

HR Contacts – Below are the JUNE 2018 HealthQuest announcements to share with your employees. Thank you very much!

Important News From



WHERE YOU GO FOR CARE MATTER\$

With SmartShopper*, cash is just a phone call away!

**SmartShopper is available to BCBSKS members only.*

Want to save money on your family's medical expenses and get cash for doing it? Did you ever think you could get a check for up to **\$50** the next time you need a PET scan? How about a **\$200** check for that colonoscopy you've been putting off forever? Well, now you can. And our PAT (Personal Assistant Team) is here to help you do it!

The new **SmartShopper*** program, a benefit you have through Blue Cross Blue Shield of Kansas, lets you shop and save the next time you need one of the many procedures the program covers. SmartShopper makes it a snap to shop for dozens of routine medical procedures and tests and SmartShopper Personal Assistants can help you every step of the way. They can find the best-priced, high quality care your medical service, assist with changing your doctor authorization and confirm the amount of your cash back. It couldn't be easier.

Of course, it's your choice where you want to have your medical care. If you choose to have the procedure at one of the high-quality but lower-cost facilities, **you'll get a reward check** for making that choice four to six weeks after you've had the procedure. And, you'll **have saved money** on your share of the cost of the procedure.

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 at **866-820-6426** or visit **bcbsks.com/state** 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.

vitalssmartshopper®

Learning to Relax

Move Better, Breathe Better, Feel Better, Live Better

EAP Monthly Webinar Series – June 21st, Thursday @ 3:00PM
1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Stress is experienced in the body as tension. To manage stress we have several choices: reduce or eliminate the stressor, think about the stressor differently so it no longer causes tension or change the way our body reacts to stress. The course will address the third option through exploring a variety of relaxation techniques to calm the body and mind. The class will allow participants to learn and experience several simple relaxation tools such as progressive muscle relaxation, abdominal relaxation breathing and visualization.

Register today! <https://register.gotowebinar.com/register/5305266037212765955>

If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. Remember credits are awarded on live attendance. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges. OnDemand trainings are worth 1HQ credit.



Naturally Slim Class #2 Completers – Credits will Post by JUNE 29TH!

How often will HRA/HSA contributions occur during the 2018 year?

HRA/HSA contributions come 2-3 paychecks after activity completion. Once the activity is completed in HealthQuest, Cerner has to report that to the State Employee Health Plan (SEHP) for uploading. HRA/HSA contributions will come on the next available pay cycle once it is reported to SEHP. Reminder – the paycheck you received is for the prior pay period so the next available pay cycle may not be the next check you receive. Watch your paystub for the HSA/HRA deposits.

We are Approaching the ½ Point in the HealthQuest Program Year

Have you Earned your 2019 Rewards?

All Health Plan Members and their covered spouses have until 12/31/2018 to Complete the Required Health Assessment for 10 Credits and Earn 40 TOTAL Credits to Receive the 2019 Premium Incentive Reduction.

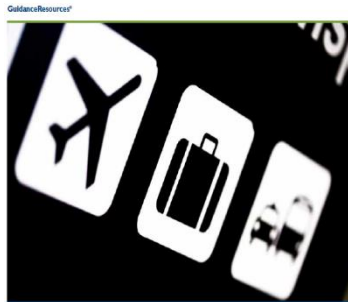
Plans C, J, Q and N Members have until 11/19/2018 to Earn Credits to receive the HSA/HRA contributions. Credits must be posted to your account by 11/19/2018 to count for contributions. Remember it takes 50 TOTAL Credits to receive the maximum possible HSA/HRA contributions.

To check your credit you have earned toward the premium incentive discount – Visit your homepage on the wellness portal: <https://kansashealthquest.cernerwellness.com>. Under “Earn Your 2018 Credits” make sure the top bar is SOLID GREEN and the TOTAL Credits is 40 or greater.



<https://kansashealthquest.cernerwellness.com>

Questions: HealthQuest@Cerner.com



Summer Travel Tips

Start planning now for your summer adventure!

By car: Make sure your car is road-ready by changing the oil and checking tires, brakes and fluid levels. Map out your trip, planning stops and accommodations in advance. Start out early or leave late to avoid traffic jams on holiday weekends. Don't forget a First Aid kit, water bottles, healthy snacks, music and activities for the kids.

By air: Book soon for lowest rates. Midweek travel is usually less expensive. Get your seat assignment in advance to avoid getting bumped, and to get through the airport faster. Arrive early, especially on busy holiday weekends. Know your airline's baggage policy to avoid costly fees.

Have questions, call: 888.275.1205 Option 1 or visit online: www.guidanceresources.com (Company ID: SOKEAP)



Five Gut-Busting Diet Mistakes

Maintaining your proper weight is an essential part of staying healthy. Exercise alone isn't enough, especially for men in their 40s and beyond. Discover how shifting your daily habits can help you lose belly fat and lower your odds of getting heart disease, diabetes, high blood pressure, and more.

1. **Thinking You'll Work It Off** - You may be confident that you can make up for it in the gym, but think twice. There's a myth about the role of exercise in weight loss. You cannot count on exercise alone to cover your calories -- especially when you're packing away too much too often.
2. **Not Planning Your Meals** -- or Skipping Them Altogether - Eating on the run or at odd hours may be throwing off the brain signals that tell you when you're hungry and when you're satisfied. And that might lead to eating more than you should. Skipping meals to slim down is also a bad idea. When you put off eating, your metabolism slows down, and your body begins to store fat.
3. **Downing Man-Sized Meals** - Controlling portion size is key to controlling the size of your waistline. Your three meals should be no more than 700 calories each. If you eat processed foods, check the label. They may be higher in fat and sugar than you think.

4. **Eating Because You're Stressed** - When you're feeling anxious, you're more likely to turn to sweet, fatty foods like candy and cookies. So, if you want to **flatten** your belly, you have to take steps to control your stress levels.
5. **Overlooking Liquid Calories** - Do you know how many calories are in that drink? Remember to check the label first. Or have a glass of water or tea to keep your body hydrated.

Nuts & Bolts of Huge Savings on Combo Drugs

Imagine going to the hardware store for some simple nuts and bolts. You find both sold separately for \$1 each. But purchased together, they cost you \$33! Sadly, that's exactly how some prescription drugs are priced. Even though the active ingredients can be purchased separately for very little cost, some drug manufacturers charge really high prices to combine them.

Usually, these are drugs that have been on the market for years, are widely prescribed and covered by most health plans, but had their prices increased dramatically to maximize profits in the short term. Some common examples include:

- Vimovo®, a common arthritis pain reliever, a combination of prescription strength Aleve® and Nexium®
- Duexis®, a popular rheumatoid arthritis pain medication, a combination of prescription strength Advil® and Pepcid®
- Dymista®, a common allergy nasal spray, a combination of prescription strength Flonase® and an antihistamine

The good news is you can purchase the active ingredients in these drugs separately, just like the nuts and bolts example.

- Vimovo price: \$800; naproxen and esomeprazole magnesium purchased separately: \$59
- Duexis price: \$541; ibuprofen and famotidine purchased separately: \$17
- Dymista price: \$123; azelastine hydrochloride and fluticasone propionate purchased separately: \$34

These are just some examples of the savings opportunities Rx Savings Solutions finds for members of the State of Kansas Employee Health Plan every day. We call them "Combination Splits."

In fact, there are currently more than 200 active savings alerts for these drugs currently on member dashboards. That's \$45,000 just waiting to be saved! **How much can Rx Savings Solutions save YOU? Check your new or current prescriptions any time!**

Activate your benefit today at myrxss.com!

