



HealthQuest

Your path to wellness

July 2019

UPCOMING WELLNESS CHALLENGE

Drink Up! Challenge

Hydration Challenge | July 10 - August 7



HEALTH COACHING



Earn Double
Health Coaching
Credits Today!

Earn 2x the credits for
Health Coaching
Appointments completed
July 8 – August 2, 2019

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



REMINDERS

2019 HealthQuest Program Checklist

Click [Here](#) for a list of activities you can earn HQ credits for.

Click [Here](#) to See How Many Credits You've Earned

In the top navigation, go to the INCENTIVE SUMMARY tab and click on INCENTIVE SUMMARY.
Make sure to scroll down to the bottom of the page to view your earned credits summary

Employee Assistance Program



Need Help?
1-888-275-1205
OPTION 1

Guidance Resource App By ComPsych



Encouraging Kids to be ACTIVE



Wednesday, July 24, 2019

11:00am

When you see the joy a 2 or 3-year-old has on the playground swinging from the monkey bars, bouncing on the horse, and climbing to the top of the slide, it's hard to imagine that it may take work and encouragement from parents to keep kids active. In many cases, however, children do become too sedentary, especially as they get a little older. Increasing demands at school and social pressures that make kids uncomfortable are just two of the factors that can make it difficult to keep kids physically active. With the growing body of researching suggesting just how important physical activity is for children, this concern has become more important than ever. This workshop will explore the barriers that stand in the way of keeping kids active, and will offer parents tips on how to overcome the challenge.

REGISTER NOW!

Financial Wellness Toolkit



GET YOUR COPY HERE

Whether it's paying for summer camp, planning for retirement or just covering the monthly bills, many of us worry about our financial fitness. While none of us can control the economy, there are steps we all can take to boost our financial security. This toolkit can help show how.

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)

REGISTER HERE!



Midyear Program Reminders



If you and your covered spouse are on plans C, Q, N, or J and would like to earn HSA or HRA dollars and HQ credits, don't forget to complete your activities by **November 18, 2019**. Activities posted after this date will only be eligible for HQ credits.

Employees and covered spouses each have until **December 31, 2019*** to complete and earn 40 HQ credits to receive their 2020 premium discount of **up to \$480**.

In order to be eligible for the full \$480 premium discount, each covered participant (employee + spouse or employee + family) must earn 40 HQ credits. HQ credits are available on all medical plans (A, C, Q, N, or J)

HealthQuest Program - 2019 Important Reminders

2020 Contribution	Eligible Participants	Required Points	Completion Deadline
HSA or HRA Enrolled in Plans C, N, J, or Q	Employee + Covered Spouse	40 points each covered participant	November 18, 2019
Premium Discount (up to \$480) Enrolled in Plans A, C, N, J, or Q	Employee + Covered Spouse OR Employee + Family	40 points each covered participant	December 31, 2019

Questions? Contact your support team at 1.888.275.1205, option 3.

Ready to complete activities but don't have a HealthQuest account yet? Click [here](#) to create your account today. Invite your covered spouse to participate and don't forget to share this email with them so they can get started



HealthQuest Health Center News

Get your workplace on the Path to
Wellness

Join the Wellness Champion Network

DO YOU:

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

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.***

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



You're Invited!

Join us for the open house at the
HealthQuest Health Center

Tuesday, July 16, 2019

2pm - 5pm

HealthQuest Monthly Nutrition Tips

Four Steps to Help Plan Your Plate



Limit Added Sugars
Consuming too much added sugar may increase the risk of weight gain and heart disease.



Consider Your Fats
Studies have found that replacing saturated fats in your diet with unsaturated fats can help to lower your total cholesterol levels.



Check Labels for Salt
Always check the Nutrition Facts label to see how much salt, or sodium, your food contains.



Make a Meal Plan
You're much more likely to stick to your meal plan if you have healthy food that is ready to go.

ARE YOU GETTING BACK ON THE PATH TO WELLNESS?

OUR HEALTH COACHES ARE
HERE TO HELP!



Health Coaching Worth Two (2)
HealthQuest Credits Per Visit in July!



SIGN UP TODAY
WITH YOUR HEALTH COACH

What Can We Help You With?

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



Nutrition



Exercise



High Blood Pressure



Stress Management



Weight Management

[CLICK HERE TO SIGN UP FOR YOUR APPOINTMENT](#)

June Featured
Health Coach



Kayla Graves
Registered Dietitian

Coach's Corner

What Members Are Saying About Health Coaching

"My health coach is always being very positive, showing caring and concern. She gives me hope when I am down and depressed. She listens very well and does not pass judgement"

"Trainer sent me video to help me get started on low impact exercises. I am a visual learning person and by watching the video helps me comprehend and I can follow the video to exercise properly"

July 2019

June 2019

August 2019

S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
						30								

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5 	6 Check out the on-site biometric screening schedule for upcoming dates and locations.
7 	8 Beginning today, earn 2x the credits for Health Coaching sessions! Promotion ends Aug 2. Sign up here.	9 	10 The Drink Up! Challenge begins today! Sign up on your wellness portal to participate.	11	12 Learn about the health benefits of a plant-based diet by clicking here.	13
14	15	16 Did you know? The foods you eat can influence your risk of heart disease, type II diabetes, or stroke.	17	18 	19	20 
21 Replace foods containing saturated fats with healthier, unsaturated fat options.	22 	23	24 Click here to learn how you can change to a healthier eating style.	25	26 Choose foods that are steamed, broiled, baked, roasted, poached, or lightly sautéed.	27
28	29 Avoid eating foods with added sugar.	30	31 			

Source: NIH.gov