



January 2021

Look What's New in 2021

The new year is bringing you new ways to earn rewards through the HealthQuest Wellness Program. Here's a sneak peek of some of the new program updates for 2021:



New preventive health activities

- Mammograms and colonoscopies are now incentivized, and worth 5 credits each.
- Credits for getting a flu shot will increase from 1 to 3, due to even more importance during these times.

More ways to learn and earn online

You will be able to earn more credits online, allowing you to work on your wellness safely from a distance. New opportunities include:

- Additional Learning Modules
- Additional EAP On-Demand Webinars/Trainings
- New Financial Health Modules that correlate to State of Kansas programs

Additionally, the Premium Incentive Discount credit requirement will return to **40 credits**. For members on plans C, J, N, and Q, the HRA/HSA Dollars awarded for each HealthQuest credit completed will return to \$10, up to the maximum of **\$500 per member**.

2021 HealthQuest Guides and Materials

- [Plan A Incentive Guide](#)
- [Plans C, J, N, and Q Incentive Guide](#)
- [FAQ](#)
- [New Member Flyer](#)
- [Physician Form/Healthy Range Incentive Form](#)



Important Dates & Deadlines

Upcoming Dates

- **January 27 - Employee Advisory Committee Meeting** - [Click Here to Register](#)
- **February 11 - Wellness Champion Webinar**
- **February 22 - Health Care Commission Meeting** - [Click Here to view the meeting schedule](#)

2021 Program Deadlines

- **November 19** - The last day to earn credits toward your HSA/HRA contribution
- **December 31** - The last day to earn credits toward your premium incentive discount

Home Test Kit Deadlines

- **November 5** - The last day to submit Home Test Kits to receive HSA/HRA dollars
- **December 17** - The last day to submit Home Test Kits to receive credits toward your premium incentive discount

Physician Form Deadlines

- **November 12** - The last day to submit your biometric screening physician form to receive HSA/HRA dollars
- **December 30** - The last day to submit your biometric screening physician form to receive credits toward your premium incentive discount

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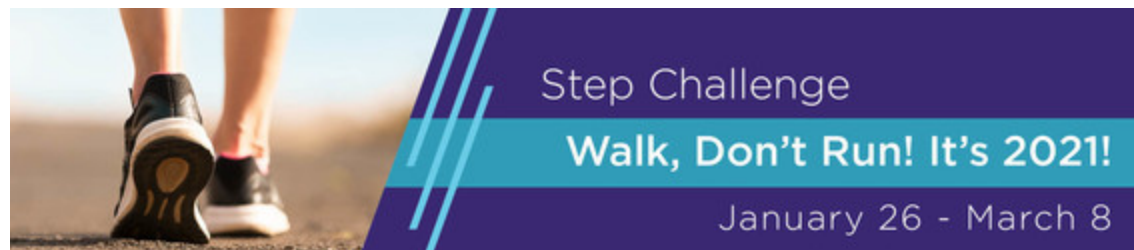
Lose Weight. Not Pleasure.

Naturally Slim is an online program which helps you change how you eat instead of what you eat. Learn the skills to lose weight and keep it off forever while still eating your favorite foods.

2021 Naturally Slim Classes

- Session 2 - April 5 - June 20 (Registration opens March 8)
- Session 3 - June 7 - August 29 (Registration opens May 10)
- Session 4 - August 16 - October 31 (Registration opens July 19)

[Click Here for more information.](#)



Walk, Don't Run! It's 2021!

Walking happens to be one of the easiest ways to get active and stay active. Studies have shown that walking can help contribute to a healthier lifestyle by lowering your chances of developing heart disease. Start the New Year off right by participating in the **Walk, Don't Run! It's 2021! Challenge.**

Registration dates: January 19 - January 31
Challenge dates: January 25 - March 8

[Click Here to Register](#)

Your challenge is to log at least **10,000 steps per day, 5 days a week, for a total of 300,000 steps over the duration of the 6-week challenge.** Participants who achieve 80% or more of this goal, or more than 240,000 steps, will **earn 6 HealthQuest Credits.**

January
Health Blog



The Brilliance of Resilience

It can be hard to navigate life's unmapped journey, and you will most likely experience twists and turns along the way. From everyday challenges to life crises, each turn can be life-altering and land you in uncharted territory. Just remember that each roadblock you experience along the way is a chance for you to learn how to adapt and become more resilient.

Resilience is the ability to harness your inner strength and rebound from setbacks. It gives you the strength to overcome stress or life challenges. Of course, resilience can't make your problems disappear, but it can help you move forward. With practice, resilience can help you cope with stressful situations.

Workplace Resilience

Getting back to work after the holidays is a great opportunity to start fresh and work on becoming more resilient during the workweek. Here are a few daily reminders that you can try throughout the workday:

- **Make every day meaningful.** Give yourself a purpose each day and acknowledge every accomplishment.
- **Stay connected.** Establish important connections and friendships with your coworkers.

- **Be proactive.** Don't ignore your problems. Figure out how you can improve the situation, make a plan, and take action.
 - **Take care of yourself.** Get plenty of sleep, eat a healthy diet, and participate in activities you enjoy.
 - **Remain hopeful.** You can't change the past, but you can always look toward the future.
 - **Accept change.** Accepting and anticipating change makes it easier to adapt and face challenges with less anxiety.
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A Note from your Health Coach

Goal setting is very popular during the start of a new year. As you set achievable goals for yourself, there will still be periods of time where those goals don't seem possible. ***So how do you still make progress even when life gets chaotic?***

Setting Goal Minimums

One way to maintain progress is to set a goal minimum so you can celebrate smaller achievements without pausing your overall goal.

Examples of goal minimums include:

New year goal — read a book 30 minutes a day.

Goal minimum — read a book at least 10 minutes a day.

New year goal — walk at least 10,000 steps per day.

Goal minimum — walk a minimum of 5,000 steps on busy days.

New year goal — plan ahead meals for the week.

Goal minimum — plan ahead at least 1 meal a day.

Establishing goal minimums gives yourself grace when life gets busy, while also holding yourself accountable. Our Health Coaches can help you establish your new year goals, and meet you where you're at on your health journey.



Employee Assistance Program Webinar Series

The Employee Assistance Program (EAP) is a special service provided for State of Kansas benefits eligible employees and their dependents at no charge. The EAP provides information, short-term counseling, advice, and referrals from licensed professionals who understand the typical stresses we all face day in and day out.

One way you can utilize this service is through the monthly webinar series covering such topics as work life balance, eating healthy on a budget and various professional development topics.

[Click Here to view the 2021 webinar calendar.](#)

A graphic with a teal background. On the left, a clipboard with a white sheet of paper titled "Stay ahead of cervical cancer" in green. The paper has a checklist with three items, each preceded by a green checkmark: "Pap tests check for pre-cancerous cell changes that can be treated before becoming cervical cancer.", "An HPV test (human papillomavirus) checks for the virus that can cause these cell changes. Ask about HPV vaccines for you and your family.", and "After age 21, start cervical cancer screening, and stay on schedule as recommended, or start again." To the right of the clipboard is a yellow clock face with a teal ribbon around its base. Below the clock is a dark teal box with the text "Don't wait for symptoms" in white. Underneath that, the text "Set up your cancer screening today." is written in red. Further down, in smaller white text, it says "Know someone without health insurance? They may qualify for financial support. Call Early Detection Works: 1-877-277-1368." At the bottom right, there are two logos: the "Kansas" logo and the "early detection works" logo.

[Click Here to view HealthQuest Newsletter Archives.](#)

Each person's path to well-being is unique and personal. HealthQuest is designed to offer all participants the opportunity to access the activities and resources offered through this program. As part of that accessibility, if a participant feels unable to

through this program. As part of that accessibility, if a participant feels unable to access or participate in an activity, challenge, or resource due to personal limitations, they may request reasonable alternatives to earn their HealthQuest credits and continue on their personal path to wellness. Reasonable alternatives may be requested by contacting us at SEHPHealthQuest@ks.gov.

