

PITTSBURG STATE UNIVERSITY
Interoffice Memorandum
Human Resource Services

February 22, 2010

TO: Benefit-Eligible PSU Employees

FROM: Debbie Amershek, Human Resource Services

SUBJECT: Free Health Screenings for 2010

The following information was sent to employees by e-mail.

Free Health Screenings and Personal Health Assessment - 2010

Free Health Screenings and Personal Health Assessment will be offered in 2010 by the Kansas Health Policy Authority (KHPA) State Employee Health Plan's HealthQuest program. On site screenings will be held at Pittsburg State University on Wednesday, April 7, 2010 in the Governor's Room, Student Center and Friday, April 23, 2010 in the Balkans Room, Student Center. Appointments can be scheduled between 7 a.m. and 12 noon.

The health screening will help to determine your current health status. In as little as 30 minutes, you can obtain results for:

- Full Lipid Panel - total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)

Who is Eligible to Participate?

- Benefits eligible State and Non State employees who are enrolled in the state employee health plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the state employee health plan
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How do I sign up?

An appointment is required, and **no walk-ins will be accepted.**

To Schedule an Appointment:

- Go to www.KansasHealthQuest.com. On your first visit to the site, you will need to create an account under the "Register" column.
 - Once you are signed in, click on "Onsite Screenings" from the Program Info drop down menu on the left.
 - Check the box to accept the Terms of Use and click on blue button that says "Make an Appointment" to access the scheduling tool.
 - Select the location and time that is most convenient for you.
- If you do not have internet access you may make an appointment by calling toll free 1-888-275-1205 (select option 5). Phones are answered from 8 a.m. to 10 p.m., seven days a week.

Be sure to provide your email address so you will receive an appointment confirmation and reminder. The appointment system closes 5 business days prior to event date. The full schedule of event times/locations is available on the HealthQuest website: (<http://www.khpa.ks.gov/healthquest/>). Times are limited so please make your appointment as soon as possible.

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Screening Information

It is necessary to fast for eight (8) hours (no food or drink except water or black coffee) before your appointment. You should brush your teeth and take any medication according to your normal routine. You should arrive about 10 minutes prior to your appointment time.

How to Receive a \$50 Gift Card

1. Complete the health screening when it comes to your area.
2. Using your information from the health screening (or your physician), fill out the online Personal Health Assessment (PHA).
3. Select a \$50 gift card from a wide variety of choices. The gift card award is taxable to those who receive it. For State employees and their eligible dependents, the estimated taxes on the award will be deducted from your paycheck. Other members of the KHPA Health Plan (such as retirees and Non State participants), will need to declare the value of the award as miscellaneous income on your Federal and State 2010 tax returns, although there will be no 1099 issued to you.

Please contact Kayla Devereaux (Ext. 4121 or kdeverea) or Debbie Amershek (Ext. 4187 or damershe) if you have questions or need additional information.

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