



HealthQuest

Your path to wellness



June 2019

UPCOMING WELLNESS CHALLENGE

Drink Up!

Hydration Challenge | July 10 - Aug 7



KNOW YOUR NUMBERS



BIOMETRIC SCREENING REGISTRATION OPEN!

Log into your [HealthQuest Portal](#) to find the best screening option for you!



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



Running on "E"

Adding Energy and Passion to Your Work and Life



Thursday, June 20, 2019

3:00pm

Longer hours, increased responsibilities, constant change, accelerated pace of business, intensified pressure...But this doesn't mean you can't have fun and enjoy your work. This workshop will help you not only to survive but also thrive in today's high-pressure world. By unleashing your energy, igniting your enthusiasm and finding fun in your job, you're sure to maximize your work performance and even enjoy it!

REGISTER NOW!

Interactive Mental Health Toolkit



GET YOUR COPY HERE

By taking away the stigma and removing the barriers to treatment, Mental Health Awareness Month Serves as a reminder that help is readily available and accessible.

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



Taking Care of You

By Denise Myers, MS, director of behavioral health services

Caring for your physical health is about paying attention to the functions, processes, and systems of your body. Caring for your behavioral health is about paying attention to your thoughts, feelings, and patterns of behaviors. When you take the time to care for both your physical and behavioral health, you support overall wellness to the fullest.

Much like how you might work with highly trained medical providers to help identify risks to your physical health, manage chronic conditions, and alleviate acute symptoms, you can work with highly trained behavioral health providers to help identify thoughts, feelings, and behaviors that put emotional and physical health at risk. A behavioral health provider can help manage and/or reduce symptoms of addictive behaviors, anger and hostility, low self-esteem, anxiety and depression, grief and bereavement, relationship issues, and many other emotional and behavioral conditions. Some examples of behavioral health providers are licensed clinical social workers, licensed professional counselors, licensed mental health counselors, and licensed chemical dependency counselors.

You and your behavioral health provider work as partners to understand and clarify your goals. Furthermore, your provider will give you the support you need to reach your goals by helping you identify the behaviors and habits that would be beneficial to your wellbeing to change. With your behavioral health provider as your guide, you can develop new, constructive ways of thinking that lead to behavior patterns that generate improved health and wellness.



Come by and get your “Ticket to Wellness.” We will schedule a free 30 minute visit with our behavioral health specialist. Learn about your mental health, behavioral health, and the impact on your overall sense of life satisfaction. Call or stop by today!

The HealthQuest Health Center is open from 8 AM to 5 PM Monday through Friday

We look forward to seeing you soon!

HealthQuest Health Center

901 S. Kansas Avenue
785-783-4080
Monday through Friday 8am to 5pm



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:

- 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](#).

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**

**June Featured
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](#)



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"

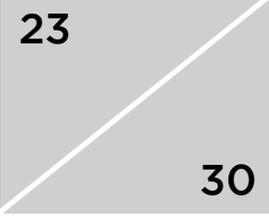
"Trainer sent me video to help me get started on low impact exercises. I am a visual learning person and by watching the video helps me comprehend and I can follow the video to exercise properly"

June 2019

May 2019

July 2019

S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 The Walk Your Way to Wellness Challenge is under way!
2 	3 Check out the on-site biometric screening schedule for upcoming dates and locations.	4 	5 Click here to discover what questions you should be asking your provider about metabolic syndrome.	6	7 Sign up here to schedule time with your Health Coach this month.	8
9	10	11 Weight loss can have a huge impact on metabolic syndrome risk factors.	12	13 	14 Flag Day	15 
16 Father's Day	17 	18	19 Find a level of exercise that fits your lifestyle and personality.	20	21	22 If you're a smoker, quit! Smoking increases your risk of heart and blood vessel disease.
23 	24 Improve your cholesterol, insulin resistance, and blood pressure by eating a healthy diet.	25	26 	27 Earn twice the credits for Health Coaching sessions completed from July 8 - Aug 2. Schedule today!	28 	29

Source: WebMD.com