



**November 2018**

## Important HealthQuest Deadlines

*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!*

**HRA & HSA DEADLINE**

NOVEMBER 19<sup>th</sup>, 2018

**PREMIUM INCENTIVE  
DISCOUNT DEADLINE**

DECEMBER 31<sup>st</sup>, 2018

# HEALTHY HOLIDAYS



Earn one (1) HealthQuest Credit and get on track for a great holiday season

It's that time of the year again. The holiday season can be stressful.  
**Let your Employee Assistance Program help.**

## MANAGING HOLIDAY STRESS WEBINAR

*One (1) HealthQuest Credit will be applied upon completion. Credits will be applied towards Premium Incentive Discounts only*



[REGISTER HERE!](#)

## Don't have an hour for a webinar?

Check out the 5-10 minute On-Demand Holiday Stress Trainings

*One (1) HealthQuest Credit will be applied upon completion. Credits will be applied towards the Premium Incentive Discounts only*

[REGISTER HERE!](#)



## Handling Holiday Stress

Too often, the holidays are a source of stress rather than what they're meant to be: a chance to share the festive season with family and friends. Here are some tips for coping with stress and getting more cheer out of your holidays.

- › **Don't be perfect; be you.** Set realistic expectations for yourself. Keep your plans and activities simple.
- › **Pace yourself.** Thanksgiving, Hanukkah, Christmas and the New Year can all be busy times. Remember, the season lasts for weeks. Get organized, and break your preparations into small steps.
- › **Budget wisely.** It is easy to buy on credit and ignore the bills until after the holidays. Set your limit ahead of time.
- › **Get into the spirit.** Deck the halls. Build a snowman. Too often adults miss out on the simple pleasures of celebrating the holidays.
- › **Take time out for yourself.** Unwind and pamper yourself with a break from the action. Try relaxation techniques, meditation or deep-breathing exercises.
- › **Embrace family.** Look forward to reuniting with relatives this holiday. Cherish the time you spend with your loved ones, and make an effort to be as relaxed, positive and cheerful as you can.
- › **Celebrate safely.** Give your body a gift this year by treating it with respect. Don't overindulge in sweets and goodies. Know your limits when it comes to alcohol.
- › **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement.

Contact us anytime!

Call: 888.275.1205, Option 1 TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com) App: [GuidanceResources® Now](#) Web ID: [SOKEAP](#)



# LAW, FINANCES: GET THE FACTS

Keeping your financial and legal obligations straight takes expertise. That's where your GuidanceResources program can help. Our staff attorneys and financial experts are on call 24 hours a day, seven days a week to assist you with even the most complex issues. Call or go online for free, confidential resources, support and information about:

- Budgeting, tax obligations and credit card debt
- Buying a home and saving for a college education
- Wills, deeds and trusts
- Criminal or civil actions

**1-888-275-1205 OPTION 1, [www.guidanceresources.com](http://www.guidanceresources.com) (web ID: SOKEAP)**

## UPCOMING EAP WEBINARS

**Tuesday, November 20th, 2018**

**3:00 pm**

### **Where Are You Going? Goal Setting for Personal and Professional Success**

*Goal setting gives you long-term vision and short-term motivation. The process of setting goals allows you to choose where you want to go in your personal life as well as your professional career. A life without goals is like a road trip without a map. By knowing exactly what you want to achieve, you are less likely to get lost, and you will be happier and less frustrated along the way*

**REGISTER NOW!**

## Contact Us...Anytime, Anywhere

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

**Call: 888.275.1205, Option 1**

**TDD: 800.697.0353**

Your toll-free number gives you direct, 24/7 access to a Guidance Consultant<sup>s</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 Guidance Consultant about your issue or to consult articles, podcasts, videos, and other helpful tools.

# 24/7 Support, Resources & Information

# Only 2 MONTHS LEFT to earn your 2019 HEALTHQUEST PREMIUM INCENTIVE!

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.

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, complete the Required Health Assessment worth 10 credits and earn a total of 40 credits prior to **December 31, 2018**. Plan C, Q, N, and J members also have the opportunity to earn \$10 per credit in HRA/HSA funds (**up to \$500 or 50 credits**)

**Plans C, J, Q and N Members have until 11/19/2018 to Earn Credits to Receive HSA/HRA funds.**

*Credits must be posted by 11/19/2018 to count for contributions. Remember it takes 50 TOTAL Credits to max out your HSA/HRA Contributions.*



2018

# November

Healthy Weight

## Healthy Holiday Choices

- **Don't skip breakfast.** If you don't commit to breakfast, you may spend the rest of the day overeating.
- **Graze.** Eat small meals throughout the day. It helps you keep your blood sugar and energy levels steady. You'll be less likely to feel moody or stressed, and you'll be less likely to overeat at parties.
- **Stay hydrated.** Choose water or low-calorie drinks.
- **Work out.** Exercise keeps your metabolism going, helps you digest and burn off calories, and can stabilize your mood.
- **Veg out.** Hit the crunchy vegetables. Hard. They'll fill you up, making you less likely to overeat.
- **Go lean.** Choose lean proteins: turkey (without the skin), fish (skip the fatty sauce), and pork. They can fill you up and give you lots of energy.
- **Embrace the season.** Enjoy the festive holiday fare you can't get any other time of year, like stuffing and pumpkin pie. Have those special foods in small amounts, but avoid things you can get all year, like mashed potatoes.
- **Give in.** If a tiny portion of pie won't cut it, then eat a full slice, just this once. But consider leaving the crust, which is filled with saturated fat and calories.
- **Think small.** Always use a small plate if there's a choice. That helps you keep portions modest.
- **Don't crowd your plate.** Don't let your foods touch.
- **Have one bite.** Eat all the desserts you want, but just one bite of each.
- **Choose fruit.** Contribute to the party by bringing a big fruit salad. The sugars in fruit can squelch your desire for other sweets.
- **Savor your food.** Taking time to appreciate each bite can help you eat less.
- **Take stock.** When holiday food cravings hit, stop and ask yourself, "Am I really hungry?" Just a few seconds might reveal that you're really just tired or sad, or feeling something else that's not hunger.

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](#).***



***Activate your benefit today at [myrxss.com](https://myrxss.com)***

## **Get the Flu Shot—If Not for You, Then for Everyone Else**

Every fall some people question whether to get a flu shot. There were 80,000 estimated influenza-related deaths last flu season, the highest in four decades.

### **Our advice: Don't get it for yourself. Do it for someone else.**

Here's why: Someone carrying the influenza virus can spread it to another person a full 24 hours before their own symptoms develop. Even after symptoms develop, the virus remains contagious for five days in adults and 10 days in children.

Think of how many people you could infect and put at risk in just one day. For the elderly, young children and others with weaker immune systems, the virus can be life-threatening.

### **Who Should Get it**

The Center for Disease Control and Prevention recommends anyone older than 6 months get vaccinated. The [few exceptions](#) include people with life-threatening allergies to flu vaccine or any ingredient in the vaccine.

### **When to Get it**

Flu season varies by geography, but CDC recommends getting it by the end of October. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. Vaccination can still be beneficial into January or later, if available.

### **How to Find a Shot**

If you missed an opportunity earlier this fall, check with your doctor, a local clinic or health department, urgent care center and major pharmacy chains. Vaccines are redistributed throughout the season while they last.

### **Get it Every Year**

The body's immune response from vaccination declines over time, and flu viruses change from year to year. Vaccines are updated accordingly.

### **How Effective Is it?**

Statistics vary from year to year and virus to virus, and protection depends on your age and health status, but studies overwhelmingly show that the vaccine reduces your chance of infection. It also reduces the severity of symptoms if you do get sick. If you missed an opportunity earlier this year, it's not too late. Do yourself a favor and find a flu shot. Better yet, do it for your friends, family, coworkers and everyone else.

**If you do get the flu this season, check Rx Savings Solutions for cheaper but equally effective options for a Tamiflu® prescription.**

**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](https://myrxss.com).**

# vitalsmartshopper®

## Don't Forget to Shop for your Medical Care!

With the buzz of the holiday season upon us, that shopping list just keeps growing. Another thing to add to your shopping list – medical care! With SmartShopper, you can shop for common medical procedures. You can **save money** and earn a cash reward! That's more money you can put towards the holiday shopping. It's easy to shop, **save money** and earn cash with SmartShopper.

Call the SmartShopper Personal Assistant Team (PAT) to help make your experience simple, from start to finish. PAT can help you shop for a procedure, make the best choice for a location and get you the maximum reward. Once you have your procedure, SmartShopper will send you a reward check of up to **\$500** and you'll have **saved money** on your share of medical costs.

## 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 **###-###-####** 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\$**

2018

# November

Healthy Weight



## Healthy Holiday Swaps

Healthy home cooking and smart shopping puts you in control of what goes into your recipes and your body. Try these healthy food swaps for your holiday cooking this year:

- Buy lower-sodium versions of common canned recipe ingredients like tuna, beans, tomatoes, and other vegetables. If you can't find low-sodium or "no salt added," rinse the contents in a colander under water to wash away some of the salt.
- Choose canned fruits packed in juice rather than syrup.
- Use nonstick cooking spray instead of greasing bakeware with butter or shortening. You can use it in skillets instead of butter for cooking.
- Make your own salad dressings by mixing healthier kitchen oils (such as olive oil) with vinegar and herbs.
- Choose poultry and fish and limit red meat. Always look for leaner pieces and trim away skin and visible fat before cooking.

Source: Heart.org

## Interested in learning more about the State Employee Health Plan?

You might want to consider putting in an application to become a member of the Employee Advisory Committee for the health plan. You can learn more about the role of the EAC and download an application [here](#):

[SIGN UP HERE!](#)

# Nuesynergy: Your New HSA & HRA Administrator

Since 2014, NueSynergy, headquartered in Leawood, Kansas, has been proud to partner with the State Employee Health Plan to administer your Flexible Spending Account (FSA). Beginning January 1, 2019, NueSynergy is excited to expand our partnership with the State of Kansas to administer the Health Savings Account (HSA) and Health Reimbursement Account (HRA) benefit. The same tools and technology NueSynergy offers to manage your FSA will be available to you, for your HSA and HRA, to make managing your benefits faster, easier, and more convenient.

New HSA and HRA members will be receiving a NueSynergy debit card that will include all three benefit accounts offered to State members by NueSynergy; this means no more carrying multiple cards!



You can also access all three of your accounts online through one easy-to-use portal, [www.MyKansasCDH.com](http://www.MyKansasCDH.com). Through this portal, you will be able to submit claims, view your balances, view any email or text alerts, and manage your HSA investments.

The same best-in-class customer service our FSA members have come to know will also be available to our new incoming HSA and HRA members.

**NueSynergy can be reached by calling toll free at 1-855-750-9440 or by emailing [kansasupport@nuesynergy.com](mailto:kansasupport@nuesynergy.com) and will be available Monday-Friday 7:30am-5:00pm.**

Here are a few key dates to keep in mind regarding the transition from Opum to NueSynergy:

1. **December 1, 2018: NueSynergy will mail out your new HSA/HRA debit card.**
2. **January 1, 2019: NueSynergy HRA/HSA goes live.**
  - **All HRA claims for 2019 will be submitted to NueSynergy.**
3. **January 10, 2019: HSA bank-to-bank transfer forms will be available through the SEHP website to print, fill out and send to Optum for processing.**
4. **website to print, fill out and send to Optum for processing.**

**Note: the transfer of funds could take between 3-6 weeks to complete.**

# natura)(y)slim®

## 213,000 Pounds Lost and Counting!

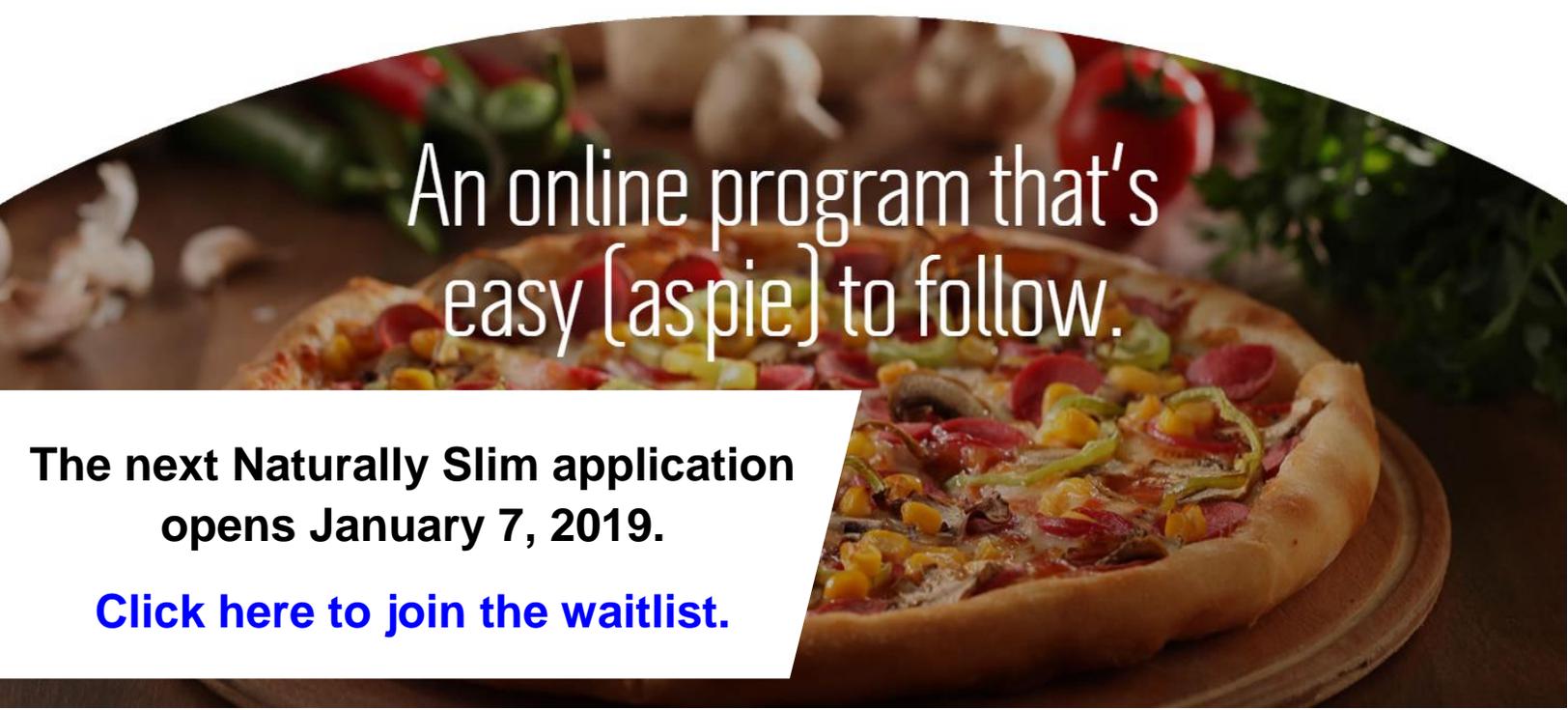
Since the initial launch of Naturally Slim – the common-sense, online weight loss program based on Eatology™, the study of when, why and how we eat – in 2017, State of Kansas employees have lost more than 213,000 pounds!

Unlike diets which rely on will power and “eat this, not that” advice, Naturally Slim teaches simple, repeatable skills to help participants lose weight and keep it off in the real world, without giving up the foods they love.

Here's what one State of Kansas employee shared:

*“I've been following the Naturally Slim principles for about a year and am **currently down 71 pounds** with a goal of at least 12 more. What I love about this program is that I truly feel like I can do this for the rest of my life. The ability to not have to restrict carbs, fat, or calories makes and still lose weight makes it so much easier to stick with it. Even on days that I allow myself to ‘cheat,’ I realize there really isn't much ‘cheating’ since it has become a life style change and not a diet.”*

## ***Weigh to go, Kansas!***



An online program that's  
easy (aspie) to follow.

The next Naturally Slim application  
opens January 7, 2019.

[Click here to join the waitlist.](#)



# Schedule your Health Coaching visit

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."*

\*Brought to by the Department of Public Health

# *Brighter tomorrows begin with smoke-free today's*

Having a mental illness or addiction can make it harder to stop smoking. The Kansas Tobacco Quitline can help.

The Kansas Tobacco Quitline now offers additional benefits to people with qualifying mental illnesses or substance abuse conditions, including **two weeks of FREE nicotine replacement therapy and seven calls with a trained Quit Coach.**

**Call 1-800-QUIT-NOW  
for FREE help 24/7.**

**KanQuit!**

1-800-QUIT-NOW (784-8669)

[KSquit.org](http://KSquit.org)

  
**Kansas**  
Department of Health  
and Environment

2018

# November

## Healthy Weight



SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

2

Start this month focusing on your health goals. Write your three new health goals to the left.

3



4

5

Use mindful eating habits to ensure you do not overindulge this holiday season.

6



7

8

Eat a snack of vegetables before attending holiday parties to lessen your cravings.

Learn more [here](#).

9



10

11



12

13

Increase your step goal before the holidays. This will help you stay on track.

Learn more [here](#).

14



15

16

Create a to-do list to keep your stress levels balanced this holiday season.

17



18

Take a healthy holiday dish alternative to your next holiday party.

[Start with this healthy recipe.](#)

19



20

21

Connect with the people you care about this season. Take 10 minutes to talk to a loved one.

22



23

24

25



26

27

Take a dance break during your cooking sessions to add activity in your day.

Learn more [here](#).

28



29

30

Did you meet your health goals this month? Check them above.