



March 2021



Upcoming Dates & Deadlines

March 8-19 -

Naturally Slim
Registration Open for
Session 2 (April
5) [Click Here to Register](#) *(link updated)*

March 24 -

Employee Advisory
Committee
Meeting [Click Here to Register](#)

April 7 - EAP

Webinar: Caring from
a distance [Click Here to Register](#)

April 28 - Health

Care Commission
Meeting [Click Here to Register](#)



NEW!

NEW: Video Visit with a Health Coach



Virtual health coach appointments now include telephonic and video options!

Our Certified Coaching team of Personal Trainers, Registered Nurses, and Dieticians are ready to help you reach your health and wellness goals! Schedule a phone or video call today to discuss topics, including but not limited to:

- Personalized exercise plans
- How to eat healthy while working at home
- How to build a personalized workout routine
- How to manage your blood sugar

Earn 1 Health Quest Credit per coaching appointment*

Schedule a face-to-face video call with a Health Coach today.

Visit the HealthQuest Portal or call 1.888.275.1205, option 3

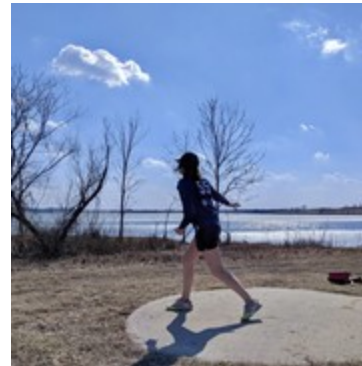
**Members may earn up to 15 HealthQuest Credits annually through participation in Health Coaching appointments through Corner*

[Click Here to Schedule Your Health Coach Appointment](#)

NEW: How do you HealthQuest?

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).

“I was coming up short on the last few days of the Steps Challenge, so I played disc golf on the last day to track my steps. I’m not super good at disc golf, but it’s an easy way to get steps in when I’m not in shape enough to jog, and it’s a great way to get out and find new parks in my corner of Kansas!”



-Victoria Andrew,
Department of
Administration



"There is always room for improvement' is a philosophy that I choose to live by when it comes to my health. Each year, HealthQuest helps me to work on several improvements in my personal health. If I

incorporate at least one improvement into my life, I feel very successful. As I work on these improvements I allow my kids to witness and participate with me goal setting, follow-through and achievement. I have the ultimate bucket list. Each year, I pick a bucket list event that if I succeed at my personal health improvement/goal for that year, I get to do my bucket list event. One year I participated in Skydive K-State and completed my first two jumps with my son."

- Sheryl Cornell, Kansas State University

"My husband and I were participating in the recent steps challenge and went on a walk to get some steps in and ended up at one of those axe throwing places. We decided to go in and burned



**some more calories
throwing axes for
90 minutes."**



- Amy Barragar,
Department for
Children and
Families



Thriving in our "new abnormal." The secret sauce to losing weight and feeling great in times of adversity.

Register for Naturally Slim Session #2

HealthQuest has partnered with Naturally Slim (NS) to help you take control of your physical and mental health. Those who stuck to the program during the 4 months of quarantine not only prevented weight gain, but lost up to an average of 11 lbs. and increased their activeness by 70%, Confidence by 60%, Mood by 58% and Energy by 63%.

Learn how to eat in a way that leads to measurable, sustainable weight loss and better health. The philosophy of the program will help you lose weight below *and above* the neck, by taking away the mental load and stress surrounding "diets" and restricting food programs.

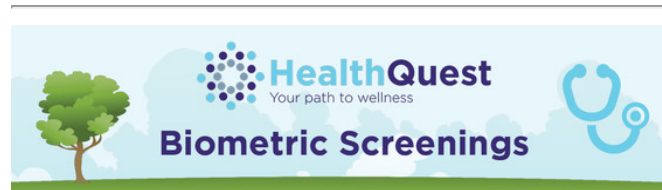
The NS program starts on 4/5/2021. Employees and spouses enrolled in the State of Kansas

health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 10 HealthQuest credits and Plan C, J, Q and N members receive \$100 in their HSA or HRA.

Applications will be accepted until 3/19/2021.

[Click Here to Apply](#)

***This link has been corrected*



The FULL 2021 Onsite Biometric Screening Schedule is Now Posted!

The new and improved Biometric Screening portal is back with a new look, making scheduling a Biometric Screening or ordering a Home Test Kit a breeze!

Updates Include:

- More appointment slots per event to accommodate demand
- Map view of biometric screening events
- The ability to add screening appointments to your calendar
- An all-around more user-friendly experience

[Click Here to Schedule Your Appointment](#)

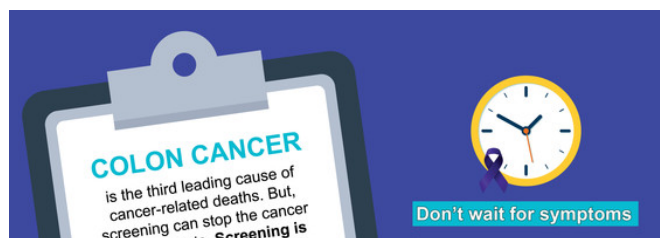
What is a Biometric Screening?

A Biometric screening is a great way to get an idea of your core health metrics, including your Blood Glucose, Cholesterol, Body Mass Index (BMI), and Blood Pressure. Completion of an annual biometric screening is worth 5 HealthQuest Credits. Those members enrolled in health plans C, J, N, or Q will also receive \$50 contributed toward their eligible HRA or HSA.

Earn up to 6 additional credits per category by measuring within the [healthy incentive range](#) for your Blood Glucose, Blood Pressure, and Cholesterol.

Ways to Complete a Biometric Screening:

- [Schedule an appointment](#) for a HealthQuest-sponsored onsite Biometric Screening
- [Order and Complete a Home Test Kit](#)
- Have your doctor complete a [Physician Form](#) during your annual well visit
- Schedule a Free Biometric Screening Appointment at the [HealthQuest Health Center](#)





Colon Cancer is the third leading cause of cancer-related deaths. But, screening can stop the cancer before it starts. Screening is recommended after age 50. Cancer doesn't wait so neither should you. Set up your cancer screening today.

Colonoscopies Now Worth 5 HealthQuest Credits

To emphasize the importance of regular preventive screenings for Colon Cancer, the Health Care Commission has added your annual colonoscopy to the list of incentivized activities through HealthQuest. Members can receive 5 HealthQuest Credits for this screening. Members on health plans C, J, N or Q will also receive a \$50 contribution to their eligible HRA or HSA.



Fuel your Body with Nutrients this Month

From fighting fatigue to boosting your immune system, it's important to eat well in order to live well. Your body needs fuel to stay strong and healthy. Fueling your body with fresh, whole foods is one of the best health choices you can make. Keep the following healthy food suggestions in mind as you fuel your health:

- Eat more fruits and vegetables.
- Choose whole grains over processed white bread.

- Swap unhealthy snacks with healthier options like nuts or dried fruits.
- Eat a variety of protein sources such as poultry, fish, beans, or tofu.
- Limit your added sugar intake by making fruit your dessert.

Now more than ever, it is necessary to make healthy food choices that improve your immune system and make your body stronger. People who consume well-balanced diets have a lower risk of chronic diseases and infections. Once you begin viewing food as fuel, it is easier to choose foods packed full of nutrients instead of other choices that can weigh you down.

A Note from your Health Coach



There is no one-size-fits-all approach to nutrition and health. But most people can benefit from eating more fruits and

vegetables. It's a great way to add color, fiber, vitamins, and minerals to your diet. Here are the top 5 reasons you should add fruit and vegetables to your diet:

- **Full of the good.** Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats and more.
- **Free of the bad.** Fruits and vegetables typically contain no trans fat, low saturated fat, and very little to no sodium. The natural sugars they contain don't affect your health the same way added sugars do.

- **Won't weigh you down.** Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.
- **Super flexible superfoods.** All forms of fruits and vegetables can be part of a healthy diet. This includes fresh, frozen, canned, or dried. They can be eaten raw, cooked, whole, or chopped. Find your favorite way to prepare them!
- **A whole-body health boost.** A healthy eating plan rich in fruits and vegetables can help lower your risk for many serious and chronic health conditions.

Eating a well-balanced diet with nutritious foods is a great step toward better health.

Consider [scheduling a Health Coaching session](#) on your HealthQuest portal for more tips about developing healthy habits.



Guidance Resources Go Mobile!

Your Employee



Your Employee Assistance Program (EAP) is here to provide you with the resources you need to

maintain a healthy work-life-balance, including counseling, legal resources, financial resources, and assistance finding child care or other professional services.

You now have access to these resources anytime, anywhere through the GuidanceNow mobile app.

To download the app, search "GuidanceNow" in either the App Store or Google Play, click "install" and then log-in using your username and password.

Your EAP is here when you need us.

Call: TTY: 800.697.0353

Online: guidanceresources.com App:

GuidanceNow

Web ID: SOKEAP

[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 to learn more.

