

HR Contacts –

Below are the May 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



Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim[®] is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. State of Kansas is giving you the chance to learn how to eat the foods you love and reduce your chances of developing a serious condition, like diabetes or heart disease.

Naturally Slim is offered **at no cost to you**. Here's to living a longer, healthier life!

Apply between May 7th – 18th. The program starts June 4th.

www.naturallyslim.com/KansasHealthQuest

Naturally Slim Class #1 Completers – Credits will Post by May 4th!

Move Better, Breathe Better, Feel Better, Live Better

EAP Monthly Webinar Series – May 15th, Wednesday @ 3:00PM

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

Connecting Mind and Body for Healthy Living

Your body responds to the way you think, feel and act. This is often called the "mind/body connection." When you are stressed, anxious or upset, your body tries to tell you that something isn't right. For example, high blood pressure might develop after a particularly stressful event, such as the death of a loved one. People with good emotional health are aware of their thoughts, feelings and behaviors. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships. Poor emotional health can weaken your body's immune system, making you more likely to get colds and other infections during emotionally difficult times. Also, when you are feeling stressed, anxious or upset, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods or taking medicine that your doctor prescribes. Abuse of alcohol, tobacco or other drugs may also be a sign of poor emotional health.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. Remember credits are awarded on live attendance.

<https://register.gotowebinar.com/register/8431438179235692035> 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. OnDemand trainings are worth 1HQ credit.



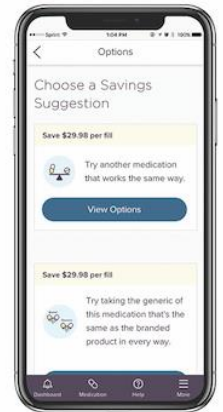
Activate your benefit today at myrxss.com

Information You Need at the Moment of Truth

Does this sound familiar: Doctor prescribes you a drug, you say “OK, thank you,” and the script is called in to your local pharmacy or you take it in by hand. This is the time to raise that hand and ask the doctor about lower-cost alternatives.

The Rx Savings Solutions mobile app is a friend every member should take with them to a doctor visit. You can quickly search for any drug you are prescribed and check for lower-cost but therapeutically equivalent options—all within our current benefit plan.

“Doctor, I see here that there’s a \$60 alternative to \$160 Tamiflu®. Will that work for me?” In most cases, the answer will be “yes.”



Most doctors aren’t equipped to know all the options for every drug they prescribe. Certainly not all 20,000 options (and counting) available in Rx Savings app, many of which result in more than a \$100 savings per fill.

That’s a pretty good reason to ignore those signs saying “No Cell Phone Usage” in the exam rooms. Especially at the moment of truth. **How much can Rx Savings Solutions save YOU? Check your new or current prescriptions any time!**

You can activate your free account in less than a minute: Search for the “Rx Savings Solutions” app on Google Play, Apple’s App Store or access online at myrxss.com.

A Body of Water 4-Week Hydration Challenge coming May 16th – June 13th <https://kansashealthquest.cernerwellness.com>

During this 4 week challenge your goal is to drink 64 ounces of water daily for 5 of 7 days. For a day to count be sure to drink and log eight (8), eight (8) ounce glasses of water. HealthQuest credits will be awarded on 75% completion or 20 of the 28 days. **To join the challenge** – log on to the HealthQuest portal and use the challenge bar to sign up. Sign up begins 1 week before the challenge starts.



During this challenge you will also see fun educational information about the different “Bodies of Water” around the state of Kansas. Shown here is **The Ted Ensley Gardens at Lake Shawnee in Topeka**. It is a 37.5 acre garden area at Lake Shawnee. There are 1,200 varieties of perennials, 300 varieties of annuals, roses, trees and shrubs. They also hold the annual Tulip Time festival as well. For more information check out Shawnee County Parks and Rec page. <http://parks.snco.us/Facilities/Facility/Details/1> **Join the challenge to see more information about different State of Kansas Water Attractions.**

And don’t forget to check out the short 2 week/2 credit Pound the Pavement Steps Challenge from **May 30th – June 13th**
Goal: 10,000 daily steps for 2 weeks – credits awarded on 75% completion (52,500 a week or 105,000 total steps)

Protecting your employees and maintaining online security is our top priority

MetLife is adding another layer of security when logging into My Benefits. By implementing Multi-Factor authentication (MFA), we hope to reduce the risk of online security threats and data breaches.

What is Multi-Factor Authentication? Also known as two factor authentication, this additional layer of security utilizes a validation code, along with the user's password during the login process from a new device. This validation code, which is emailed to the user, acts as a second factor in confirming and authenticating an identity while registering the device.

Why are we implementing Multi-Factor Authentication? We are always seeking ways to strengthen online security and provide your employees additional peace of mind while accessing MyBenefits Password threats are constantly evolving, and staying ahead of the hackers is important. By providing an additional barrier, we are reducing the risk of online security threats and data breaches. With today's cybersecurity threats and the increase of data breaches on the rise, enhanced security is a priority for MetLife.

Logging into MyBenefits is Secure and Easy How does Multi-Factor Authentication work? When logging in from a new device, or 60 days since the last log in, the user will be prompted with the first of 3 EASY steps:

- User simply logs in as they always have with their Username & Password.
- User is then prompted to "Register Device", and will receive email with a Validation Code.
- As a last step, user enters Validation Code that was received via E-mail. Upon being authenticated, they will then be redirected to the "My Accounts Page".

Employees can now log-in or register with a sense of security at mybenefits.metlife.com



2018 *May*

Physical Activity

Make Exercise a Priority

Why is it so challenging for so many of us to take steps to becoming regularly physically active? About two-thirds of kids and half of adults in the U.S. don't get enough physical activity. Follow the steps below to help make exercise a priority.

Set an appointment for physical activity and put it on your calendar.



Work out at the same time of day so it becomes a habit.



Take the stairs when it's just a few floors.



Hop on a treadmill or stationary bike while you watch your favorite tv show.



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