



## October 2021

### Upcoming Dates & Deadlines



**Now** - Statewide Flu Shot Clinics. [Click Here to schedule an appointment.](#)

**October 12-14** - Drive-Thru Flu Shot Clinics in Topeka. [Click Here to schedule an appointment.](#)

**October 12** – EAP Webinar: Emotional Intelligence [Register Here](#)

**October 14** - Wellness Champions Webinar, [Register Here](#)

**October 15** - Last Day of Double Credits for Health Coaching Appointments, [Schedule an Appointment Here](#)

**October 18** - Health Care Commission Meeting, [Register Here](#)

**November 3** – EAP Webinar: Gratitude: A Skill for Happier Living, [Register Here](#)

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



**HSA/HRA Rewards Dollars Deadline - Nov. 19**

The deadline to receive credits for HRA/HSA Reward Dollars is November 19th, 2021!

### What does this mean?

- All of your hard-earned credits displayed in your HealthQuest account on November 19 will be awarded HSA/HRA Reward Dollars. (\$10/ 1 credit)
- Any credits deposited to your HealthQuest Portal between November 19 and December 31, do not earn Reward Dollars, and only go toward your premium incentive discount for 2022.
- You will still receive Reward Dollars between November 19 and December 31 from credits you earned before November 19.

Don't wait! Earn credits today and max out on your rewards.

Log into your HealthQuest Account to check in on your progress and earn credits.

[Check your HealthQuest Credit Balance Here](#)



**Don't wait for breast cancer to come to you.**

- ✓ **Talk with a healthcare provider** about your risk and personal screening schedule.
- ✓ **At any age**, with a self-history, parent, sibling or child history of breast cancer, **ask about getting screened.**
- ✓ **At ages 40-49**, ask about mammograms.
- ✓ **At ages 50-74**, a mammogram is recommended at least **every 2 years.**

**Don't wait for symptoms**

**Set up your cancer screening today.**

Know someone without health insurance? They may qualify for a free screening. Call Early Detection Works: 1-877-277-1368.

**Kansas** early detection works **WORK AGAINST CANCER** EMPLOYEE SCREENING STRATEGIES

## Receive 5 HealthQuest Credits for a Mammogram

October is National Breast Cancer Awareness Month and other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Members of HealthQuest who receive a mammogram will earn 5 HealthQuest credits.

Wondering how often or when you should start getting screening mammograms?

[Watch this video from the CDC to learn more.](#)

Know someone without health insurance? They may qualify for a free screening. Call Early Detection Works at 1-877-277-1368 for more information.

## How do you HealthQuest?



This past month, Employees at Winfield Correctional Facility completed “Walk the Hub 2021” - Their goal was for each team to walk a combined 1,000 miles in 16 weeks, which is the approximate distance around the KDOC “HUB” of Correctional Facilities, while promoting a healthy lifestyle and increased activity level.

They blew that goal out of the water! They had 13 teams with 98 participants for this year’s Walk the Hub. The total miles walked over the 16-week activity was 47,152! Congratulations participants!



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](mailto:SEHPHealthQuest@ks.gov) with your Name, Agency and Position (optional).

## October Health Blog



### A Strong Defense Against Flu: Get Vaccinated!



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.

## What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017 study](#) showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

(information courtesy of the [CDC](#))

## Where can I get my flu vaccine?

HealthQuest has partnered with the Kansas Department of Health and Environment (KDHE) to offer Flu Shot Clinics for State employees and other members of the State Employee Health Plan. [Click Here to schedule an appointment](#) at the date and location that is most convenient for you!

In addition to the KDHE-sponsored Flu Shot clinics, SEHP members can get a Flu Shot covered at 100% as a preventive service by using any of these methods:

- Your Local Network Pharmacy
- Your Provider's Office
- HealthQuest Health Center

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

[Click Here for SEHP Flu Shot Information](#)

A note from your **Health Coach**



## Women's Health - Preventive Exams

Women's bodies are capable of amazing things, but it is important to be proactive in order to maintain good health and avoid certain health conditions. There are a variety of conditions that women specifically are more susceptible to, and preventative exams are important to have done regularly.

- *Be sure to talk to your doctor about your personal and family medical history, as some of these recommendations will change based on your individual risk factors.*



| Preventive Exam                                    | When Recommended   | Frequency  |
|--|--|--|
| <b>Mammogram</b>                                   | Around 40 for most women   | Every 1-2 years, talk to your doctor   |
| <b>Colonoscopy</b>                                 | Age 50, or earlier if you have family history of GI conditions or cancer | Every 10 years, sometimes sooner   |
| <b>Lipid (cholesterol) panel</b>                   | Age 20 and older   | Every 4-6 years for healthy adults   |
| <b>Fasting blood glucose and/or hemoglobin A1c</b> | Early Adulthood  | With routine labs; more often with diagnosis of pre-diabetes or diabetes                       |
| <b>Dental Exams</b>                                | Starting in childhood  | Every 6 months   |
| <b>Vision Exams</b>                                | Check in childhood<br>Start at age 40 if healthy and no vision problems  | Age 60+: every year or two, more often if you wear glasses or contacts or have vision problems |
| <b>Skin Cancer check with a dermatologist</b>      | Early adulthood  | Annually, or more if at high risk  |
| <b>Bone Density Check</b>                          | Age 65 and older, or younger with higher than normal chance of fracture  | Talk to doctor based on risk   |
| <b>Pap Smear</b>                                   | Begin at age 21  | Age 21-65: every 3 years if normal<br>Age 30+: also test for HPV                               |

[Schedule a Health Coach appointment Today](#)

Employee Assistance Program



## Balancing Work, Family and Caregiving Responsibilities

Managing multiple roles and responsibilities can be challenging. If you are providing caregiving services to an elder or family member while also working and supporting your family, it is understandable to feel stressed. Consider the following information to help you successfully balance your various roles and responsibilities without experiencing burnout.



### Plan Ahead

- Create a Schedule and be honest with yourself when planning out each day. You may think you can fit many tasks into one day but try to factor in your own needs as well.

### Seek Outside Help

- Do not hesitate to seek help from others!
- Consider caregiving services to help you out. It is much better to ask for help rather than letting the quality of your care decline.

### FamilySource®

- The State of Kansas EAP offers employees and other members of their immediate household access to FamilySource®, which can assist in researching, locating, and connecting you to programs and options available to help those caring for their relatives.

Request assistance in finding a support group, Adult Daycare, Childcare, or Caregiver support, by calling the State of Kansas dedicated EAP number at 888-275-1205, Option 1. A customized packet will be provided to your family and/or you within 5-7 days of the request and can be emailed, faxed or expressed mailed.

[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 [SEPHHealthQuest@ks.gov](mailto:SEPHHealthQuest@ks.gov).*

---

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

[Email HealthQuest](#)

---

[HealthQuest Portal](#)



**Manage Subscriptions**

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

---