



## November 2021

### Upcoming Dates & Deadlines



**November 10** - EAC Meeting, [Register Here](#)

**November 16** - Webinar: *Muscle & Joint Health - Preventing Musculoskeletal Injuries*, [Register Here](#)

**November 18** - Webinar: *Muscle & Joint Health - Preventing Musculoskeletal Injuries*, [Register Here](#)

**November 19** - Last day to earn HRA/HSA Reward Dollars

**December 1** - EAP Webinar: *Rewards and Challenges of the Blended Family*, [Register Here](#)

**December 7** - Webinar: *Workplace Safety – Ergonomics*, [Register Here](#)

**December 8** - Health Care Commission Meeting, [Register Here](#)

**December 9** - Webinar: *Workplace Safety – Ergonomics*, [Register Here](#)

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



**HealthQuest Partners with the State Workers Compensation Division for Webinar Series**

The State Self Insurance Fund (SSIF), the state's workers compensation division, is working to further support employees by integrating some of the resources available through the HealthQuest employee wellness program to help prevent or mitigate common work-related injuries.



Join David Bromberg, HealthQuest Personal Trainer, for the informational webinar series.

### **Muscle & Joint Health - Preventing Musculoskeletal Injuries**

No matter if your daily work is sedentary or active, most of us have experienced some level of job-induced physical pain or injury. In this presentation, we will identify the most common injuries that occur in the workplace, and walk through a variety of mobility and strength exercises to help you prevent future injuries.

- [November 16 at 11:00 am](#)
- [November 18 at 11:00 am](#)

### **Workplace Safety – Ergonomics**

In this presentation, participants will learn about the history of ergonomics, risk factors associated with workplace injuries, and exercises suited for different fields of work to help maintain physical health from day to day.

- [December 7 at 11:00 am](#)
- [December 9 at 11:00 am](#)

The webinars are open to all employees regardless of their participation in the HealthQuest program, including State and Non State groups. Members of the HealthQuest program will receive 1 HealthQuest credit for attendance.

[Click Here for More Information](#)



### **Telemedicine Appointments Available to All SEHP Members Over Age 2**



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.

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.

All preventive visits are provided free of cost regardless of health plan enrollment. For members of Plan A, healthcare services are provided at no cost. For members of Plans C, J, N or Q, medical visits will require a \$40 fee.

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](#)

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How do *you*  
**HealthQuest?**



### ***By getting a Flu Shot!***

So far this year, more than 13,000 HealthQuest members have received their Flu Shot! All HealthQuest members who receive their Flu Shot through the onsite flu shot clinics, the HealthQuest Health Center, or have a claim processed by their SEHP insurance will receive 3 HealthQuest Credits.

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.



### **Where can I get my flu vaccine?**

Even though the KDHE-sponsored Flu Shot Clinics are coming to an end, SEHP members can still get a Flu Shot at the following locations:

- Your Local Network Pharmacy
- Your Provider's Office
- [HealthQuest Health Center](#)

***HealthQuest members receive 3 credits for getting a Flu Shot!***

[Click Here for More Information](#)

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November  
**Health Blog**



## Financial Health

No matter how financially savvy you are, everyone can benefit from reevaluating their spending habits and financial goals. If you need some help getting started, refer to these 5 building blocks as you make daily decisions and plan your financial goals.

### Earn

- Make the most of what you earn by understanding your personal paycheck, budget, and benefits.

### Save & Invest

- No matter how large or small the amount, it's never too early to start saving for future goals. You may want to save for a house or retirement. You can also reach out to a financial advisor for help.

### Protect

- Keep your financial records in order. Regularly check your bank statements for suspicious behavior. If you haven't already, set up an emergency savings account.

### Research

- Before you spend your money, shop around and compare prices and products to make sure you get the best bang for your buck.

### Borrow

- Borrowing money can enable some essential purchases and build credit. Keep in mind that you will pay more than you borrow with interest. If you borrow too much, you will have a large debt to be repaid. It's important to be diligent about making payments on time.

If you need some additional help mapping out your monthly finances, consider using a [budget calculator](#) to divvy up your income appropriately and keep your spending habits in check.

A note from your **Health Coach**



### Managing Holiday Diet Detractors



Eating well can feel difficult during this time of year. Here are a few things to keep in mind to make it less overwhelming & help you feel your best throughout the holiday season and into the new year.

#### **Ditch the all or nothing mindset.**

You don't have to completely avoid sweets or indulgent dishes at any upcoming holiday celebrations. All foods can fit! Try to aim for a balanced plate & include more of the foods that help you physically feel your best. When you give yourself permission to include a variety of

foods all year long, you are less likely to feel tempted to binge during the holiday season. Avoid thinking of foods as "good" vs. "bad", as this can lead to feelings of guilt and shame, and spiral into less healthy eating behaviors.

**Avoid skipping meals.**

When you allow your tank to get completely empty, you are more likely to overeat at your next meal and reach for less healthy options. Set yourself up for success by eating balanced meals consistently throughout the day to provide lasting energy and adequate nutrients to meet your body's needs. Planning ahead and packing healthy meals & snacks can help you avoid eating sporadically during the work week.

### **Add more color to your plate.**

Rather than thinking about what to AVOID during this time of year, think of what you can ADD, such as more fruits and vegetables! Get in the habit of keeping these foods on hand so it's easier to eat them more often. This could be an apple with peanut butter, or carrots with hummus as a snack!

### **Drink plenty of water.**

This one is easy to forget but staying hydrated is key! Keep a large, reusable water bottle with you at all times, and set reminders to drink throughout the day if needed until you form the habit. Infuse with fruit if you need some extra flavor!

### **Manage your stress.**

It's easy to turn to food when we are feeling stressed, overwhelmed, or sad, but unfortunately, food isn't a great long-term solution. Identify some other strategies that help you manage your emotions and feel better. This could include going on a walk or doing any type of physical activity, breathing exercises and/or meditation, listening to music or a funny podcast, going to therapy, delegating tasks at work, calling a friend or family member, journaling, etc.

Allow yourself to enjoy all of fun that comes with the holiday season, including the food! Don't let it be an added source of stress. If you have questions or would like individual guidance with nutrition, you can schedule a health coaching appointment with Dietitian Shanna Hutcheson through the HealthQuest portal.

[Schedule a Health Coach Appointment Today](#)



## **Financial Resources Available through your EAP**

Managing finances requires diligence, planning and a firm understanding of financial laws and regulations. Spending and saving involves effective budgeting and a clear idea of future goals and objectives. Encountering ups and downs in finances and financial planning is normal.





All of these tasks can seem overwhelming but your EAP is here to help. From access to a Certified Financial Planner to information on saving and budgeting, and even discounts on Turbo Tax, all are available by contacting your EAP.

**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. Need an accessible alternative for an activity? Click the image above to learn more or email [SEHPHealthQuest@ks.gov](mailto:SEHPHealthQuest@ks.gov).*

**Questions about HealthQuest? Send us an email.**

[Email HealthQuest](#)

[HealthQuest Portal](#)

