



April 2021

Upcoming Dates & Deadlines



April 21 @ 10:30 am - EAP Webinar:
Helping Your Senior Loved One be
Independent and Safe [Click Here
to Register](#)

April 27 @ 1:00 pm - Health Care
Commission Meeting [Click Here to
Register](#)

May 5 @ 10:30 am - EAP Webinar: Being
Adaptive to Thrive in our Everchanging
World [Click Here to
Register](#)

May 12 @ 11:30 am - SEHP Employee
Advisory Committee meeting - [Registration
link to be posted here](#)



NEW!

NEW: Sleep Health Learning Module



The Kansas Department of Health and Environment (KDHE) has partnered with HealthQuest to bring you this all new learning module to help you understand more about good Sleep Hygiene. To locate the module, log in to your [HealthQuest Portal](#) and search Sleep.

In this one-week workshop, you will learn sleep basics, including:

- Safe sleep for babies
- How much sleep you need
- How sleep impacts chronic disease
- Tips for better sleep

Completion of this learning module is worth 1 HealthQuest Credit. Members may earn up to 12 credits annually by completion of learning modules.

NEW: KDHE Heart Health Learning Module

This learning opportunity is designed to help improve your understanding of heart disease



and stroke; provide a review of common signs and symptoms, identify modifiable risk factors and describe lifestyle changes for prevention or risk reduction.



These goals will help support you to:

- Learn more about cardiovascular disease: heart disease and stroke
- Identify common signs and symptoms of heart attack and stroke
- Name at least two modifiable risk factors of heart disease and stroke
- Describe 3 lifestyle changes / healthier choices to reduce risks of heart disease and strokes

Login to your [HealthQuest Portal](#) and Complete the Module for 1 Credit.

Coming Soon!

Naturally Slim™ is rebranding to Wondr Health™. Same great program, new name and look.

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Our digital weight loss benefit is rebranding! Naturally Slim (NS) is changing its name to Wondr Health™ on May 13, 2021. NS is about much more than weight loss—developed and taught by leading scientists and doctors. the program also teaches skills that help people sleep better.

move more, and stress less—no matter who you are, where you live or what you look like. Their current name doesn't do the best job conveying that, so they're changing it.

Already in the program? You will begin to see a new look, but there's no need to re-enter any of your information or update your credentials. New look, same program, no interruption.

Not signed up yet? Join the waitlist for the next session and you'll be able to experience the new look of the Wondr Health program.

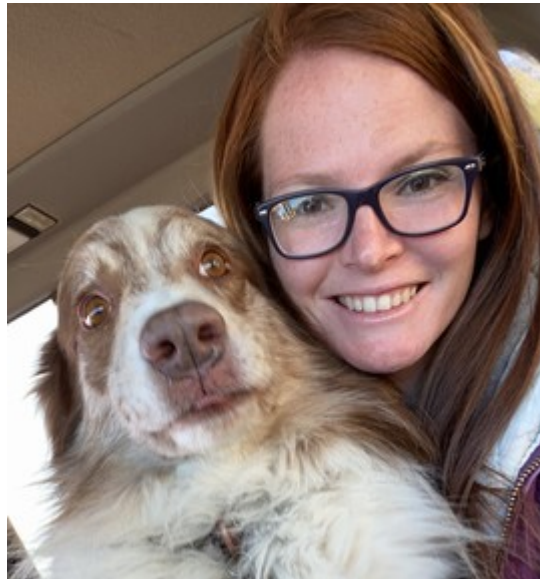
[Join the Waitlist for Session #3](#)



This month marks the beginning of the "Now That It's Spring, Do Your Thing" physical activity challenge. Below are how some of our members get in their physical activity.

“I took up Kayaking a couple of years ago and absolutely love it. It’s very relaxing to be outside on the water.”

Joy Truax, Department of Health and Environment



“I HealthQuest by spending my evenings walking my three dogs!”

Kayla Hook, K-State Research and Extension

Do you want to be featured in an upcoming newsletter? Show us how you HealthQuest! Submit a photo of yourself participating in a HealthQuest activity or other healthy activity, along with a short description to SEHPHealthQuest@ks.gov with your Name, Agency and Position (optional).

April



What is palliative care?



Palliative care focuses on improving the quality of life for people who have chronic, serious, or advanced medical conditions. It can benefit patients and caregivers at any point while managing the condition, even at the time of diagnosis.

Palliative care is a team effort involving a combination of nurses, doctors, social workers, therapists, chaplains, pharmacists, and advanced practice providers.

Palliative care vs. hospice care

Palliative care is often confused with hospice. Hospice, or end of life care, is a component of palliative care, but palliative care focuses more broadly on improving life and providing comfort to people of all ages with serious, chronic, and life-threatening illnesses and their care givers.

What are some areas palliative care focuses on?

- Symptom management
- Care techniques
- Advance care planning
- Pain management

Palliative care can reduce anxiety and depression, improve quality of life, and increase patient and satisfaction of care. If you feel like you or your loved one is ready for palliative care, have this discussion with your doctor, and they can assist you with establishing palliative care.

A note from your **Health Coach**



Your Health Coach can help you manage chronic illness and palliative care. They can help you:

- **Go over your palliative care plan.**
- **Find ways to reduce stress in your life.**
- **Ensure you are getting adequate sleep.**
- **Manage activity levels so they are appropriate to you.**
- **Discuss nutrition strategies, if applicable.**

Palliative care and chronic care management is for the living! Have hope for your future, and do what you can to prevent and manage chronic conditions. [Schedule Health Coaching](#) today to start living your best life!

[Schedule an Appointment](#)

Employee Assistance Program



FamilySource® – Support Groups



The State of Kansas EAP offers employees and their family members access to FamilySource®, which can assist in researching, locating and connecting you to support groups to discuss and hear from others who are experiencing similar life challenges. Support group examples include but are not limited to:

- Marriage and Relationship (communication, boundaries, differences)
- Domestic violence (safety plan, resources, supporting a loved one)
- National Domestic Hotline: thehotline.org // 800-799-7233(HELP) // TTY- 800-787-3224
- Mental Health (anxiety/depression, stress, mood disorder)
- Family and Parenting (divorce/separation, blended families, child with special needs)
- Addiction Support (smoking cessation, alcohol or drug use)
- Medical-related Support (disease , sleep disorders or eating disorders)
- Grief and Loss Support (family, friend or pet)

You or your family member can request assistance in finding a support group by either calling the State of Kansas dedicated EAP number at **888-275-1205, Option 1** or by **Sending a Question** through our [GuidanceResources Online](#) site. A customized packet will be provided to your family and/or you within 5-7 days of the request and can

be emailed, taxed or express mailed. If the request is of immediate need, the GuidanceSpecialist will expedite the request to get the employee resources in a shorter amount of time.

This is individualized and the materials provided are researched specific to each request. This is because we understand that each employee has different access to travel, expectations to the type of meeting or topic focus and may have special needs. In finding a support group for an employee and/or their family, we may ask questions to determine specific needs, such as;

- Format of the session (ie. In-person, video, telephonic)
- Have you previously attended a support group?
- Do you have any specific requirements? (Please explain in detail any affiliations or other requirements you might have.)
- What is most important to you? (location, group size, facilitator experience, etc.)

Making a Will Promotion

Available through April 30

EstateGuidance® is being offered by ComPsych, your EAP provider, at a reduced cost for State of Kansas employees. To take advantage of this resource, log into your EAP Portal at www.guidanceresources.com and click on the “Estate Guidance” link under the Legal Tab. This reduced rate for Wills is available through April 30th.

EstateGuidance®



A will is one of the most important documents for you to have. Did you know with EstateGuidance®, a benefit of your State of Kansas Employee

Assistance Program, it's easy to take care of this difficult but important task. There are two types of Wills available through this program; Living Will and Living Will and Testament.

LIVING WILL

A Living Will is used to tell your family and healthcare professionals the type of care you would like to receive at the end of your life. A Living Will also allows you to appoint someone to make healthcare decisions for you in the event you are unable to do so yourself.

LIVING WILL AND TESTAMENT

The central component of every estate plan, a Last Will & Testament specifies who will receive your property and assets, allows you to name a guardian and create a trust for your minor children, and provide care for your pets.

[Click Here for More Information about your EAP](#)

Each person's path to well-being is unique and personal.



Need an accessible alternative for an activity?
[Click here to learn more.](#)

Each person's path to well-being is unique and personal. Need an accessible alternative for an activity? Click the image above to learn more or email SEHPHealthQuest@ks.gov.

Questions about HealthQuest? Send us an email.

[Email HealthQuest](#)

