

# January 2020

## REMINDERS

# New HealthQuest Portal in 2020

## January Newsletter

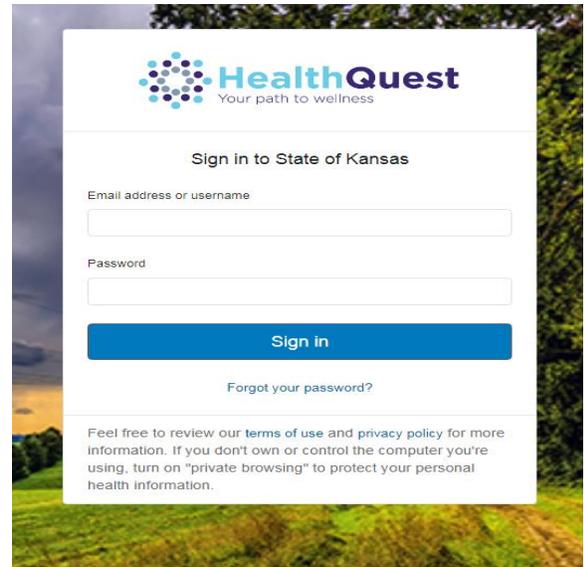
2020 HealthQuest Portal.....Page 2

Employee Assistance Program.....Page 3

Naturally Slim Sign-Up.....Page 4

New Year, New Positive Outlook.....Page 5

Ask the Experts.....Page 6



## REGISTRATION OPEN for 2020!

All members must register for the new 2020 HealthQuest Portal! Look in your email for instructions

Support: 1-888-275-1205, option 3

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

Get ready to experience your

# NEW HealthQuest Portal

Registration available January 2, 2020!

Be on the lookout for additional notifications  
in January for account creation details!

NEW FEATURES



## New Portal Layout

The new layout features a more functional homepage, allowing you to focus on what really matters: supporting your health and well-being.



## Health Trackers

Seamlessly sync your favorite device(s) with your HealthQuest portal, including Apple and Fitbit health trackers.



## To-do Activities

Check out your new one-stop shop to view personal goals and activities.



## Incentive Tracker

Easily view your program requirements, incentives, and points earned.



## Direct Messaging with Health Coaches

Directly contact or receive messages from your Health Coach using a new secure messaging system.



## Wellness Assessment

The new wellness assessment evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health.



## Wellness Advisor

Discover areas of risk based on your wellness assessment and use the wellness advisor to view recommended goals and activities to improve your well-being.

### Questions?

Contact HealthQuest at 1.888.275.1205, option 3,  
or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).

# Contact Us... Anytime, Anywhere

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

## Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

## Work-Life Solutions



Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

## Legal Guidance



Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

## Financial Resources



Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

## Online Support



GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your Employee Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 888.275.1205, Option 1

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: SOKEAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information

## Managing That Holiday Debt Webinar:

[https://register.gotowebinar.com/  
register/1210415371078027011](https://register.gotowebinar.com/register/1210415371078027011)

## Contact Your Employee Assistance Program

Call: 888.275.1205, Option 1

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: SOKEAP

# HAPPY *new you!*

## You don't have to give up your favorite foods to lose weight and feel your best.

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. The 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.

**Space is limited. Apply between  
January 6 - January 17, 2020.**

**[www.naturallyslim.com/kansashealthquest](http://www.naturallyslim.com/kansashealthquest)**

The Naturally Slim program starts February 3, 2020. 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.

*Need a refresher?  
Past-participants are welcome  
to re-enroll using the link above.*

natura)(y)s lim®

 **HealthQuest**  
Your path to wellness



## New Year, New Positive Outlook

Are you feeling optimistic about the new year? Discover how a positive mental state can improve your physical health!



*Lower blood pressure*



*Healthier weight and longer life*



*Better blood sugar levels*



*Reduced risk for heart disease*

Sources: NIH.gov, Healthwise.org

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).

## Q What is metabolic syndrome?

**Answer:** Metabolic syndrome is a group of risk factors that individually aren't good, but when combined they can create severe health issues that can lead to blood vessel damage and heart disease. In turn, this can lead to heart attacks or strokes and increase your risk of developing type 2 diabetes.

There are 4 main risk factors that make up metabolic syndrome:

- High blood pressure 130/85 Hg or higher
- High fasting blood sugar 100 mg/dL or higher
- High cholesterol levels
  - High triglycerides 150 mg/dL or higher
  - Low HDL (good cholesterol) levels
    - Men < 40 mg/dL
    - Women < 50 mg/dL
- High risk waist circumference
  - Men > 40 inches
  - Women > 35 inches



## Q How can metabolic syndrome be treated?

**Answer:** Metabolic syndrome can be treated with lifestyle changes such as having good nutrition, daily exercise, stress management, and eliminating tobacco products.



- **Nutrition.** Eating at least 5 servings of fruits and vegetables throughout the day, drinking at least 64 ounces of water, and eating an adequate amount of protein.
- **Exercise.** At least 150 minutes of moderate exercise per week is the recommended amount. Aim for 30 minutes of exercise, 5 days a week or however you are able to get in at least 150 minutes per week. Moderate exercise is dependent on the person, but activities include:

- Strength training (bodyweight exercises, group exercise classes, Crossfit, etc.)
- Cardiovascular activity (walking, jogging, running,

swimming, biking, group exercise classes, hiking, house chores, etc.)

- Yoga, Pilates, Zumba

- **Stress management.** Utilizing the EAP when needed, taking time for yourself for activities that help you de-stress such as reading, being creative or other outlets, spending time in nature when the weather allows.

- **Eliminating Tobacco.** Quitting all forms of tobacco through a workshop or talking to your doctor.

For specific examples, schedule an appointment with a Health Coach to create an individualized plan!

## Coaching Team



David Bromberg  
Trainer



Kayla Graves  
Dietitian



Janell Nease  
Registered Nurse



Shirla Ransom-Hendricks  
Registered Nurse



Amy Torres  
Registered Nurse