already. As a chronic dieter and child of a chronic dieter I am happy to not be eating diet food anymore!"
– Naturally Slim SOK testimonial

www.naturallyslim.com/KansasHealthQuest

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Your brain needs it. Your blood needs it. Your bones need it. Every cell in your body, from head to toe, needs water. That's why it's so important to drink at least six to eight glasses a day. Water is vital to:

- Transporting nutrients & oxygen into cells
- Metabolism
- Organ function & protection
- Regulating body temperature

In **July** we encourage you to "Challenge" yourself:

- Choose water instead of sugar-sweetened beverages—this can also help with weight management
- Carry a water bottle for easy access when you are at work or running errands
- Add lime or lemon to your water to give it some pizzazz

Your goal is to drink 64 ounces every day for 28 days (1,792 ounces total) and earn 4 HealthQuest credits and $40 HRA/HSA dollars.

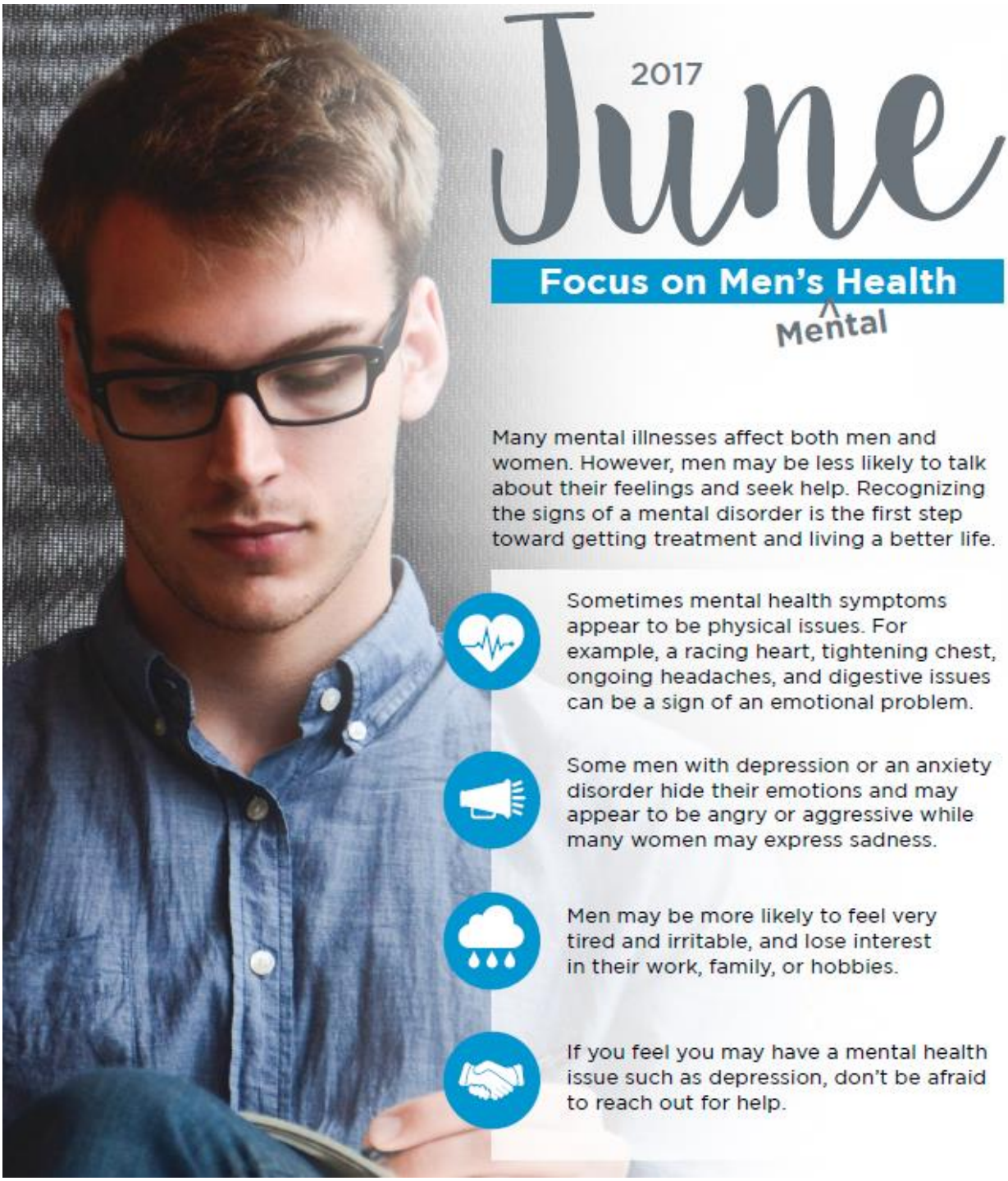
Have you registered for the new HealthQuest program?
Go to: kansashealthquest.cernerwellness.com to register.
The HealthQuest program runs from January 1, 2017 – December 31, 2017.
Plan C HSA/HRA deadline for HAS/HRA contributions is 11/9/2017.
Be sure to complete your REQUIRED Health Assessment & earn 40 total credits!

Great Outdoors Month – National Trails Day is June 3rd!

A truly American idea, the State and National Parks of this country represent our natural heritage. This June, celebrate the natural wonder and outdoor spirit of America by getting outside during Great Outdoors Month. Once you come outside, you'll never want to go back inside. It started as Great Outdoors Week in 1998 has grown significantly into a month-long celebration of the outdoors and all the benefits it brings.

National Trails Day is the only nationally coordinated event designed to unite all muscle-powered trail activities with the goal of connecting more people to trails. Each year, on the first Saturday of June, American Hiking Society and the trails community invite Americans of all ages and abilities to find their own adventure and discover their unique story at one of the thousands of events hosted throughout the country.

Find an organized event near your or pledge to get out on your own! http://nationaltrailsday.americanhiking.org/



KDHE.healthquest@ks.gov