

HR Contacts –

Below are the **MARCH 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

“After using strict diet plans, switching over to these principles have been so easy and freeing! I get excited about checking my weight – especially if I have incorporated a little additional activity into my day. Bonus!!! End of 2 weeks and 6.4 pounds lighter. Loving this program!” – **Naturally Slim Participant**

Naturally Slim Class 2 – Application Window opens **March 13th**! Be looking for more information!

www.naturallyslim.com/kansashealthquest



EAP Monthly Webinar Series – March 23rd, at 11:00AM

1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Developing Will Power and Self Control to Change Behavior

Establishing self-control over behaviors such as overeating, smoking, gambling, shopping, gambling and other addictive behaviors can be extremely difficult and discouraging. This course will address the nature of will power and how to develop self control for effective behavioral change.

<https://attendee.gotowebinar.com/register/135729591751837700>

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.

Quarter 2 2017 EAP Campaign – Work-Place Well-Being – Webinar Schedule

April 25th @ 3PM – Emotional Intelligence

May 25th @ 3PM – The Management Tools: ToDo Lists, Calendars and Smartphones

June 21st @ 3PM – Being Accountable in Work and Life



Creating an Effective Daily Work Routine

Creating and following a daily work routine can help you stay focused and organized. Consider integrating the following information into your daily schedule:

Get your sleep. Most adults need seven to eight hours of sleep every night.

Have breakfast. Studies show that eating breakfast can improve concentration and performance.

Prioritize tasks. Check your email every morning to determine which emails are most pressing, which can be taken care of quickly and which are not pressing. Approaching your email this way can lessen stress and help you work more efficiently.

Drink water. Keep a water bottle on your desk to stay hydrated throughout the day. For every 100 milligrams of caffeine you have (the amount present in two cups of black tea or one cup of coffee) you should have a cup of water.

Move. Set aside a few minutes throughout your day to get up and stretch your legs. Taking a break from your desk allows your mind to refresh and regain focus.

Walk of Knowledge Steps Challenge Heads into Week 3!

(worth 4 HQ Credits and for Plan C members a \$40 HRA/HSA contribution)

After 2 full weeks of the Walk of Knowledge – we have 2,948 teams consisting of 4,892 members participating! The total number of steps taken is 438,963,048! Which makes the average steps per person 89,785! So far the total miles walked is over 200,000 – which is the length of KANSAS 503 times! Keep up the good work!

- To record your steps log on to:
<https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp>





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

Comparison Shopping

Comparison shopping can really pay off when it comes to prescriptions. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply filling their medications at a different pharmacy. Because medication prices often vary greatly from one pharmacy to the next, consumers are sometimes unaware that they may be overpaying.

By utilizing Rx Savings Solutions, you have the ability to comparison shop at the pharmacies in your area to find out which has the lowest pricing. This allows you to obtain the lowest price on your medication without spending your time on the phone gathering information from each pharmacy. We do this at no charge for you.

Here is an example of how switching pharmacies can save you money:

Utilizing our pricing tool, 90 tablets of the asthma and allergy medication montelukast 10mg (generic for Singulair®) costs \$196.56 at one major retail pharmacy, but the same medication and quantity at another major retail pharmacy only 0.3 miles away costs \$18.73. That is a savings of \$711.32 per year!

In certain situations, you may save more by using our pricing service, compared to your copay or coinsurance with your insurance card. It is important for you to be an active participant in managing your health.



State Employee Health Plan

<https://mycastlight.com/sehp/>

How Mindfulness Meditation Can Ease Pain

Chronic pain affects 100 million adults in the United States. As a result, we spend many hours and dollars visiting doctors seeking relief. In recent years, a simple remedy based on an ancient practice has proven effective in managing pain. Mindfulness meditation, often shortened to mindfulness, has many benefits, including pain management, stress reduction, and improving sleep.

Mindfulness practices can range from spending 15 minutes a day sitting down and focusing on your breathing, to concentrating on the taste and texture of each bite of food. By focusing your mind in this way, your attention shifts from a feeling of helplessness around the pain (“This really hurts and there’s nothing I can do about it”), to having a sense of control of how you experience the pain (“Yes this is happening, but I can choose how I relate to the pain”). Mindfulness does not necessarily take the pain away. Instead, it teaches us how to better cope with the pain.

Here are two easy mindfulness exercises you can try.

- **Pay attention to your body.** Instead of trying to forget your pain and physical sensations, relax *into* them. Close your eyes and scan your body, starting at the top of your head. When your focus reaches an area in pain, just notice the pain without judgment or thought.
- **Focus on your breathing.** Sit in a quiet place with your back straight yet relaxed. Feel your breath move in and out of your body. Let your awareness of everything else fall away. Notice the way your abdomen expands and collapses with each breath. When your mind wanders, gently redirect your attention to your breath. Remember that you’re not trying to achieve anything or become a “good meditator.” You’re simply becoming aware of what’s happening around you.

Please note that, even if practicing mindfulness brings relief to your pain, it does not replace medical treatment. Talk to your doctor about mindfulness meditation and how it can be used to complement your treatment plan.

<https://my.castlighthealth.com/blog/mindfulness-meditation-ease-pain/>

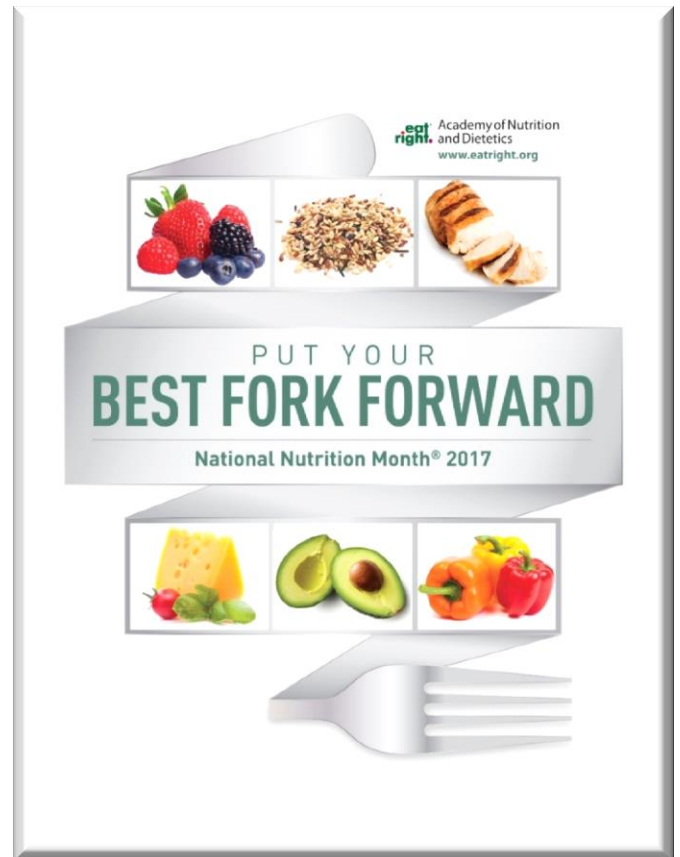
Put Your Best FORK Forward & Join in National Nutrition Month!

Each year during March, National Nutrition Month® focuses on the importance of making informed food choices and developing sound eating and physical activity habits. **“Put Your Best Fork Forward”** is this year's theme which serves as a reminder that each one of us holds the tool to make healthier food choices. Make small changes over time to help improve health now and into the future.

A variety of foods is important, because no one food or food group provides all of the nutrients our bodies need to grow and stay healthy. Here are some tips to help “Vary” your diet:

- Plan meals to include different colored **vegetables** throughout the week
- Choose **vegetables** that are in season, when possible
- Experiment with different **vegetables** when preparing healthy soups and salads
- Pack a variety of different colored **fruits** as snacks
- Try recipes that use **fruits**, such as salads or main dishes
- Enjoy **fruit** in place of sweets for dessert
- Try preparing a **whole grain** that is new to you, such as brown rice instead of white
- Switch to a **whole grain** bread or wrap for sandwiches
- Look for cereals and snacks that use **whole grain** flours
- Substitute plant-based **proteins** in recipes or try new recipes or cuisines that use them
- Experiment with seafood by grilling or baking fish in place of some other **protein** food for dinner two times per week
- Make smoothies with fruit and fat-free milk or yogurt
- Sprinkle low-fat or reduced-fat cheese on top of soups, stews, and casseroles
- Enjoy a healthy snack of raw veggies with dips made from low-fat yogurt or cottage cheese
- Choose low-fat and fat-free milk and **dairy** products

Be creative by swapping out different **fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy** foods when preparing recipes. <http://www.eatright.org/>



Have you registered for the new HealthQuest program? Go to:

kansashealthquest.cernerwellness.com to register - the HealthQuest program runs from January 1, 2017 – December 31, 2017. Plan C HSA/HRA contribution cutoff deadline is 11/9/2017. Be sure to complete your REQUIRED Health Assessment and earn 40 total credits!