UPCOMING WELLNESS CHALLENGES

Getting Lean in 2019
Exercise Challenge | March 13 – March 27

IMPORTANT PROGRAM DEADLINES

HSA/HRA DEADLINE – NOV 18th

Premium Incentive Deadline – DEC 31st

REGISTRATION OPEN!
Log into your HealthQuest Portal to find the best screening option for you!
Although most people think estate planning is for just the elderly, it is important for everyone else, too—especially for those with minor children, substantial assets or unusual circumstances. Estate planning can allow one to make decisions on who receives his or her estate, make arrangements for disability, medical care and guardianship for minor children. Properly done, estate planning can remove many burdens from surviving family members during a stressful time.

REGISTER NOW!
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).

LOCKED OUT OF YOUR ACCOUNT? CAN’T GET SIGNED UP?
WE CAN HELP!

1-888-275-1205 // option 3
Available 24 hours a day, 7 days a week!

HEALTHQUEST@CERNER.COM
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!

SIGN UP TODAY WITH YOUR HEALTH COACH

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

Plus Earn one (1) HealthQuest Credit per visit!

CLICK HERE TO SIGN UP FOR YOUR APPOINTMENT

Health Coaching Videos
Click here for Health Tips from our Health Coaches

February 2019
Upper Body Mobility Exercises

January 2019
Lower Body Mobility Exercises

Kayla Graves
Registered Dietitian

David Bromberg
Personal Trainer / Team Lead