



July 2021

Upcoming Dates & Deadlines



July 19-30 - Wondr (formerly Naturally Slim) Session #4
Registration Open - [Register Here](#)

July 20 at 9:30 am-1:30 pm - Welcome Back Wellness
Fair. Capitol building, 1st floor rotunda

July 23 at 1:30 pm - Health Care Commission Meeting -
[Register Here](#)

July 25 - Last Day to Register for the HealthQuest Fun
Run - [Register Here](#)

July 26 - First day to log your Fun Run time

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

August 4 - EAP Webinar Running on E: Adding Energy
and Passion to Your Work and Life - [Register Here](#)



New: Employee Assistance Program Digital Toolkits

Your Employee Assistance Program (EAP) has assembled comprehensive toolkits for some of their most frequently used resources. These toolkits are available by logging in to the GuidanceResourcesOnline website, select more from the menu bar and then Digital Toolkits.



Toolkit Topics include:

- Diversity & Inclusion
- Financial Wellness
- Physical Health
- Mental Health

[Click Here for Guidance Resources](#)

NEW: Receive 3 Credits for Self-Reporting your COVID-19 Vaccination



You can now earn 3 HealthQuest Credits by self-reporting your COVID-19 vaccination. Log in to the HealthQuest portal, click on the COVID vaccine image on the righthand side of the screen, complete a short questionnaire, and click submit. Your credits will be awarded instantly!

[Self-report your COVID-19 Vaccination](#)

Welcome Back Wellness Fair - July 20, 9:30am-1:30pm

No appointments necessary

To re-introduce the HealthQuest wellness program and benefits to employees after a long period away from the office, the SEHP will host a Welcome Back Wellness Fair on Tuesday, July 20 from 9:30am-1:30pm, in the Capitol Building's 1st Floor Rotunda (please enter through the Capitol Visitors Center on the North side of the building).



Event Activities:

- Register for HealthQuest
- Learn to navigate the HealthQuest portal & check in on progress
- Register for the next session of Wondr (Formerly Naturally Slim)
- Make well exam, coaching, and biometric screening appointments at the HealthQuest Health Center in Downtown Topeka
- Learn about the Employee Assistance Program (EAP) services available to employees
- Leave with a handful of goodies!

Onsite Representatives:

- Wondr Health
- HealthQuest Coaches and Service Team Members
- KPERS 457
- HealthQuest Health Center by Marathon Health
- Employee Assistance Program (EAP), ComPsych

[Click Here for a Printable Flyer](#)



If you haven't already, register for the Inaugural HealthQuest Fun Run by **Sunday July 25**, and put your training to the test! 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.

A FREE race t-shirt is available to the first 3,500 registrants!

[Register Here](#)



July 23 is the last day of the double credit Coaching Promotion!

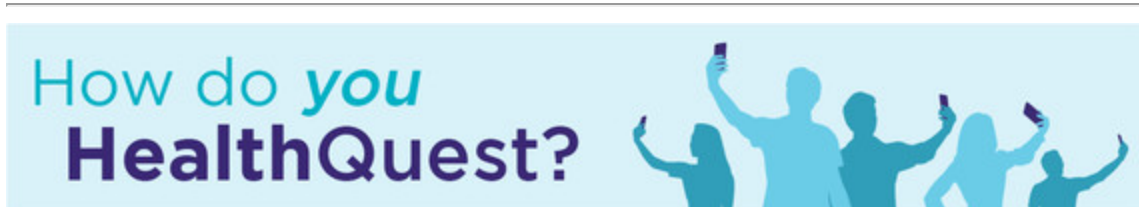
Earn 2 credits per coaching appointment, up to a maximum of 15 credits, through July 23!

Talk to a coach about:

- How to work out in the summer heat
- Easy healthy meal ideas for the family
- Staying motivated and handling stress
- Much, much more!

Sign up for a virtual Health Coaching appointment today in your HealthQuest portal or by calling 888.275.1205, option 3. Need help scheduling an appointment? [Watch a tutorial here.](#)

[Schedule a Coaching Appointment Today](#)



This month, many members are participating in the Virtual Race Training physical activity challenge. Below are how some of our members get in their physical activity.

Dozens of state employees and their families recently HealthQuested by participating in the Norton Correctional Facility Employee Activity Committee's annual Great Escape 5K Run/Walk event which was hosted on the facility's grounds on June 26th.



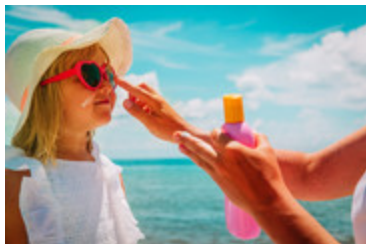
One of the most unique 5K events in the state, this year's Great Escape featured the highest number of participants in the history of the event! The Great Escape is fun, family-friendly, open to the public and participants of all ages and fitness levels, and helps encourage everyone to lead a healthy lifestyle.

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).

July Health Blog



Summer Skin Care



Your skin is the largest organ of your body, so it's important to properly care for it all year. Take the following precautions to protect and preserve your skin before venturing out into the summer sun:

- **Sunscreen:** Apply a broad-spectrum sunscreen with SPF of 15 or higher. Remember to reapply every 2 hours.
- **Avoid the sun:** The sun is most intense from 10 a.m. – 2 p.m. Try to avoid being outside for long periods during this time frame.
- **Eye protection:** Wear a pair of sunglasses with UVA and UVB protection. Sunglasses help prevent

cataracts and protect the thin skin around your eyes.

- **Head gear:** A wide-brimmed hat or baseball cap are great choices for getting some extra protection for your face, neck, and ears.
- **Medication:** Some over-the-counter medications and antibiotics increase your sensitivity to sunlight. If you're taking any medication, check with your pharmacist regarding side effects.

A note from your **Health Coach**



Get Familiar with your Skin

Following the guidelines above are important to keep your skin looking healthier and more youthful, but even a skincare pro can overlook some warning signs of skin cancer. In addition to your normal skincare routine, start performing a skin check once a month to look for any areas of concern.

During a skin check, follow the **ABCDEs of skin cancer:**

- **Asymmetry:** Watch for moles that are irregular in shape.
- **Border:** Look for moles or markings with uneven or jagged borders.
- **Color:** Check for any color variation within a mole.
- **Diameter:** Moles should be no larger than $\frac{1}{4}$ inch in diameter.
- **Evolving:** Watch for moles that change size, shape, color or that tend to bleed or itch.

If you have any concerns about your skin, schedule an appointment with a dermatologist who can perform a more thorough skin examination.

Making a habit of these skin safety guidelines is vital to help protect your body's barrier against the harmful rays, and will help lower your chances of getting skin cancer.

[Schedule a Health Coach Appointment](#)

Employee Assistance Program





Maintaining Work-life Balance with your EAP FamilySource Team



Our FamilySource team from your GuidanceResources® EAP program can help with a wide range of needs. Whether it's locating child care, elder care or educational services, setting up an ergonomic home office or even planning for that long-delayed vacation, we're your one-stop solution.

When you call with a request to help or check something off of your to-do list, our Resource Specialists spring into action. We do all the research for you, answering your questions and offering a packet of detailed information that can be faxed, emailed or sent by second-day air. You can then contact the resources provided in the packet and decide which best suits your needs. Call us anytime at 1-888-275-1205, Option 1 for help locating resources on virtually any topic, including:

Pet Care

- Insurance
- Veterinary services
- In-person or online pet training resources
- Emotional support

Support Groups

- Grief
- COVID survivors
- Stress management
- Caregiver burnout

Education

- Scholarships
- Colleges
- Tutoring
- Remote learning resources

Home Fitness

- Top-rated equipment
- Ellipticals, stationary bikes, treadmills
- Free weights and benches
- Online apps and classes

Other Concerns

- Moving, relocation or home repair
- Making major purchases
- Child and elder care recommendations
- Safe outdoor activities and vacation planning

[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 here to learn more.](#)

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](#)

