Welcome. Are you ready to embark on a path to better health? You will reap the rewards when you give yourself a healthy start by participating in the activities below.

1. Visit your HealthQuest Wellness Portal at [https://KansasHealthQuest.CernerWellness.com](https://KansasHealthQuest.CernerWellness.com) and click “Sign up”
2. Enter your email address and click “Submit”
3. Enter the activation code sent to the email address you provided and click “Submit”
4. Confirm the information on the screen and click “Continue”
5. Answer all registration questions and use the following “Member Number” criteria:
   - Employees: Enter 11-digit Employee ID followed by EE
   - Spouses (enrolled in the SEHP): Enter the employee’s 11 digit Employee ID followed by SP
6. Start on your path to wellness:
   - Earn 10 HealthQuest points by completing your Wellness Assessment
   - Schedule your Biometric Screening
   - Schedule a Health Coaching appointment

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

*You may only participate in one biometric screening option during the 2020 program year
**Sign-ups for the Naturally Slim Program begin January 6 - 17 (qualifying restrictions may apply)
You have 12 months from the date that your benefits become effective to earn 40 total credits and receive the premium incentive discount. After you meet the program requirements, you will see the discount moving forward.

Please note: As a new member, if you have not met your goal of 40 total credits, the credits that you have earned will carry over to the next program year.

After your first 12 months, you will follow the same guidelines as all employees. This means you will have until December 31 each year to earn the premium incentive discount for the following calendar year.

All Plans:
Employee (and Spouse if covered under the health plan) must earn 40 credits to receive a reduction of $480 in premiums for 2021.

The deadline for earning your credits for your premium incentive reduction is December 31, 2020.

Plan C, Q, N, J:
Employee and Employee/Children Coverage: In addition to the opportunity to receive a premium reduction in 2021, employee will also earn $10 in an HRA/HSA account for each credit earned up to $500.

Employee/Spouse and Employee/Family: Employee and Spouse must EACH earn 40 credits to receive a reduction of $480 in premiums for 2021. Employee and Spouse will also earn $10 in an HRA/HSA account for each credit earned up to $500 each ($1,000 total).

The deadline to earn your HRA/HSA incentive dollars for Plan C, Q, N, J is November 18, 2020.

HealthQuest Member Testimonials

“The coaches are supportive and give good ideas and goals. I have been able to commit to my health. I am grateful for their help in my journey.”

“I feel this is a personal choice that each person has to make. I’ve done the coaching sessions before just to get the points needed to save money on my insurance. I am taking a different mindset this year, I am going to use the information I am learning to change my lifestyle for the better.”

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