

Dear New Member,

Welcome. Are you ready to embark on a path to better health? You will reap the rewards when you give yourself a healthy start by participating in the activities below.



Create Your Account to Get Started

1. Please log onto your **HealthQuest wellness portal** at <https://KansasHealthQuest.CernerWellness.com>

2. Select **"Click here to sign up"**

3. Answer all registration questions and use the following "Member Number" criteria:

Employees:

Enter: **11-digit Employee ID followed by EE**

Your employee ID is a letter followed by 10 numbers.

For example, your member ID would be A1234567890EE.

Spouses (enrolled in the SEHP):

Enter: The employee's **11 digit Employee ID followed by SP**

4. Start on your path to wellness:

- Earn 10 HealthQuest points by completing your **Health Assessment**.
- Schedule your **Biometric Screening**.
- Schedule a **Health Coaching** appointment.

*You may only participate in one biometric screening option during the 2019 program year

**Sign-ups for the Naturally Slim Program begin January 7 - 18 (qualifying restrictions may apply)

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.



2019 HealthQuest Rewards Program Details

You have 12 months from the date that your benefits become effective to **earn 40 total credits** and receive the premium incentive discount. After you meet the program requirements, you will see the discount moving forward.

Please note: As a new member, if you have not met your goal of 40 total credits, the credits that you have earned will carry over to the next program year.

After your first 12 months, you will follow the same guidelines as all employees. Which means you will have until December 31 each year to earn the premium incentive discount for the following calendar year.

All Plans:

Employee (and Spouse if covered under the health plan) must earn 40 credits to receive a reduction of \$480 in premiums for 2020.

The deadline for earning your credits for your premium incentive reduction is December 31, 2019.

Plan C, Q, N, and J:

Employee and Employee/Children Coverage: In addition to the opportunity to receive a premium reduction in 2020, employee will also earn \$10 in an HRA/HSA account for each credit earned up to \$500.

Employee/Spouse and Employee/Family: Employee and Spouse must EACH earn 40 credits to receive a reduction of \$480 in premiums for 2020. Employee and Spouse will also earn \$10 in an HRA/HSA account for each credit earned up to \$500 each (\$1,000 total).

The deadline to earn your HRA/HSA incentive dollars for Plan C, Q, N, and J is November 18, 2019.



HealthQuest Member Testimonials

"The coaches are supportive and give good ideas and goals. I have been able to commit to my health. I am grateful for their help in my journey."

"I feel this is a personal choice that each person has to make. I've done the coaching sessions before just to get the points needed to save money on my insurance. I am taking a different mindset this year, I am going to use the information I am learning to change my lifestyle for the better."