

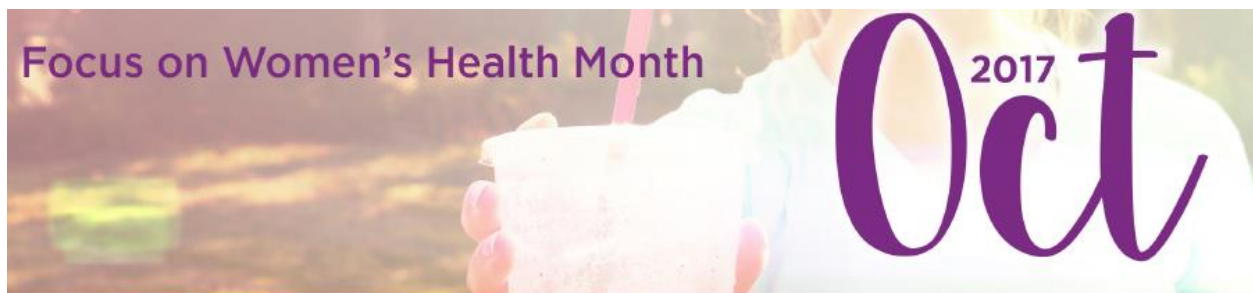


Below are the October 2017 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

# Important News From HealthQuest

## Open Enrollment – October 1<sup>st</sup> – 31<sup>st</sup>

Information about Open Enrollment for 2018 is posted on the State Employee Health Plan website. <http://www.kdheks.gov/hcf/sehp/PY2018-Info.htm>. This year will be an **ACTIVE** enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). <https://sehp.member.hrissuite.com/>



### What is Breast Cancer?

Cancer is a disease in which cells become abnormal and form more cells in an uncontrolled way. The cancer cells may form a mass called a tumor. (Note: Not all tumors are cancer.) They may also invade nearby tissue and spread to lymph nodes and other parts of the body. The most common types of breast cancer are:

- **Ductal carcinoma** – Cancer that begins in the ducts and grows into surrounding tissues. About 8 in 10 breast cancers are this type.
- **Lobular carcinoma** – Cancer that begins in lobules and grows into surrounding tissues. About 1 in 10 breast cancers are this type.

Breast cancer in men is rare. It happens most often to men who are older than 60. Men with breast cancer usually have lumps that can be felt.

Screenings for breast problems includes mammography, clinical breast exams, and breast self-awareness. Breast self - awareness is important, however, you should still check with your doctor about any changes you notice. With routine screenings, breast cancer often can be found at an early stage, before the cancer has spread. Depending on factors such as family history and your general health, your doctor may recommend a mammogram before age 40 or more often.

# Aetna Medical Benefits and Transparency Tools

State of Kansas employees and Non State employees have the option of enrolling with Aetna, for their medical carrier, during this Open Enrollment. This webinar will provide details on Aetna coverage, their provider network, transparency tools and how to navigate within their website. Aetna medical coverage will offer Plans A, C, J, N and Q. Please register for the date and time that works best for you:

<https://attendee.gotowebinar.com/register/62101901630798083>

- Friday, September 29, 2017 at 1:00 PM
- Tuesday, October 10, 2017 at 1:00 PM

After registering, you will receive a confirmation email containing information about joining the webinar. You will also receive another email one hour prior to the webinar with the webinar log in information. Sound will be broadcast over the internet so your computer will need to be equipped with speakers to hear the broadcast.

## Onsite Flu Clinics Run Through October

All active employees, spouses, dependents over 18 years of age who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. *Everyone must register as a NEW USER!* When creating an appointment at [www.occuvax.com](http://www.occuvax.com) the Company ID and Password are both Kansas. For more information such as the consent form, schedule, how to create an appointment go to: <http://www.kdheks.gov/hcf/sehp/FluShotClinicInformation.htm>

### Employee Assistance Program (EAP)



## Quarter 4 EAP Holiday Health Campaign

October 25<sup>th</sup> @ 3pm - **Happiness: A Key to Life's Satisfaction**

November 15<sup>th</sup> @ 3pm - **Navigating Life's Big Decisions**

December 21<sup>st</sup> @ 3pm - **Living Simply: Simplify Your Life**

EAP Monthly Webinar Series – Wednesday October 25<sup>th</sup> at 3pm  
**1-888-275-1205 OPTION 1, [www.guidanceresources.com](http://www.guidanceresources.com) (web ID: SOKEAP)**

## **Happiness: A Key to Life's Satisfaction**

Why do some people seem happy and others just seem miserable all the time? Science suggests that each person has a range in their capacity to experience happiness and that range is different for each person. However, it is possible to live our lives in the upper end of that range if we apply ourselves and follow certain principles. There is no one key to happiness but a set of principles that are critical to follow. This training incorporates a brief happiness questionnaire, a description of the various factors associated with happiness and concludes with a substantive discussion of specific ways to increase your happiness potential. <https://register.gotowebinar.com/register/6100026020700807171>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at [www.guidanceresources.com](http://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.



## **Only 3 MONTHS LEFT to earn your 2018 HealthQuest Premium Incentive!**

Employees and spouses enrolled in medical plans A and C, you have until Sunday, December 31, 2017 to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the premium incentive of \$480 for 2018.

Plan C members and covered spouses, the deadline **for credits to be posted for you to receive HSA and HRA dollars** for completing HQ activities is **November 9<sup>th</sup>, 2017**. This means credits must be posted in the HQ portal by **November 9<sup>th</sup>, 2017** to receive HSA or HRA contributions.

December 2017 exams need to be reported to SOK by January 31<sup>st</sup> for credits in the 2017 program year.

Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.



<https://portal.rxsavingsolutions.com/#/register>

## Rx Savings Solutions is Hitting the Road!

Our team at Rx Savings Solutions will be crisscrossing the great State of Kansas to attend open enrollment meetings. Please see the list below of meeting places and times where we will be. Come by and say hello, and we welcome any questions you may have.

Location	Date	Time
Wichita State University - Rhatigan Student Center	10/2/17	2:00 PM
Larned State Hospital	10/3/17	2:00 PM
KDOT Olathe	10/4/17	9:30 AM
KUMC Wichita - Roberts Amphitheater	10/4/17	9:30 AM
Osawatomie State Hospital	10/4/17	1:30 PM
El Dorado Correctional Facility	10/4/17	2:00 PM
Kansas School for the Deaf - Olathe	10/4/17	2:30 PM
Judicial Topeka - Fatzer Courtroom, 3rd Floor	10/5/17	9:00 AM
Kansas State University Manhattan – Forum Hall Student Union	10/5/17	9:00 AM & 2:00 PM
El Dorado Correctional Facility	10/5/17	9:30 AM
Wildlife and Parks - Pratt	10/6/17	8:30 AM
KDOT Pratt	10/6/17	11:15 AM
University of Kansas Lawrence - Kansas Union	10/11/17	10:00 AM & 1:00 PM
Emporia State University - Webb Hall	10/12/17	9:30 AM & 1:30 PM
Curtis Building Room 530, Topeka, KS (Open to All Agencies)	10/13/17	9:30 AM
Topeka Area DCF Services Office	10/18/17	1:00 PM
KUMC Kansas City - Battenfeld Auditorium	10/19/17	9:30 AM & 1:30 PM
Kansas School for the Blind - Kansas City	10/19/17	3:30 PM



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Start this month focusing on your health goals. Write your three new health goals in the bottom right corner.	3 	4 October is breast cancer awareness month. Did you know breast cancer affects 1 in 8 women?	5	6 How can you add exercise to your weekend routine?  Learn more <a href="#">here</a> .	
8 Make this healthy recipe for your next smoothie.  <a href="#">Start with this healthy recipe.</a>	9 	10	11 	12 Turn on your favorite music to pump up your workout.	13	14
15	16	17 	18 Perform an act of kindness today. Try starting a conversation with a new co-worker.	19	20 	21 Add steps to your weekend by visiting a local pumpkin patch.  Learn more <a href="#">here</a> .
22 	23 Add color to your meals by putting multiple fruits on your plate this week.  Learn more <a href="#">here</a> .	24	25 	26	27 Be mindful this weekend. Try a new yoga pose or meditation.	28 
29 Did you meet your health goals this month? Check them on the right.	30	31 	Three ways I can focus on my health this month: 1. 2. 3.			

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