



December 2021

Upcoming Dates & Deadlines



December 31 - Last day to earn credits for your 2022 Premium Discount

January 10 - Registration Opens for Wondr Health Session #1, [Click Here for more information](#)

January 12 - EAP Webinar: After the Holidays: Managing That Debt, [Register Here](#)

January 13 - Wellness Webinar: Meet Your Health Coaches, [Register Here](#)

January 25 - Employee Advisory Committee (EAC) Meeting, [Register Here](#)

January 26 - EAP Webinar: Resiliency; Bouncing Back After a Setback, [Register Here](#)

February 9 - EAP Webinar: Healthy Lifestyle; Changing the Way You Think About Diet and Exercise, [Register Here](#)



NEW: Wellness Webinars

New for 2022, your Health Coaching team will hold monthly Wellness Webinars. Following excellent feedback and participation, the Health Coaching team has

developed a schedule of webinars throughout 2022.

The first webinar will be held on January 13, 2022 at 11:00 AM and is titled "Meet Your Health Coaches." In this webinar, you will get to meet all of the HealthQuest Health Coaches and hear about their areas of specialization and how they can help you with your personal health goals.

Health Coaches will also review the procedure for scheduling an appointment and how you can receive HealthQuest credits, just for meeting with a coach, up to 15 credits per year!

HealthQuest Members receive 1 HealthQuest credit for attending the webinar.

[Register Here](#)



Schedule Your Preventive Exams Now For 2022



The State Employee Health Plan (SEHP) partners with Marathon Health to operate the HealthQuest Health Center in Topeka. The Center is open to all employees, spouses and dependent children over age 2 covered by SEHP medical insurance.

As you make your health plans for 2022, remember that all preventive visits are provided free of cost regardless of health plan enrollment. For members of Plan A, all services are provided at no cost. For members of Plans C, J, or N, medical visits will require a \$40 fee.

In addition to in-person appointments in Topeka, all members have access to telemedicine appointments through the Health Center, nonmatter where in the state you live. Telemedicine may be an option to treat a number of issues, including flu, cold, allergies, health coaching and behavioral health counseling.

The HealthQuest Health Center is open Mon, Wed, Fri 7am-4pm, and Tu & Th 9am-6pm.

Appointments can be made by calling 785-783-4080

or

online through the [Marathon Health Member Portal](#).

[Click Here for More Information](#)

How do you HealthQuest?



By Completing a Biometric Screening!

The HealthQuest program provides access to free biometric screenings for all benefits-eligible employees and covered spouses. A Biometric Screening can help identify the areas of your health that may need more focus than others.



Biometric Screenings include measurements for your Total Cholesterol, HDL and LDL Cholesterol, Total Cholesterol/HDL Ratio, Blood Glucose, Blood Pressure, Height and Weight, Body Mass Index, and Waist Circumference.

Once you have your numbers, make an appointment with your primary care physician or HealthQuest Health Coach to review your results and set a plan specific to your needs.

Where can I complete my Biometric Screening?

All options will be available starting January 3, 2022.

HealthQuest offers a variety of options for completing your Biometric Screening, including:

- Onsite Events - registration opens January 3, 2022
- Your Provider's Office - Complete a [Physician Form](#)
- [HealthQuest Health Center in Topeka](#)
- Request and submit a Home Test Kit - available January 3, 2022

HealthQuest members can receive up to 23 Credits for completing a Biometric Screening and meeting Healthy Ranges.

[Click Here for More Information](#)

December Health Blog



Self Care

Carving out time for yourself every day is difficult for most people, especially during the holiday season. Self-care looks different for everyone but finding a method that works for you shouldn't be stressful or time-consuming. Take a look at these 6 pillars of self-care to see which areas may need your attention.

Emotional self-care – Engage in activities that help you connect, process, and reflect on a full range of emotions. Find your voice to speak your mind, know your boundaries, and be kind to yourself. The more you open up to friends, family, and yourself, the better you tend to feel.

Financial self-care – Take care of your personal finances. If you have financial stress, you must pinpoint the root of the problem before you can create a plan to improve it. Know where your income is coming from, spend and save wisely, and pay expenses on time.

Environmental self-care – Don't underestimate the power of having a clean space at work or home! Declutter the areas where you want to focus and feel most at peace.

Physical self-care – If you tend to feel out of it or “stuck” when you're stressed, do a self-check of your daily lifestyle. Regular exercise, good nutrition, and 7-9 hours of sleep each night will do wonders to help you get back to the present moment.

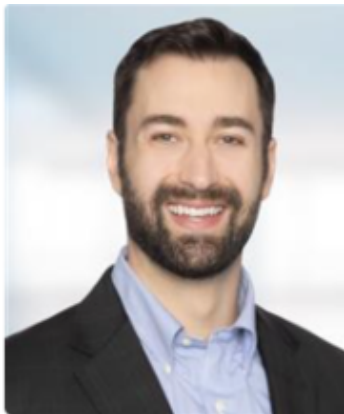
Social self-care – Let go of current relationships that make you feel drained or frustrated. Always surround yourself with those that bring the most joy and least amount of stress.

Spiritual self-care – Tending to your beliefs and values can often make you less likely to worry or feel sad. Don't neglect your spiritual side as it helps connect you to your true self and guide you in moments when you need strength.

A note from your **Health Coach**



Get Set for 2022: Meet with a Health Coach Today!



Goal setting is very popular at the start of a new year. Your HealthQuest Health Coaches are here to help you set S.M.A.R.T. goals for 2022 no matter the topic! S.M.A.R.T. goals stands for Specific, Measurable, Actionable, Realistic and Timely goals. Your health Coach will work with you to develop your plan based on your lifestyle so you are set up for success.

Common goal setting topics include:

- Condition management (Diabetes, high blood pressure, high cholesterol)
- Improved Nutrition
- Improved Exercise
- Stress reduction

- Improving sleep quality and quantity

Participating in Health Coaching also earns you incentives! Every HealthQuest member earns 1 incentive credit per call, maximum of 1 call per day and 15 calls per year for incentive credit. Health Coaches can also help navigate all of the options available to earn incentives in the 2022 plan year!

The 2022 Health Coaching schedule is open now for telephonic and video visit appointments.

[Schedule a Health Coach Appointment Today](#)



2022 EAP Webinar Schedule

Your Employee Assistance Program has set the webinar schedule for 2022. Webinars are free and are open to all benefits-eligible employees and covered spouses. HealthQuest members receive 1 HealthQuest credit for attending the webinar, up to a maximum of 10 per year.



[Click Here for the 2022 Webinar Schedule](#)

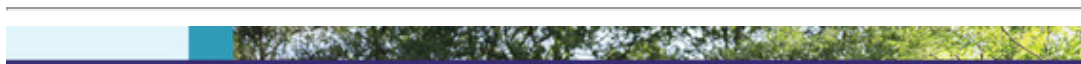
Call: 888-275-1205, option 1

or

[Visit GuidanceResources Online](#)

Company ID: SOKEAP

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



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



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.

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