

August HealthQuest Newsletter

State of Kansas Employee Health Benefits Program <SEHBP@list.ks.gov>

Tue 8/17/2021 10:02 AM

To: Heather Busch <hbusch@pittstate.edu>



August 2021

Upcoming Dates & Deadlines



August 19 at 11:30 am - Employee Advisory Committee Meeting - [Register Here](#)

August 20 – 90 DAYS left to earn HSA/HRA Reward Dollars!

August 23 @ 1:30 PM - Health Care Commission Meeting [Click Here to Register](#)

September 1 @ 10:30 AM – *EAP Webinar: Addressing Employee Performance Issues In A Supportive Way*
[Click Here to Register](#)



Your EAP is Now Offering Monthly In-Person Workshops

We are now offering monthly face-to-face workshops at the Landon State Office Building in downtown Topeka! Register to attend trainings of your choice and receive a 1 HealthQuest credit for each workshop you attend.

Upcoming workshops include:

- **Bringing Out the Best In Others**
 - September 23rd @ 10:30am
- **Emotional Intelligence**
 - October 12th @ 10:30am CT
- **Laughter, Humor and Play to Reduce Stress and Solve Problems**
 - November 9th @ 10:30am CT
- **Making the Most of Family Occasions**
 - December 16th @ 10:30am

**All appropriate COVID-19 precautions will be followed.*

[Click Here to Register](#)

New: Don't Hesitate to Hydrate Hydration Challenge



The summer months are long, hot and dry, leaving our bodies dehydrated.

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

To encourage hydration, HealthQuest will host the "Don't Hesitate to Hydrate" Hydration challenge August 16 - September 3. Registration will be open August 9-20.

All members that successfully complete the challenge will earn 4 HealthQuest Credits.

[Click Here to Register](#)



Here to Support You & Your Family

The HealthQuest Health Center by Marathon Health is here to support you and your family throughout the year, but especially during this back to school season.

The HealthQuest Health Center is available to all SEHP members over age 2 covered by an SEHP medical plan (Plan A, C, J, N or Q).



Click the image to [watch a short video](#) about what to expect when you schedule an appointment at the HealthQuest Health Center.

Services include:

- Annual Physicals
- Sports Physicals
- COVID Testing
- Sick Visits
- Counseling
- Health Coaching

In-person and virtual telehealth appointments are available. To schedule an appointment, call (785) 783-4080 or book online at marathon-health.com.



Log your Race Times by August 20

Race registrants who log a race time in their race portal between July 26 – August 20 will receive five (5) HealthQuest credits!

This virtual event is offered free of charge to all State Employees, covered spouses, and 18+ y/o dependents.

The HealthQuest Fun Run is VIRTUAL which means you can run, walk, skip or roll the distance of your choice! Run by yourself, or with a group – on your lunch break, or on Sunday afternoon. A 1-mile wheelchair race is amongst the distances of your choice. Some agencies have even scheduled a time to complete the 1-mile event together. The possibilities are endless!

We would love to see how you choose to complete the Fun Run. Send photos of you and your friends completing the event to SEHPHealthQuest@ks.gov to be featured in an upcoming newsletter.

Race T-shirts are in the mail. You should receive them soon.

How to Log your Time

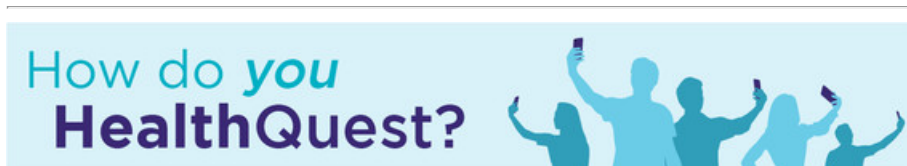
Option #1: Through your Race email

You should have received an email from Athlinks, (sent to the address you used to register) linking you to a page which enables you to enter your race time. Please check your spam folders if you do not see it. Once you complete your race distance, you may click this link, enter your race time, click submit, and you're all good to go! This option does not require you to log in or register for Athlinks.

Option #2: On the Race Results Page

[Click here to claim and enter your result on the race page.](#) Search and select your name to claim your result and log your time. This option requires that you log in/register an Athlinks account, to ensure everyone selects and verifies their own time!

[Log Your Time Here](#)

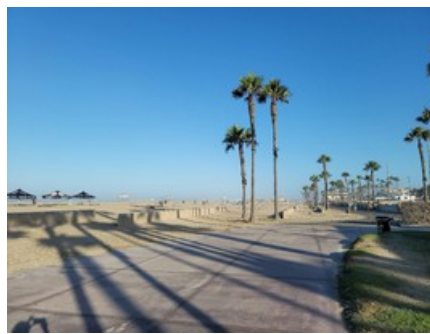


This month, many members are participating in the HealthQuest virtual Fun Run. Below are how some of our members have experienced their race.

"On the strand in Huntington Beach, CA! No better place to do a 5k!!"

Sean McKinney

Emergency, Safety and Security
Supervisor for the University of Kansas
Medical Center



A big thank you to all the HealthQuest members that stopped by the recent Wellness Fair in the Capitol. It was great to see you and get you connected with resources.

Stay tuned for announcements about where we'll be next!

We would LOVE to see how you HealthQuest. To be featured in an upcoming newsletter, 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).

August Health Blog



Setting new routines

When starting a new routine or making changes to your current one, there are many factors that affect your success. Here are a few options to set yourself up for success.

Set your environment up for success.

- What are you able to complete the night before, so you have more time in the morning?
 - Pack your lunch ahead of time.
 - Choose the clothes you're going to wear.



Stack your habits.

- When adding things to your routine, place the new task after something you already do consistently. This will help you turn the new task in to a habit more easily since it has a place in your routine.
 - Your goal: start walking in the mornings.
 - Your routine: wake up, brush your teeth, go for a 5- to 10-minute walk in the morning.

It is always better to make slow progress than no progress at all.

- When life goes awry, set a minimum routine for yourself so you can have some normalcy through the busy time. (Something is better than nothing!)
 - You were reading 30 minutes each evening for leisure, but life got busy and now you are unable to read at all.

- New minimum goal: read 1 page of your book per night.

Take time to reflect at the end of your day.

- Use a journal, habit tracker, or notebook to analyze what went well with your routine and what you can look to improve.

Change is hard and it takes time to find the best routine for you. Your Health Coaches are always available to talk through your individual goals and set you up for success. Schedule today!

Schedule a Health Coach Appointment



COVID-19 Toolkit Updates



Access the COVID Toolkit Resources on GuidanceResources Online under the “Alerts” tab on the right-side of the homepage. If you are new to our online website, please visit www.guidanceresources.com or download the app – GuidanceNOW and register a new account with the

Web Organization ID: **SOKEAP**.

NEW! COVID-19 FAQs

COVID-19 has disrupted daily life in an unprecedented way. These FAQs can help answer questions related to the vaccine, legal assistance and more!

Keep in mind that if you or someone you know is having a hard time managing basic needs, your GuidanceResources® program can help. Our assistance is strictly confidential, available 24/7, and is provided at no cost to you and your family.

- **Everyday Needs** - Let our work-life specialists research what you’re searching for.
- **Legal** - On-staff attorneys will help provide legal guidance on problems big and small.
- **Financial** - Our financial services professionals provide personal, detailed guidance on your most pressing issues.

COVID-19 Webinars

The COVID-19 pandemic continues to present a range of challenges and stressors in our personal and professional lives. ComPsych trainers have designed a series of webinars to offer guidance and best practices to help you navigate the unique situations. View Pre-recorded Webinars on the following topics:

- Managing Worry and Anxiety Amid COVID-19
- Coping with Uncertainty About COVID-19
- How Emotions Impact Eating During a Crisis
- Tolls to Handle COVID-19 Related Stress
- Self-Isolating Together During the Pandemic
- Being an Effective Manager During COVID-19
- Navigating Work From Home Transition
- Pandemic Anxiety as Kids Return to School

[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 the image above to learn more or email SEHPHealthQuest@ks.gov.

Questions about HealthQuest? Send us an email.

[Email HealthQuest](#)

[HealthQuest Portal](#)

Manage Subscriptions

[Update Preferences](#) | [Unsubscribe](#) | [Subscriber Help](#)