

HealthQuest Newsletter | November 2020

It's the most wonderful time of the year! As we near the end of 2020, you deserve to kick your feet up and relax this holiday season. The Employee Assistance Program, Health Quest's Health Coaches, and a HealthQuest reward are all here to help you end the year on a good note. Follow along to get advice on how to utilize these benefits, and maneuver this Holiday Season safely.

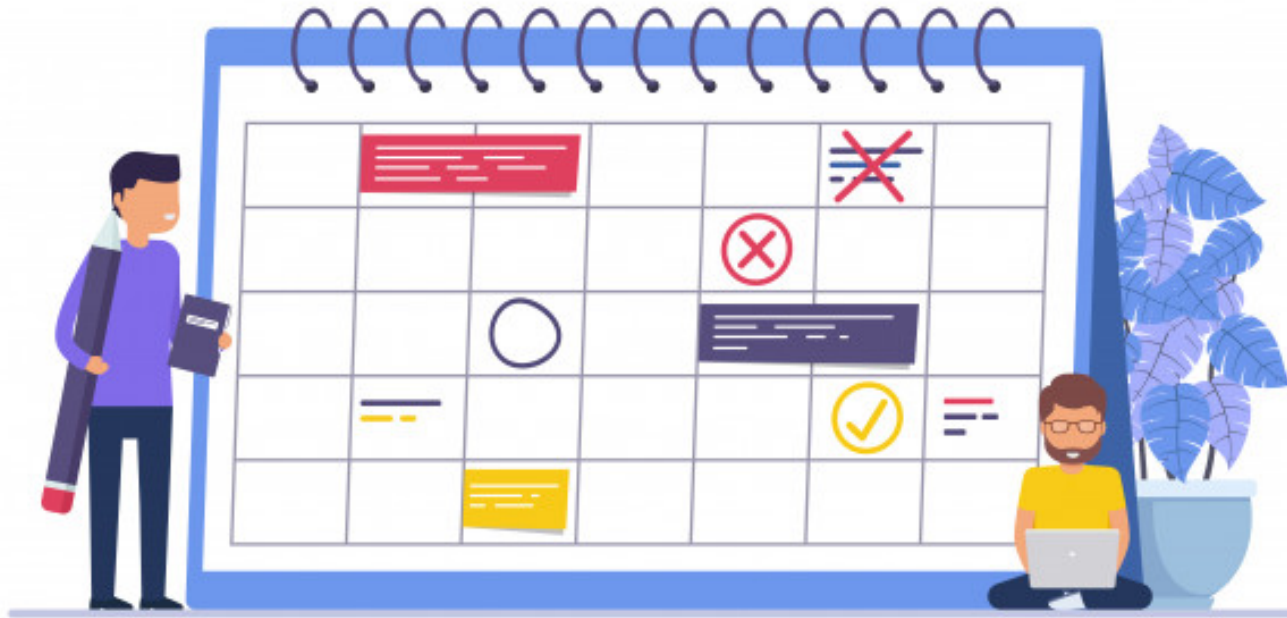


Happy Holidays from the HealthQuest Team!

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2020 Program Reminders & Upcoming Events



November 19, 2020	November Wellness Champion Network Webinar (11am-11:30am CST) Join the Network Today
November 20, 2020	Employee Flu Clinic at Landon State Office Building (8am-12pm CST) Schedule an Appointment
November 23rd, 2020	Deadline to Order a Home Test Kit This date allows time for Home Test Kits to be sent and submitted before the 12/11 deadline Order a Kit Today
December 26, 2020	Deadline to Submit Physician Form Downlaod the Form Today
December 31, 2020	LAST DAY to earn credits toward your 2021 premium discount of \$480 Learn How to Earn P.S.- You only need 20 credits!

Holiday Resources from your Employee Assistance Program

How Your State of Kansas EAP Can Help You This Holiday Season:

- Creating a budget for holiday spending.
- Locating the perfect gift for a loved one that is difficult to buy for.
- Finding the right temporary childcare during school break.
- Reviewing available eldercare options.
- Help in making a big purchase.
- Staycation planning to make the most of your time at home.



Web: Visit [Guidance Resources Online](#) on your computer, tablet, or mobile device



Phone: Call your EAP at 1.888.275.1205, Option 1. Available 24/7.

Naturally Slim Session 4: Success Stats

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Congratulations to the 915 participants in 2020's final session of Naturally Slim!

The results are fantastic!

- The total weight lost for the group was over 3,700 lbs
- The average number of sessions completed in the first 10 weeks was 8.7
- 30% of participants achieved >3% body weight loss and reduced their risk of developing Type 2 Diabetes and other serious chronic conditions

Below are three testimonials from State of Kansas participants. The first testimonial is a great example of why we encourage participants to re-engage in our program.

- *"I did this program through my work about 3 years ago and it worked well. Some of the nurses at work were calling me "Skinny Dave." I held a steady weight since then, but noticed that I was starting to gain again and wanted to get some reinforcement and when the option was offered again, I took it. I am back down now."*
- *"I certainly appreciate the free opportunity to sign up for NS. I do believe it will help me function better at my job and in my family. The topics covered helped me change my thoughts about so many aspects of my health, and the weekly videos make them memorable. This was a great investment of my time! Thank you!!"*
- *"I am grateful to have had the opportunity to take Naturally Slim. Thank you so much for bringing it to life, It really is a godsend in many ways."*

[Join the Waitlist for the first session in 2021 today!](#)

KDHE Corner

Virtual WALK WITH A DOC

November 19, 2020



If you have 15 minutes to walk, do it with a Doc.

Join the Kansas Department of Health and Environment (KDHE) for this year's virtual Walk with a Doc Event. Follow KDHE on Facebook (@KDHENEWS) and on Nov 19, check back for our Walk With a Doc video to hear from health experts on topics relevant to Kansas. Share Pictures of your virtual walk using the Hashtag #KSWalkwaDoc and #KSPowerOfRural.

For more information, email kdhe.ruralhealth@ks.gov.

Employee Flu Clinic: Success Stats



**GET YOURSELF AND YOUR FAMILY
VACCINATED!**

A yearly flu vaccine is the first
and most important step in
protecting against flu viruses.

#FIGHT FLU



KDHE's Kansas Immunization Program has been hard at work administering Flu Shots to employees across the state. Their team of skilled nurses have selflessly tackled the logistics and precautions of running clinics in the midst of the "Twin-Demic," and have succeeded in administering over 2,500 Flu shots to Kansans at several clinics state wide.

Thank you for keeping Kansas Healthy!

Register for the last open flu shot clinic at the Landon State Office Building in Topeka, on November 20th from 8am-12pm.

[Click here to register](#)

[Click here](#) to learn about more ways to receive your seasonal flu shot, covered at 100% by The State Employee Health Plan.

Letter From The EAC President

State Employee Health Plan Members,

The Employee Advisory Committee (EAC) for the State Employee Health Plan's Health Care Commission has commissioned the Docking Institute at Fort Hays State University to conduct an online survey of all active state employees and direct bill members.

You should have received an emailed invitation the afternoon of November 12th from the Docking Institute at docking@fhsu.edu. These emails went to the address that you indicated is your preferred location for benefits-related materials. For some, that may be a Gmail, Yahoo, or other personal email address. If you do not see it in your inbox, please check your spam, promotions, or "other" folders.

If you have not yet completed the survey, you will receive a second email the afternoon of November 19, 2020.

This is our chance as employees and retirees to provide feedback on the benefits plans offered and the HealthQuest wellness program. The EAC will present this feedback to the Health Care Commission in January to help guide future plan design and policy decisions regarding the health plans and HealthQuest.

We urge you to share your feedback by taking the survey! Your participation is very important to a successful assessment.

The Docking Institute will author a technical report on grouped data only. This means that all identifying data will be removed, ensuring your privacy is maintained.

The EAC is a 21-member committee comprised of 18 active state employees and three retired state employees, so we know how important these benefits are to your family's financial security. The EAC was established by the Health Care Commission to advise it on matters related to health care benefits of state officers and employees and to assist in the development of policy with respect to such benefits.

Should you have any questions, please contact the EAC at EAC@ks.gov.

Sincerely,

Natalie Yoza, EAC President