



HealthQuest

Your path to wellness

DECEMBER 2019

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

December Newsletter

Naturally Slim.....Page 2

HealthQuest Health Center News.....Page 3

Employee Assistance Program.....Page 5

Holiday Stress.....Page 6

Ask the Experts.....Page 8



Biometric Screenings

REGISTRATION OPEN!

Log into your HealthQuest Portal to find the best screening option for you!

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

*Improvements
coming to the
HealthQuest
portal in 2020.
Stay tuned for
more information!*

HAPPY *new you!*

You don't have to give up your favorite foods to lose weight and feel your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. The State of Kansas is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at **NO COST** to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

**Space is limited. Apply between
January 6 - January 17, 2020.**

www.naturallyslim.com/kansashealthquest

The Naturally Slim program starts February 3, 2020. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C, J, Q and N members receive \$150 in their HSA or HRA.

*Need a refresher?
Past-participants are welcome
to re-enroll using the link above.*

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 **HealthQuest**
Your path to wellness

HealthQuest Health Center

Mindful Eating for the Holidays

by Wendy Petusevsky, registered dietitian

Mindful eating is about enjoying your food more. There is a fine line between satisfying hunger and finding fullness. You need to tell yourself, "When I am comfortably full I will stop eating."

It is important to slow down after each bite and check in so that you can recognize the absence of hunger. Eat slowly, reduce eating distractions, and rate your fullness on a scale of 1-10.

Hunger level Scale:

- 1=Extremely hungry, headache, shaky
- 2=Hard to concentrate, lack of energy
- 3=Start of physical signs of hunger, stomach may growl
- 4=Could eat if it were suggested
- 5=Neutral
- 6=Satisfied
- 7=Feeling full
- 8=Very full
- 9=Bloated, clothes feel tight, sleepy
- 10=Physical discomfort

Rate your hunger before you begin to eat. Be sure not to let yourself get to the level of one or two on the hunger scale. It is best to start eating at a level three and stop at a level six.

Over time, we lose touch with how physical hunger and fullness actually feel. The hunger level scale will help you to decide when to eat and when to stop. The scale will help you consume only what your body requires. Mindful eating may help you reach your nutrition goals and fully enjoy the experience of eating with moderation and restraint.



Here are some additional mindfulness-based practices for the holidays:

- Sit down at the table when you are eating. This will help you practice being present: You'll focus more and multitask less, allowing you to take inventory of your body and recognize when you should stop eating.
- Select a smaller plate. Larger plates make food portions appear smaller. Conversely, small plates look full with less food. This will help you with portion control.
- Take time to savor your food: Enjoy the flavors and textures of your meal before you swallow each bite.
- Resign from the clean plate club.

To discover other strategies for developing healthy eating habits and adopting an overall healthier lifestyle, enroll in health coaching at your Marathon Health center. By providing support, education, and encouragement, your Marathon Health clinician can help you learn how to best care for yourself. This act of self-care will be the best gift you could give yourself this holiday season.



Coming to Terms with What We Can't Control

by Denise Myers, MS, national director of behavioral health services

Anxiety is an overwhelming feeling of worry, angst, and distress, and it is more prevalent in our world today than ever before. Life presents us with a complicated scenario: While we are able to take action and make decisions that influence our life path, we have little control over our universe and our place within it.

Reflecting on this at the beginning of my day helps me release anxiety and distress. It is powerful for me to consider that, while I am in control of my thoughts, feelings, and behaviors, I have no power over the unfolding of the universe. It is way bigger than me.

Letting go of attempts to control what is much bigger than ourselves can help reduce the anxiety we carry around with us. Does the feeling of attempting to control the larger circumstances of life resonate with you? Would it lessen the anxiety you carry around if you let go of what can't be controlled?

You may not be able control all the things that happen to you, but you can decide not to be reduced by them.

Consider adopting one of these affirmations to your daily morning routine:

- I trust how things unfold in my life.
- All I can do is my best.
- The past is gone, the future uncertain. Today is now and I face it head on.
- Today I will be open to the process of change.
- I am grateful for a new day to grow in.

Your Marathon Health center clinicians can help you better manage anxiety by connecting you to a behavioral health provider in your health center or community. If feelings of anxiety are overpowering you, please consider reaching out to your Marathon Health clinician today.

Health Center News

Flu shots are still available.
Call for an appointment today!

- Are you feeling a little under the weather? Cold and flu season are here and we're ready to take care of you. Same day appointments are available.
- The Holidays can be a stressful time. Schedule a behavioral health "Ticket to Wellness" visit to make sure you're the best you can be!
- Want to know how to avoid holiday weight gain? Susan Hellman, our health coach, has great tips and strategies. Call for an appointment to learn more!

HealthQuest Health Center

901 S. Kansas Avenue

785-783-4080

8 AM to 5 PM Monday - Friday

Marathon
health
For life.

my.marathon-health.com

Contact Us... Anytime, Anywhere

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



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

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- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your Employee Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 888.275.1205, Option 1

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

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Web ID: SOKEAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

Contact Your Employee Assistance Program

Call: 888.275.1205, Option 1

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Web ID: SOKEAP



What You Need to Know about Depression

Everybody feels sad or blue now and then. But if you are sad most of the time, you might be suffering from depression.

The good news is that you can get treatment and feel better soon. Clinical depression is a serious illness that can affect anyone.

If you are concerned about depression in yourself or a friend, talk to someone about it. Call your EAP for a referral.

Call: TDD: 800.697.0353

Online: guidanceresources.com

Enter your company ID:



Holiday Stress Relief

Source: NIH.gov

Do you find yourself stressing out over holiday to-do lists and family gatherings? If so, it's time to re-evaluate how holiday stress affects your health.

Try the tips below to give yourself a stress-free holiday experience this year:

- Practice mindfulness and meditation
- Eat a healthy diet packed with fruits and veggies
- Get at least 7 – 8 hours of sleep each night
- Walk for at least 30 minutes a day

Take time this holiday season to enjoy the company of those around you!



**HEALTHQUEST:
A REDESIGNED PORTAL
EXPERIENCE COMING
IN 2020!**



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

Q What tips do you have to avoid “diet talk,” food shaming, or negative body talk around the holidays?

Answer: The holidays can be a wonderful time, but they can also be filled with stress and anxiety, especially around food. Here are some tips to help navigate food and body talk this season:

- If someone starts talking about the new diet they are on, simply try changing the subject. Discussing family memories or plans for the new year could be more interesting to your group.
- If a conversation makes you uncomfortable, don't be afraid to get up and leave the room for a moment.



- Avoid negative body comments. Topics of weight loss or negative body talk tend to come up at these social gatherings and while we can't control other's comments, we can choose not to feed into the cycle.
- Avoid comments based

on looks. Commenting on someone's appearance can reinforce the idea that being thin or pretty/handsome is the most important quality we have. It's not. Challenge yourself to come up with conversation topics that are deeper than appearance.



- Refrain from commenting on other's food choices.
- Avoid post-holiday diet gimmicks that promise quick results. There is no “quick fix” to weight loss or health. Instead, focus on creating a core foundation of health year-round.

Remember, the holidays are about getting together with loved ones and celebrating all we are thankful for. This includes being thankful for our bodies which do their best to care for us every day.

Q How do I keep my exercise routine up during the holidays?

Answer: Holiday obligations can lead to increased time constraints so much so that many people stop their

exercise routines all together. Here are some modifications that can be made during the holiday season to help you keep your routine going:

- Complete the exercise at a different time/location.
- Reduce the amount of time that you exercise.
- Keep your step count up by parking further away when holiday shopping.

- Exercise in daily 2-minute intervals.

Focusing on what you are able to do with your limited time will still help you move closer to your goals.

Coaching Team



David Bromberg
Trainer



Kayla Graves
Dietitian



Janell Nease
Registered Nurse



Shiria Ransom-Hendricks
Registered Nurse



Amy Torres
Registered Nurse