



July 6, 2021

## State Employee Health Plan Member Newsletter

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### A Letter from the Director

Our staff is committed to providing you with excellent customer service every time. Should you ever have any questions, please don't hesitate to [contact our staff](#). We strive for a 24-hour resolution time whenever possible.

In addition, the team at the SEHP is diligently preparing for the upcoming Open Enrollment period scheduled for October 1-31. At the [June 18 Health Care Commission meeting](#), the commission made some adjustments to the health plan for 2022, including:

- Avesis will be our new vendor for vision benefits.
- Plan A Deductible amounts are reducing to \$900/single and \$1,800/family.
- Plan A Out-of-Pocket (OOP) Maximum is reducing to \$5,250/single and 10,500/family.
- Plan A reducing the primary care copay from \$40 to \$30.
- Plan C OOP Maximum is reducing to \$4,500/single and \$9,000/family.
- Plan Q will no longer be offered as a medical plan option.
- All Plans - Preferred Brand Name Drugs coinsurance is reducing from 40% to 35%.
- All Plans - Non-Preferred Brand Name Drugs coinsurance is reducing from 65% to 60%.
- In 2022, State of Kansas Employee medical rates for employee and employee/children premium deductions will remain the same, while employee/spouse and employee/family premium deductions will be reduced by 2%.
- Effective July 1, 2022 Employer medical rates will increase 5%.



- For Health Savings Accounts and Health Reimbursement Accounts (HSAs and HRAs), our new vendor will be MetLife.
- Employee Dental rates will increase 3.3% January 1, 2022.
- Employer Dental rates will increase 3.3% July 1, 2022.

Further information will be provided during Open Enrollment.

Please contact me with any questions or suggestions on how we can better serve you.

Thank you.

[Janet Stanek](#)

Director

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## Important Dates & Deadlines



- **July 19-August 1** - Wondr Health (formerly Naturally Slim) Session #4 Registration - [Waitlist Here](#)
- **July 23** - Health Care Commission Meeting - [Register Here](#)
- **July 25** - HealthQuest Fun Run Registration Deadline - [Register Here](#)
- **August 19** - Employee Advisory Committee (EAC) Meeting - [Register Here](#)
- **August 24** - Health Care Commission Meeting - [Register Here](#)
- **October 1-31** - Open Enrollment Period

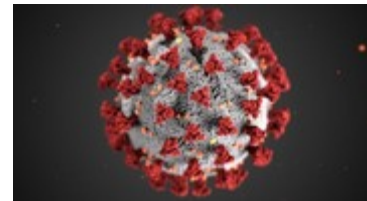
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## COVID-19 Related Benefits

### *Return to Normal Benefits...*

As part of the state's comprehensive response to COVID-19, the State Employee Health Plan has made a change to the coverage of benefits related to COVID-19.

Effective May 29, 2021, your SEHP medical benefits started covering COVID-related services according to the REGULAR provisions of your medical coverage. COVID-related services will be subject to all copays, deductibles and coinsurance provisions when received from network and non-network providers.



### **The SEHP will continue to cover the following related to COVID-19:**

- **COVID-19 Tests** are available for all state employees, all employees of active Non State employers, and all spouses and dependents over 10 years of age covered by the State Employee Health Plan at the HealthQuest Health Center in Topeka. Curbside testing is available by appointment only. To schedule an appointment, please call 785-783-4080.
- **COVID-19 Tests** are also available at no cost through the public health response effort. Statewide locations for testing are available [here](#).

- **COVID-19 Vaccinations** will continue to be covered at 100% as a preventive care service. Visit the CDC's Vaccine Finder for locations near you.

[Read Complete Memo Here](#)

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## **HealthQuest Offering COVID Vaccine Incentive**

### ***Three HealthQuest Credits Now Available!***



On June 18, 2021, the Health Care Commission voted to provide an incentive of three (3) HealthQuest credits for members that receive a COVID-19 vaccination and report it through the HealthQuest portal. Members may receive their COVID Vaccine incentive any time during 2021, even if they received their vaccine prior to this announcement.

Members will receive an email from HealthQuest announcing the new incentive and will be able to self-report their vaccinations through the [HealthQuest portal](#).

Once a member is logged in, they will need to click on the COVID-19 image on the right-hand side of the screen, complete a short questionnaire and click submit. The credits will populate instantly.

Members can learn more about the COVID vaccine by visiting [kansasvaccine.gov](#) and can locate a vaccination site by visiting [vaccines.gov](#).

[Read Complete Memo Here](#)



## **Inaugural HealthQuest Fun Run**

### ***Earn HealthQuest credits for participating***

Over the past year, our lives have been altered by COVID-19, delaying personal goals, throwing fitness routines off schedule and testing our abilities to maintain a healthy diet.

Your HealthQuest team wants to provide the motivation and toolkit to put those things in the past with the announcement of the Inaugural HealthQuest Fun Run, a virtual 10k/5k/1 mile event.

This event is available to all benefits-eligible State Employees, spouses covered by the State Employee Health Plan (SEHP), and dependents over the age of 18 covered by the SEHP.

The event is VIRTUAL, which means you can run, walk, roll, hike or skip the distance of your choice, wherever you wish! Choose the distance, time and location that works for you!

Registration for the virtual event will be open June 21-July 25, 2021.

Log one or more distance times in your Fun Run portal between July 26-August 20 to receive five (5) HealthQuest credits!

[Click Here for More Information](#)



### ***Did you know...***

Prices for the exact same quality medical services can vary from hundreds to thousands of dollars depending on the location in which you receive them.

SEHP members with Blue Cross Blue Shield of Kansas coverage have access to SmartShopper, the shopping and savings program for your medical care. SmartShopper saves you money on your share of the cost when you need a medical procedure or screening. SmartShopper also earns you a cash reward just for choosing to have the procedure at a high-quality location that saves you money.

The types of procedures that SmartShopper can assist with include, but aren't limited to:

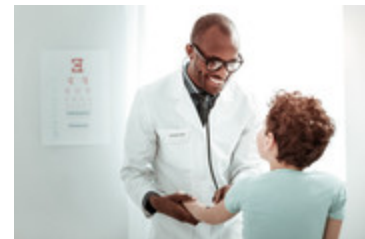
- Colonoscopy
- Surgeries
  - Gall Bladder Removal
  - Hip Replacement
  - Knee Replacement
  - Shoulder Arthroscopy
- Mammogram

[Click Here for More Information about SmartShopper](#)

## **Network vs. Non Network Providers**

### ***Why is it important to me?***

When you are seeking care, there can be a drastic difference in your costs depending on if your selected provider is a Network or Non Network provider. Some procedures require collaboration between a hospital, a doctor and a lab, each may or may not be part of your Network.



Network Providers accept the plan allowance as payment in full and saves you money. Non Network Providers have not agreed to accept the plan allowance. This means that in addition to your required Out-of-Pocket cost, any amount above the plan allowance will be your responsibility. Your Out-of-Pocket maximum, which includes your deductible, coinsurance and copays, accumulates separately for Network and Non Network providers.

Insurance and copays, accumulates separately for Network and Non Network providers. Even when a provider indicates that they “take your insurance,” that does not always mean they have a contract with your insurance company and may still lead to you incurring unexpected costs. To be sure you are using a Network Provider, check the Provider Directory. Provider Directories are available through the SEHP website.

To locate a Network Provider, click here:

- [Aetna](#)
- [Blue Cross Blue Shield of Kansas](#)
- [Delta Dental](#)
- [CVS/Caremark](#)
- [Surency](#)

*If you're not sure if a provider is a Network provider, please call the SEHP or your plan network customer service line directly. The SEHP can be reached at 785-368-6361 or [SEHPBenefits@ks.gov](mailto:SEHPBenefits@ks.gov).*

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## Save Money on Your Prescriptions

### ***Register an account with Rx Savings Solutions***



Many of us rely upon prescription medications to get through our day, but those medications can be expensive, especially at the beginning of the year before your deductible has been met.

[Rx Savings Solutions](#) is part of your benefits through the State Employee Health Plan. They look out for you and notify you when you have a potential savings opportunity, whether it be by taking a different medication to treat the same condition or to purchase the same drug at a different pharmacy for less.

RxSavings can also take the stress out of changing prescriptions. They'll work with your doctor and your pharmacy on your behalf.

Dusti is a State of Kansas employee who has seen firsthand how Rx Savings can work for you. [Click here to hear her story.](#)

[Register for an Account](#)

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## Employee Assistance Program (EAP) Resources Available

### ***Languishing: an absence of mental health***

Languishing is an absence of mental health that does not necessarily rise to the level of mental illness; we're functioning but finding it hard to cope. So we are not



functioning but finding it hard to cope. So we are not experiencing any critical events, but life does not seem as fulfilling or even as enjoyable most of the time. Languishing has been associated with lower level of functioning, including absenteeism from work and failure to perform daily activities, such as exercising or completing household chores. Below are some tips to help pull you out of this feeling or to even prevent it.



**Connect with Others:** Maintaining meaningful relationships positively influences mental and emotional health.

- Plan dedicated time to spend with family and/or friends to minimize distractions where possible and encourage positive dialogue.
- Communicating your schedule or letting others know when or how they can best get in touch with you is an effective way to stay connected at your convenience.
- Check out your local community website, Facebook group or similar online gathering spots to share tips or just to relay stories about how you're spending your time.

**Commit to a Routine:** Creating and following a daily work routine can help you stay focused and organized throughout the day.

- Plan out your time. Write it down and post it in a prominent place as a visual reminder.
- Try to follow your routine. Distractions and interruptions happen, but try to stay on track where and when possible.
- As part of your schedule, plan activities to do on different days to encourage a variety of purpose each day.

**Keep Active:** Build physical activity into your daily routine. Even if you don't have home exercise equipment, there's still plenty you can do.

- Vigorous cleaning such as mopping and wiping down windows burns calories
- Walk or jog up and down stairs
- Check out online exercise workouts
- Stretch, try a few yoga poses or do simple calisthenics like jumping jacks
- Sunlight, Fresh Air, and Nature: Seek out sunlight, fresh air, and nature as they are vital to mental health and well-being.
- Get as much natural sunlight as you can. Spend time in your yard, or sit in an open window or on your doorstep.
- Stroll around your neighborhood or nearby park or take a hike at a local nature trail.
- Take up gardening or plan and complete outdoor home improvements, such as, new landscaping.

**Hobby Time:** Setting time aside to be involved in a personal hobby can contribute to a strong of a sense of purpose. If you don't already have a hobby, consider one of the following:

- Arts and crafts, such as drawing, painting, collage and sewing
- Home improvement projects or woodworking
- Start journaling or writing

*If you are experiencing life challenges, your EAP is here to help. Click the link below for more information. Your EAP offers free counseling resources, professional financial advice, assistance locating childcare, and much more!*

## The HealthQuest Health Center is Here for You

### *Health Coaching: Available In-Person or Virtually*



**by Dr. Reynolds, HealthQuest Health Center**

Summer is here! Being outside engaging in activities, especially with extreme heat, can lead to a list of health risks if we do not take precautions, these include: dehydration, heat exhaustion, strains/sprains, and other physical injuries. On the other hand, increased activity can be healthy and help with weight loss or weight management.

Working with our health coach, to help you create your summer fitness goals, weight management goals, and/or helping you understand how to prevent injuries, dehydration or heat exhaustion, can help keep you active and healthy all summer long.

#### **What is health coaching?**

Health coaching is a partnered approach to help improve your quality of life by using evidence-based conversation, interventions and strategies to change a behavior. The Health Coach is there to help keep you accountable, motivated, and offer support along the way. Health coaching can address many chronic diseases, including but not limited to:

- Chronic Lung Diseases
- Heart Failure/CAD
- Hypertension
- Depression
- Metabolic Risk Syndrome
- Diabetes
- Obesity
- Rheumatoid/Osteoarthritis
- Diet and Exercise
- Smoking Cessation
- Sleep Apnea

Susan Hellman, RN is the health coach at the HealthQuest Health Center located at 901 S Kansas Ave. She is a Registered Nurse and a Certified Personal Trainer and is here to help you reach your lifestyle goals. Susan is available by appointment for in-person or virtual appointments. All health coaching appointments are covered at 100% as a preventive care service.

*All members, spouses and children over age two that are covered by the State Employee Health Plan are eligible to use the HealthQuest Health Center in Topeka. To schedule an appointment, click the button below or call (785) 278-4080.*

[Schedule an Appointment](#)

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## Session 4 Wait List is Now Open for Wondr Health (formerly Naturally Slim)

### *All New Content*

Have you been waiting for just the right time to experience the Wondr Health program? Well, now is the perfect time!

All members that register for Session #4 will be the first class to experience the new program content.



In conjunction with the rebrand to Wondr Health, enhancements were made to continue program innovation: refreshed videos for greater impact and effectiveness, additional instructors with diversified areas of expertise, streamlined program content for more effective learning, and increased personalization through tailored learning tracks.

Participants in the program will learn the same fundamentals of the Wondr program but each participant receives unique guidance regarding how those fundamentals should be applied to their situation and lifestyle.

- Participants have three physical activity tracks to choose from, including a first-of-its kind occupational activity track, with tailored content designed to meet individual goals, needs, and circumstances. Participants with physically demanding jobs get tailored activity coaching to address the unique challenges they face, which are different than someone with a more stationary desk job.
- Participants receive tailored curriculum based on specific eating patterns and communications based on their results, goals, and needs. For example, an individual with eating habits that qualify them as an “emotional eater” would receive unique instruction compared to someone considered as a “social eater.”
- Participants receive a variety of mind-body stress management strategies personalized to build better life balance.

To learn more about the program and participation, visit  
[www.naturallyslim.com/kansashealthquest](http://www.naturallyslim.com/kansashealthquest).

[Click Here for More Information](#)

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