

PLEASE READ – Important Information Regarding Premium Discounts on State Employee Health Plan Rates for 2012 & 2013

2012 Premium Discount - Save \$480!

Declare your tobacco status during open enrollment (deadline is October 31, 2011) to secure the discounted rate!

- **Employees who declare as Non Tobacco Users will receive the premium discount of \$40/month for all of plan year 2012. (They will also receive 10 credits toward their 20 required credits for the PY2013 premium discount).**
- **Employees who declare as Tobacco Users and complete the required 5 tobacco cessation telephone discussions with a Quit Coach by July 31, 2012, will receive the premium discount of \$40/month for all of plan year 2012. (They will also receive 10 credits toward their 20 required credits for the PY2013 premium discount).**

2013 Premium Discount - Save \$480!

Earn 20 Credits through the HealthQuest Rewards Program by July 31, 2012 to secure the discounted rate!

- **Through the wellness portal at www.KansasHealthQuest.com employees have an opportunity to earn credits for completing various wellness activities.**
- **Employees enrolled in the medical portion of the State Employee Health Plan who **earn at least 20 credits by July 31, 2012**, will receive the premium discount of \$40/month (or \$480/year) for plan year 2013. **Please note that a Health Screening and Health Assessment are required (for 10 of the 20 credits).****
- **You may earn credits by completing activities in the chart below. The easiest way to achieve the 20 credits is by completing the required health screening and health assessment (for 10 credits) and then by either declaring as a non tobacco user during this open enrollment period or declaring as a tobacco user and completing the cessation program requirements (for another 10 credits).**

Earning Period: Oct. 1, 2011 – July 31, 2012 20 Credits = 2013 Premium Discount	Credit Value	Credit Max
Health Screening & Health Assessment - REQUIRED (in-person/portal)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Non-Tobacco User (enrollment election)	10	10
Condition Management - Enrollment + 1 call (telephonic)	10	10
Preventive Exams - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported)	5	15
Healthy Living Programs (wellness portal)	5	15
Health Coaching - 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (wellness portal)	5	15
Online Monthly Seminars (wellness portal)	2	6
HealthQuest Approved Activities (in-person, web, telephonic/self-reported)	2	6
Total Credits Possible = 97		
Total Credits Required = 20		

Ready to get started?

Log in to the wellness portal at www.KansasHealthQuest.com and click on “Credits Program” from the left menu to see an overview of all the options for earning credits.

Forgot your password?

No problem! In the “Sign In” column, click on the blue link that says “Forgot your password?” You will be asked to provide the email address that you used when you created or last updated your account and the answer to a security question that you set up when you created the account. Your answer is case sensitive so remember to enter it the same way it was set up. Once the system has confirmed who you are, you will be able to reset your password – please write it down for future use.

Don't have a portal account yet?

Go to the wellness portal at www.KansasHealthQuest.com and, in the “Register” column, use the drop down menu to select your appropriate affiliation to the health plan. You will be asked to provide some personal information for the system to verify that you are eligible, including your Employee ID #. If you are unsure about your ID #, click on the blue link that says “Don't Know Your Employee ID?” for a hint.

Need technical assistance?

Please call 1-888-275-1205 (option 9) if you need assistance with the wellness portal. This number is also provided on the sign-in screen for convenience.

Still have questions?

Please refer to the HealthQuest website for detailed information on all programs:

<http://www.kdheks.gov/hcf/healthquest/default.htm>

As of July 1, 2011, the Kansas Health Policy Authority (KHPA) is now part of the Kansas Department of Health & Environment (KDHE) as the Division of Health Care Finance (DHCF).

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