Important HealthQuest Deadlines

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!

PREMIUM INCENTIVE DISCOUNT DEADLINE

DECEMBER 31st, 2018

HealthQuest
Your path to wellness

HEALTHY HOLIDAYS

Earn one (1) HealthQuest Credit and get on track for a great holiday season

Handling Holiday Stress

Too often, the holidays are a source of stress rather than what they're meant to be: a chance to share the festive season with family and friends. Here are some tips for coping with stress and getting more cheer out of your holidays.

- **Don't be perfect; be you.** Set realistic expectations for yourself. Keep your plans and activities simple.
- **Pace yourself.** Thanksgiving, Hanukkah, Christmas and the New Year can all be busy times. Remember, the season lasts for weeks. Get organized, and break your preparations into small steps.
- **Budget wisely.** It is easy to buy on credit and ignore the bills until after the holidays. Set your limit ahead of time.
- **Get into the spirit.** Deck the halls. Build a snowman. Too often adults miss out on the simple pleasures of celebrating the holidays.
- **Take time out for yourself.** Unwind and pamper yourself with a break from the action. Try relaxation techniques, meditation or deep-breathing exercises.
- **Embrace family.** Look forward to reuniting with relatives this holiday. Cherish the time you spend with your loved ones, and make an effort to be as relaxed, positive and cheerful as you can.
- **Celebrate safely.** Give your body a gift this year by treating it with respect. Don't overindulge in sweets and goodies. Know your limits when it comes to alcohol.
- **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement.

Contact us anytime!

Call: 888.275.1205, Option 1 TDD: 800.697.0353

Online: guidanceresources.com App: GuidanceResources® Now Web ID: SOKEAP

Don't have an hour for a webinar?

Check out the 5-10 minute On-Demand Holiday Stress Trainings

One (1) HealthQuest Credit will be applied upon completion. Credits will be applied towards the Premium Incentive Discounts only

REGISTER HERE!

LAW, FINANCES: GET THE FACTS

Keeping your financial and legal obligations straight takes expertise. That's where your GuidanceResources program can help. Our staff attorneys and financial experts are on call 24 hours a day, seven days a week to assist you with even the most complex issues. Call or go online for free, confidential resources, support and information about:

- Budgeting, tax obligations and credit card debt
- Buying a home and saving for a college education
- Wills, deeds and trusts
- Criminal or civil actions

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

UPCOMING EAP WEBINARS

Wednesday, December 19, 2018

3:00pm

Staying Young Through the Years

Many people fear getting older—whether this is due to the specter of Alzheimer's disease or dealing with physical limitations of age, there are few people who look forward to aging. While there is no "fountain of youth" there are specific things people can do to remain mentally and physically young despite the advancement of time. This course identifies the most important things you can do to stay young for the rest of your life and offers practical ways of initiating those changes.

REGISTER NOW!

Contact Us…Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Call: 888.275.1205, Option 1
TDD: 800.697.0353
Your toll-free number gives you direct, 24/7 access to a Guidance Consultant[S], who will answer your questions and, if needed. Refer you to a counselor or other resources.

Online: guideanceresources.com
App: GuideanceResources* Now
Web ID: SOKEAP
Log on today to connect directly with a Guidance Consultant about your issue or to consult articles, podcasts, videos, and other helpful tools.

24/7 Support, Resources & Information

Only 1 MONTH LEFT to earn your 2019 HEALTHQUEST PREMIUM INCENTIVE!

Save Money on Your Health Plan Premiums!
Register for the HealthQuest Wellness Program Today!

- You (or your spouse) may be missing out on this opportunity! As an employee and a member of the State Employee Health Plan (SEHP), you can participate in the HealthQuest Wellness Program and earn $480 off your health insurance premiums ($20 per paycheck). If you have a spouse on the health plan, you must earn 40 credits **each** to earn the premium reduction. If only one completes the required 40 credits, the discount earned is $240. If both do, the discount earned is $480.

Don't forget your employee ID is a letter followed by 10 digits and then EE for employee (ex. K0001234567EE). Spouses will use the employee's ID followed by SP (ex. K0001234567SP).

Once your account is created, earn a total of 40 credits prior to **December 31, 2018**.

Get your workplace on the Path to Wellness

Join the Wellness Champion Network

We meet on the second Thursday of each month at 11:00 am via web and audio conference for about 45 minutes

DO YOU:

- **Have a passion for wellness and helping others?**
- **Want to make a difference and promote wellness to your co-workers?**
- **Want to share ideas and experiences with wellness champions at other locations?**
- **Wish to build your skills as a leader?**

Apply now to join the Wellness Champion Network. Earn one (1) HealthQuest Credit for monthly webinars! If you have questions, please contact the Wellness Plan Coordinator.

HealthQuest
Your path to wellness

Rx Savings Solutions

Activate your benefit today at myrxss.com

Keep it Private or Share it With the Family

New Feature Makes it Easy to Give Permission to See Your Meds

Did you know it's illegal for Rx Savings Solutions to show you the medication(s) your spouse is taking without their permission? That's true for your medications too, as well as those for any dependent on your health plan over age 18.

The Health Insurance Portability and Accountability Act (HIPAA) requires it. That's a good thing. Medications are a personal and private matter.

However, it can be an inconvenience if there's one person who manages the whole family's prescriptions—especially if they already know what medications everyone takes. How can that person save money for the family if they can't see everyone's Savings Alerts?

Well, now they can, thanks to **Family Sharing**, a new feature on the Rx Savings Solutions member portal

Remember, in order to grant permission to another adult on your plan, you still have to register your own account first. There's no way around HIPAA in this case, nor should there be. But it only takes a minute, and then you're done. From then on, whoever manages the family prescriptions can watch for and view everyone's Savings Alerts.

Rx Savings Solutions is a free service available to all SEHP members. It only takes a minute to activate your account. Search for the "app on Google Play, Apple's App Store or access online at myrxss.com.

vitalssmartshopper®

Don’t Forget to Shop for your Medical Care!

SmartShopper wishes you and your family happiness and good health. We hope the SmartShopper cash rewards you can get for shopping and saving on medical care make your holiday a little bit brighter!

When you use SmartShopper you can shop for your medical care at one of the many cost-effective locations. You’ll save on out of pocket medical costs and after your procedure, SmartShopper will mail you a reward check for up to **$500**!

Earning cash with SmartShopper is as easy as:

Getting started with SmartShopper takes only minutes – simply call the SmartShopper Personal Assistant Team, available Monday – Thursday 8AM – 8PM and Friday 8AM – 6PM, at 866-820-6426 or visit VitalsSmartShopper.com to activate your account and start shopping.

SmartShopper makes it easy to shop and save on medical care and gives you the choices and information you need to make the best care decisions.

WHERE YOU GO FOR
CARE MATTER$

Nuesynergy: Your New HSA & HRA Administrator

Since 2014, NueSynergy, headquartered in Leawood, Kansas, has been proud to partner with the State Employee Health Plan to administer your Flexible Spending Account (FSA). Beginning January 1, 2019, NueSynergy is excited to expand our partnership with the State of Kansas to administer the Health Savings Account (HSA) and Health Reimbursement Account (HRA) benefit. The same tools and technology NueSynergy offers to manage your FSA will be available to you, for your HSA and HRA, to make managing your benefits faster, easier, and more convenient.

New HSA and HRA members will be receiving a NueSynergy debit card that will include all three benefit accounts offered to State members by NueSynergy; this means no more carrying multiple cards!

You can also access all three of your accounts online through one easy-to-use portal, www.MyKansasCDH.com. Through this portal, you will be able to submit claims, view your balances, view any email or text alerts, and manage your HSA investments.

The same best-in-class customer service our FSA members have come to know will also be available to our new incoming HSA and HRA members.

NueSynergy can be reached by calling toll free at 1-855-750-9440 or by emailing kansassupport@nuesynergy.com and will be available Monday-Friday 7:30am-5:00pm.

Here are a few key dates to keep in mind regarding the transition from Opum to NueSynergy:

1. **December 1, 2018: NueSynergy will mail out your new HSA/HRA debit card.**
2. **January 1, 2019: NueSynergy HRA/HSA goes live.**
    - **All HRA claims for 2019 will be submitted to NueSynergy.**
3. **January 10, 2019: HSA bank-to-bank transfer forms will be available through the SEHP**
4. **website to print, fill out and send to Optum for processing.**
   Note: the transfer of funds could take between 3-6 weeks to complete.

213,000 Pounds Lost and Counting!

The next Naturally Slim application opens January 7, 2019.

Click here to join the waitlist.

Schedule your Health Coaching visit

Would you like a partner to help you make some positive changes to improve your health? **Sign up to see a Health Coach!** HealthQuest offers free, one-on-one Health Coaching visits with a Certified Health Coach who is also a Registered Nurse, Dietitian, or Trainer.

Coaches can help you set attainable goals, customize a plan tailored to your needs, and drive a healthy lifestyle.

Each 30-minute appointment (in-person or by phone) is designed to help you achieve your health goals in areas such as:

- Exercise
- High blood pressure
- High cholesterol
- Nutrition
- Stress management
- Weight management

You will earn 1 HealthQuest incentive credit for each visit (maximum: 1 credit per day and 15 credits per plan year). Members on Plans C, J, Q, and N will also earn $10 into their HSA/HRA for each visit up to the maximum.

Schedule a Health Coaching appointment today! Evening and Saturday hours are now available. To schedule your appointment, click HERE!

This State of Kansas Employee used Health Coaching in 2017 and lost over 30 pounds!

"I didn't know what to expect but the Health Coach answered all of my questions and provided useful and valuable tips to help me work toward my goals."

2018 December
Stress Management

Cut Your Holiday Travel Stress

Book early
Set your travel plans as early as possible to get cheaper deals and more flexible schedules.

Let's get digital
Before you leave home, download plenty of entertainment to your digital device. The familiarity of a favorite show or video game fights boredom and stress.

Travel light
Even if you're checking bags, consider shipping gifts and non-essentials ahead of time. You'll cut down luggage hassle and how much you have to drag around.

Plan for delays
Prepare mentally to be delayed or rerouted. It'll help you take charge, minimize stress, and figure out Plan B.

Remember: others are stressed too
Holiday travel is hectic for all involved. Take deep breaths, put a smile on your face, and stay positive.

Stay healthy
Winter travel raises the risk of illness. Plan ahead by getting a flu shot or nasal flu vaccine. Wash your hands often and carry antibacterial hand gel to ward off germs.

Conquer the roads
Get an early start to avoid the heaviest traffic. Try to make the drive fun. Involve the kids by singing and playing games. Stop often to stretch your legs, refocus, and give everyone some space.

Write your own here:

_____

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Source: WebMD.com

2018 December
Stress Management

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Set reasonable expectations for yourself. By not expecting perfection, you will improve your mental health.	4 	5	6 Take your exercise outside. Nature can lower stress and anxiety. Learn more here.	7 	8
9 	10	11 Use stress-busting activities such as taking a walk or yoga to conquer your stress. Learn more here.	12 	13	14 Lay out realistic, sustainable goals for the months ahead. This can help to lower stress going into the new year.	15
16	17 	18	19 Take a healthy dessert to your next holiday party. Start with this healthy recipe.	20 	21	22
23 	24	25 Eating a well-balanced meal is a healthy way to cope with stress. Learn more here.	26 	27	28 Getting enough sleep can help you cope with stress. Try for 7 - 9 hours of sleep per night.	29
30	31 Did you meet your health goals this month? Check them to the right.	Three ways I can focus on my health this month: 1. 2. 3.				