HealthQuest Announcements

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!

HSA/HRA Deadline – Nov 18th

Premium Incentive Discount Deadline – Dec 31st

Biometric Screening Registration Now OPEN

Please log into the HealthQuest Portal to view the Calendar and Register
UPCOMING EAP WEBINARS

Wednesday, January 23, 2019
11:00am

After the Holidays: Managing That Debt

Did you spend more for the holidays than you intended? Did you go into debt, maybe at unfavorable terms? Are you worried about how you will pay these debts off? Would you like to avoid being in the same position next year? Holiday shopping can sink even the best budget if one is not careful. And post holiday credit card bills can cause high levels of stress. This workshop will help you figure out how to get out of debt quickly and cost effectively, and take steps to make sure you don’t end up in debt again next year.

REGISTER NOW!

Don’t have an hour for a webinar?
Check out the 5-10 minute On-Demand Trainings

One (1) HealthQuest Credit will be applied upon completion (max 8 EAP credits)
START EARNING CREDITS TODAY!

Don’t Leave Money Behind...

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, 2019**.
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.
It’s Easier Than Ever to Shop for Your Best Prescription Price

If You Like Shopping for Flights on Southwest Airlines, You’ll Love Rx Savings Solutions

Have you ever booked a flight on Southwest.com? All the possible flights, departure arrival times and fares are nicely displayed so you can compare dozens of options on one screen. It’s easy, efficient and effective.

It’s also the inspiration for a nice change to your Rx Savings Solutions member portal.

Rx Savings Solutions exists to show you all possible medication options for whatever conditions you may have. With our previous member portal design, it could be difficult to compare the prices of those options without clicking back and forth between screens. Our latest version solves the problem.

Now it’s possible to compare prices for multiple savings suggestions—make that every savings suggestion—all on one screen. You might say the old view was designed for education; the enhanced view is designed for shopping.

Why change a good thing? Because it can always get better

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.
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:

1. SHOP by phone or online
2. GO to a cost-effective location
3. EARN up to $500 in cash rewards

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

Employees enrolled in Plans C, J, N and Q, will need to OPEN a New Health Savings Account (HSA) or Health Reimbursement Account (HRA) with NueSynergy for your 2019 deposits.

Here are few items to remember:

**To Open Your New NueSynergy HSA or HRA Account**

- An email Welcome Kit was sent to you on 1/2/2018 with the registration information. This email contains the needed information to register.
  - If you have previously had a FSA account with NueSynergy, you do not need to re-register.
  - Otherwise you will need to open an account at: [www.myKansasCDH.com](http://www.myKansasCDH.com)
  - Click the [REGISTER] button in the upper right of the screen.

- To register your new HSA or HRA account you will need to complete the registration process. You will need the following:
  - Employee Id: NUESOK
  - Employee Id: Your State of Kansas Employee Id Number

- If you are having difficulty with the website here are a few tips:
  - A “Try Again” comment comes up when registering: Contact NueSynergy at 855-750-9440
  - If you are seeing a 403 or Forbidden error: This means you are not even getting to the site and may have a firewall issue.
  - Members who use Internet Explorer instead of Chrome are having better results registering their new account.

- Contributions
  - State of Kansas Contributions to your new NueSynergy HSA/HRA account will be made after our pay check on 1/11/2019
  - NonState Group Contributions will be made 1/18/2019
  - The new NueSynergy card cannot be used until that time.

**For Employees with existing Optum Accounts:**

- You will be receiving a new Optum debit card, if your current card expiration date is 2/19- This is standard procedure as not all member will be closing their Optum account. If you will be closing your Optum account you can destroy the new card.
- **Your funds will not be transferred to NueSynergy unless you request them to be transferred.**
- If you would like to transfer money in your Optum account to our new vendor NueSynergy, you will need to request the transfer.
  - Transfer Process – If you have funds currently with Optum and want to move them to NueSynergy:
    - Transfer Forms will be available on the NueSynergy Web site at: [www.myKansasCDH.com](http://www.myKansasCDH.com)
    - Information you will need to complete the transfer form: Name, Address, Phone, Email, Employee ID
    - You may elect to transfer all or part of your funds
      - If you elect to transfer part of your funds, you will need to indicate the amount to be transferred.
      - Section 4 of the form requires the signature of the account holder. Be sure it is signed and mailed to Optum!
  - Once Optum receives the transfer form, processing will begin and will take from 4-6 weeks.
    - At some point in this process Optum will put a hold on your account funds in order to process the transfer.
    - If you are planning to use all or part of these funds, you should plan ahead for this period.
  - If you are not transferring funds to NueSynergy, you will need to work directly with Optum on any account issues you have in the future.
    - The State of Kansas will no longer have a contract with Optum and will not be able to assist you on your account.
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."
Readiness for Change

The beginning of a new year is the perfect time to begin to make changes toward a more healthy lifestyle. Setting goals can help you chart your path to a successful and healthier 2019.

There are 2 types of goals: long-term and short-term. A long-term goal is something that you want to accomplish in the future and takes a long time to achieve. Short-term goals are things that you want to accomplish in the near future. Short-term goals help you accomplish your long-term goals.

Here are some tips for setting and reaching your health goals:

- Write down your long-term and short-term goals
- Make sure your goals are specific
- Track your progress to help you stay motivated
- Update you goals as you move forward
- Focus on small goals one at a time
- When you reach a goal, reward yourself before setting the next one
- Prepare for setbacks so you know how to deal with them and remain positive
- Get support from friends, family, support groups, or a professional

Always acknowledge the reasons that you want to make changes to your lifestyle. These reasons will inspire and motivate you to work harder to reach your goals.

Use the goal worksheet on the back of this page to set and reach your goals.

Source: HealthWise.org
When getting better faster means everything, you’ve got Teladoc!

Flu season has arrived. Fortunately, if you do get sick, you have 24/7 access to a U.S. board-certified Teladoc® doctor by phone or video.

Get the care you need and get back to making memories.

**FLU PREVENTION TIPS**
- Avoid close contact with anyone who is sick
- Wash your hands frequently
- Clean surfaces with a germ-killing disinfectant
- Get your annual flu vaccine

**Talk to a doctor for $40 or less**

- [Teladoc.com/Aetna](https://Teladoc.com/Aetna)
- 1-855-Teladoc (835-2362)
- Download the app
Name: 

My long-term goal:

**Use the advice here to stick to your long term goals.**

My reason(s):

My short-term goals: | Completed?
---|---

**Need help? Learn more about small wins here.**

Add a new healthy meal each week. Try this recipe here.

Obstacles or setbacks I may encounter: | Solutions:
---|---

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Here’s a New Year’s Resolution:

NO MORE DIETING.

Eat your favorite foods.
Lose weight.
Repeat.

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 spending hours prepping 'approved' foods. State of Kansas is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Don’t miss out! Apply between January 7 - 18, 2019.

www.naturallyslim.com/KansasHealthQuest

The Naturally Slim program starts February 4, 2019. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C, J, Q and N members receive $150 in their HSA or HRA.