



Below are the November 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

2017
Nov

November is healthy weight month.

'Tis the season for family, festivity, and food. Here are 5 tips to help you manage your weight this holiday season:

- 1. Swap Out**
Invited to a party? Offer to bring a healthy alternative side dish.
- 2. Outsmart the Buffet**
Start with vegetables to take the edge off your appetite.
- 3. Fit in Favorites**
Choose the dishes you really love and can't get any other time of year, like pumpkin pie.
- 4. Keep Moving**
Get active with friends and family, such as taking a walk after a holiday meal.
- 5. Get your Zzz's**
Aim for 7 to 8 hours per night to guard against mindless eating.

Quarter 4 EAP Holiday Health Campaign

November 15th @ 3pm - **Navigating Life's Big Decisions**
December 21st @ 3pm - **Living Simply: Simplify Your Life**

EAP Monthly Webinar Series – Wednesday November 15th at 3pm
1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Navigating Life's Big Decisions

When we're at a crossroads, we often face ambivalence regarding the direction we should take. Common life challenges include: Should I attend college and, if so, where? Should I get married? Do I want children? Should I move? Should I get a divorce? Some people are able to make decisions without being bogged down by uncertainty. They make them quickly and with minimal anxiety over whether or not they made the wrong choice. For others, these decisions are filled with angst and can leave them feeling stuck. This session will provide helpful strategies to get unstuck. We'll look at the purpose of ambivalence and how to move through it, along with tips for effective decision-making. By the end of this course, you will have a better grasp of how to navigate life's big decisions.

<https://register.gotowebinar.com/register/2980002347700397059>

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 (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Only 2 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 9th, 2017**. This means credits must be posted in the HQ portal by **November 9th, 2017** to receive HSA or HRA contributions.

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

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



It's an easy ordering process:

1 Go to contactsdirect.com/surency and create an account

2 Register as a new customer and be sure to click the box to "Register with my Insurance"

3 Choose lenses from a wide selection of top selling brands

4 In-network vision benefits instantly apply to your purchase price

5 Contact lenses will ship as soon as the prescription is verified - many ship that same day

You can now use your contact lens allowance online!

We know that even though you are busy, you always have a mobile device ready or a computer nearby. That's why you can now order contact lenses online using ContactsDirect whenever you need to. And the best part is that you can use your in-network benefits to make sure you're getting the best price around.

Don't worry, for those who still prefer to visit their eye doctor in person to purchase contacts lenses, nothing has changed. ContactsDirect is just one more way we're helping you see life to the fullest.

Choose from a wide variety of top selling brands - all with fast, free shipping!

Check out this new, online, in-network benefit!
Learn more at:

ContactsDirect.com/Surency



Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you – Princess Diana

November 13th is World Kindness Day! So be sure to perform a Random Act of Kindness Today!

Check out the link for 105 Acts of Kindness you can do today! <https://www.randomactsofkindness.org/>