

# HealthQuest Newsletter | October 2020



## The HealthQuest Newsletter got a makeover!

This month, we're launching our new and improved newsletter! It's just another step in our master plan to improve your HealthQuest experience, and keep you in the know on program updates and events.

Happy HealthQuest-ing!

- Signed,

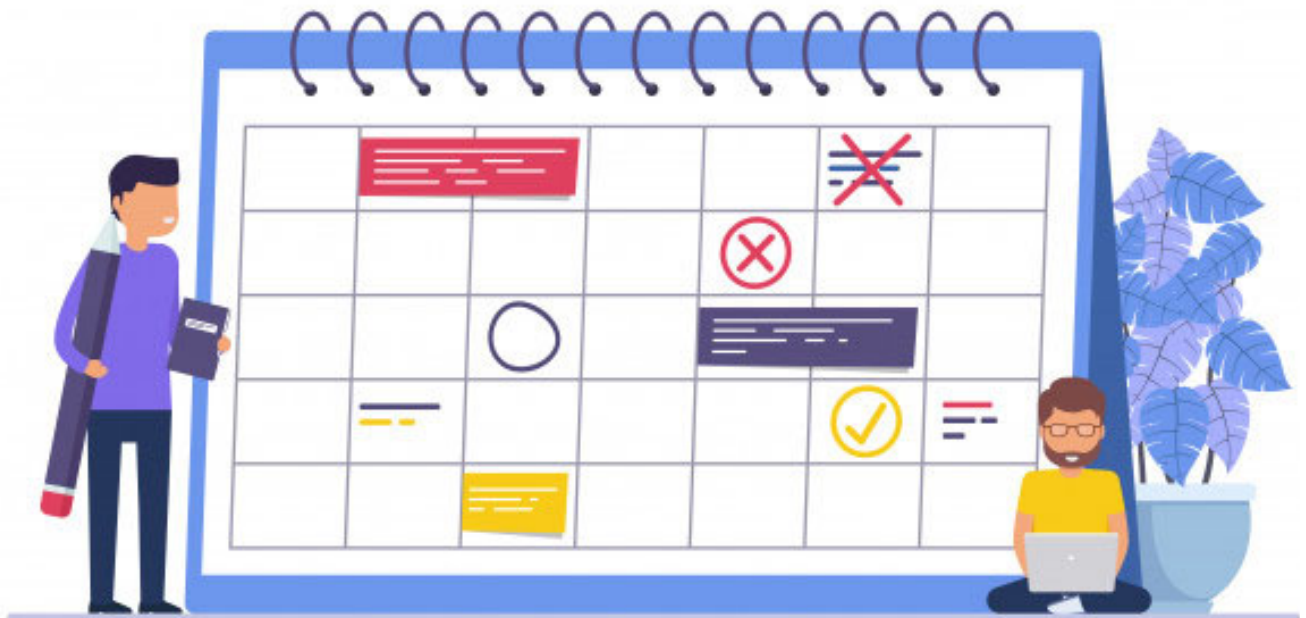
The HealthQuest Team



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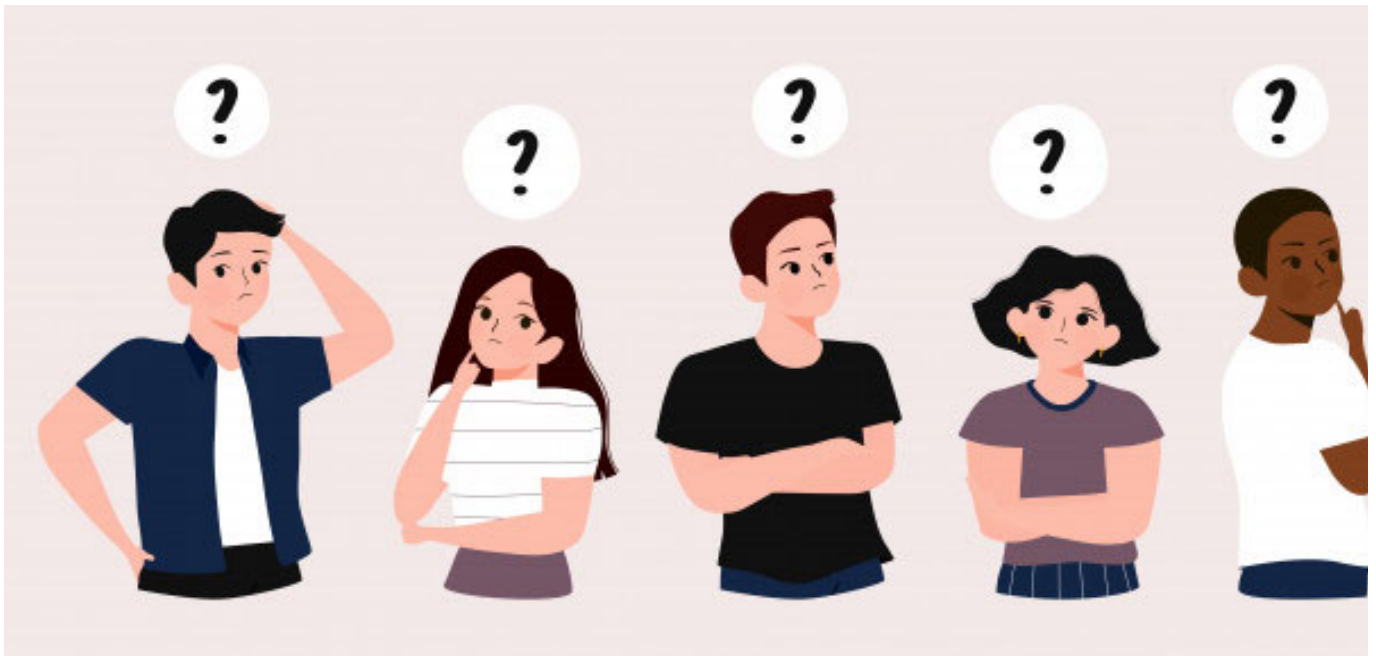
## 2020 Program Reminders & Upcoming Events



<p><b>November 18th, 2020</b></p>	<p><b>LAST DAY to earn credits towards your HRA/HSA rewards</b></p> <p>P.S.-Each (1) HealthQuest credit is worth \$20 in HealthQuest rewards, up to \$50 per employee and \$500 per covered spouse</p>
<p><b>November 12th, 2020</b></p>	<p><b>November Wellness Champion Network Webinar</b></p> <p><a href="#">Join the Network Today</a></p>
<p><b>December 31st, 2020</b></p>	<p><b>LAST DAY to earn credits toward your 2021 premium discount of \$480</b></p>

P.S.- You only need 20 credits!

## HealthQuest-Fact or Fiction?



In this new portion of the Newsletter, we will answer frequently asked questions related to HealthQuest-Fact or Fiction style!

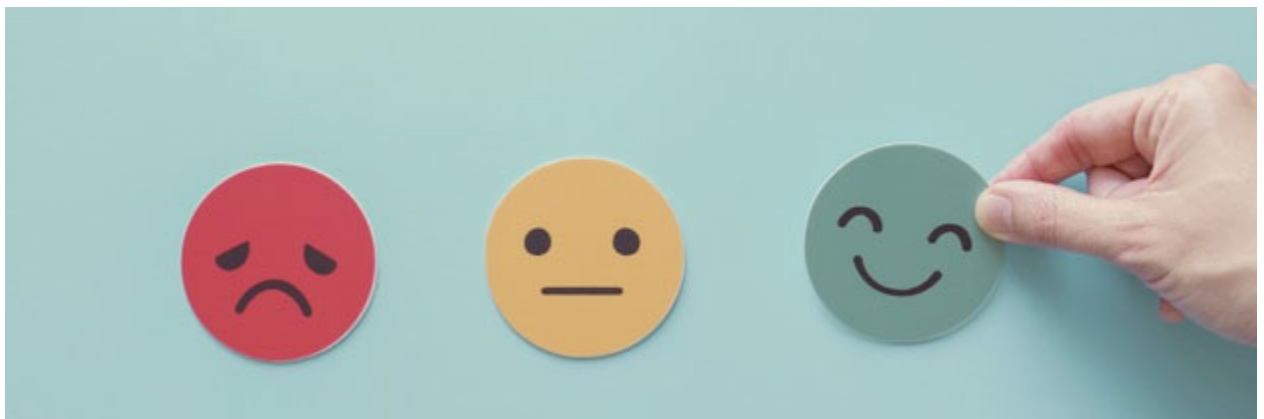
**"You NEED to complete a Biometric Screening in 2020 to receive the 2021 premium discount"**

### **FICTION!**

All HealthQuest activities are voluntary. You may choose to earn 20 credits however you please!

<p><b>"You NEED to open a 2020 HealthQuest portal in order to earn your rewards in 2021"</b></p>	<p><b>FACT!</b></p> <p>In order to reap the benefits from all those doctor visits and biometric screenings, you have to have a 2020 portal!</p> <p><a href="#">Register for your 2020 Portal</a></p>
<p><b>"Earning 20 HealthQuest Credits is time consuming!"</b></p>	<p><b>FICTION!</b></p> <p>You can earn 20 credits in 60 minutes. Ever been paid \$480 an hour? Now's your chance.</p> <p><a href="#">Learn How To Earn</a></p>

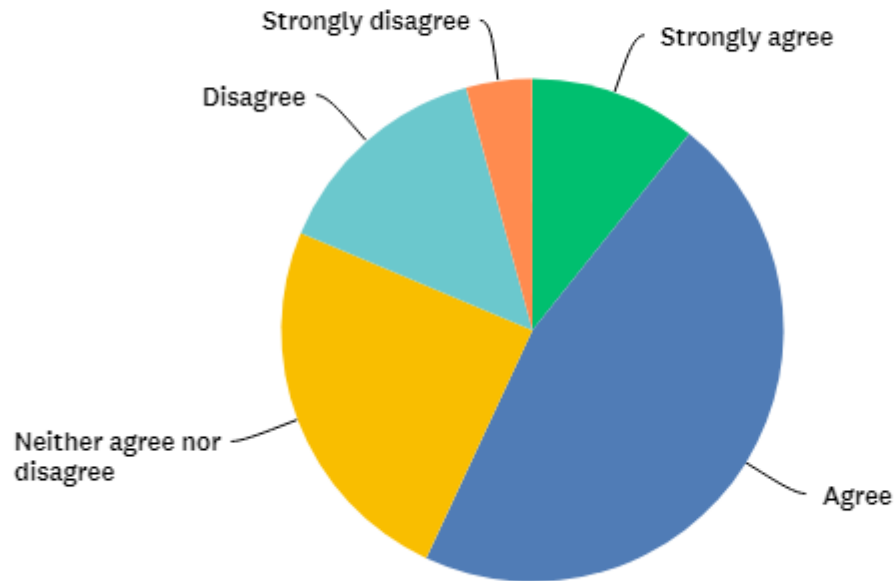
## HealthQuest Survey- The Results are In!



**Thank you to the 3,957 respondents on our 2020 HealthQuest Survey. Your feedback drives our strategy moving forward. Below are results we gathered from you!**

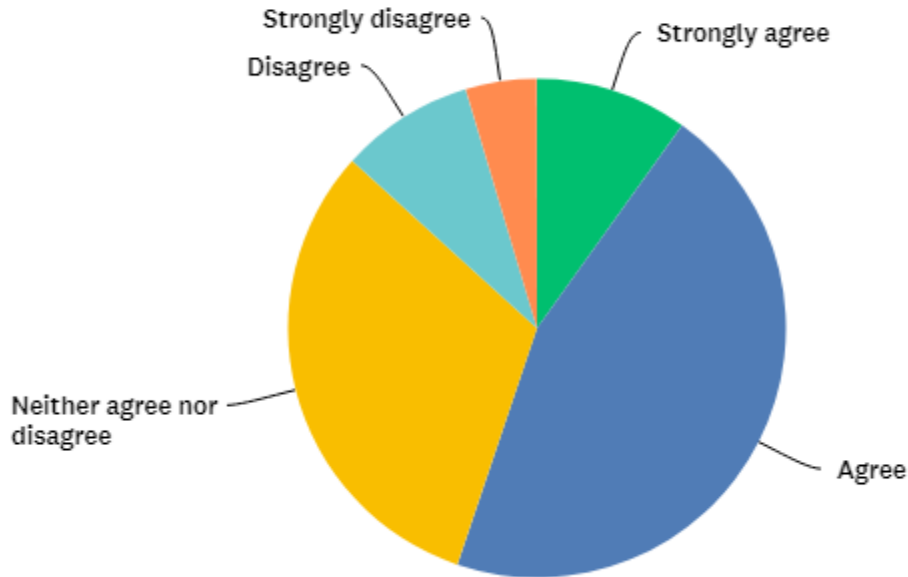
The NEW 2020 HealthQuest portal is easy to use and navigate.

Answered: 2,913 Skipped: 1,044



The HealthQuest wellness program helps me improve or maintain my overall health.

Answered: 2,926 Skipped: 1,031



**Be proactive and get it checked!**

It's important to get regular checkups and screenings such as annual well-visits, cancer screenings, sensory screenings, and immunizations to find early signs of common diseases and conditions. **The benefits of regular checkups and screenings include:**



**Reduce your risk**  
of getting sick



**Early detection**  
of disease & conditions



**Increase chances** for  
treatment



**Improve health**  
and increase lifespan

For more information about staying healthy during COVID-19, or if you want to talk to someone about your health, [schedule a free Health Coaching session](#) through your HealthQuest Portal.

Source: *WebMD.com, CDC.gov*



## Healthy Mind, Healthy Body, Healthy Women

Developing healthy habits that keep the mind and body strong is important to protecting a woman's health at any age, especially during COVID-19. Practicing these habits, while breaking bad ones, can help lower health risks and increase overall well-being.

### Some recommended healthy habits include:

- **Get regular screenings and checkups.** Preventive care can keep disease away or detect problems early, when treatment is more effective.
- **Eat healthy.** Develop healthy eating and drinking patterns by preparing nutritious meals to avoid unhealthy food and diets.
- **Be physically active.** Women of all ages and abilities are encouraged to get active in order to improve quality of life and lower risk of conditions.
- **Practice safe behaviors.** Quit smoking, always wear your seat belt, and refrain from texting and driving.
- **Pay attention to your mental health.** Seek professional help if you are feeling down, not getting enough sleep, or managing stress poorly.

With practice, these habits can become the foundation for a lifetime of good health. For more information about staying healthy during COVID-19, or if you want to talk to someone about your health, [schedule a free Health Coaching session](#) on your HealthQuest Portal.

Source: *WebMD.com, CDC.gov*

**Questions?** Contact HealthQuest at 1.888.275.1205, option 3, or email us at [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com)

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### Available from your GuidanceResources Program: Brain Health

## How do I improve my brain fitness?

Although there is no scientific evidence to support the effectiveness of brain training games, engaging critical thinking can make you more intelligent. In other words, the more you learn, the smarter you can become. Challenging yourself stimulates different parts of your brain, builds self-confidence and decreases your risk of diseases like Alzheimer's and dementia.

A simple way to improve your brain fitness is to consider your curiosities. Is there an instrument or sport that you would like to learn how to play? Is there a language you would like to learn? Once you determine an interest or two, you can start taking the necessary steps to begin your new hobby. Keep i



mind that it takes time and effort to develop a new skill it is impossible to learn a language or and instrument overnight. Try not to get frustrated with yourself if your hobby does not come naturally it is a part of the learning process. Remember that you are learning for the sake of it, not to perfect your hobby right away. With perseverance, you will be able to learn the new skill and improve your mental fitness along the way.

There are many other ways you can strengthen your brain. Try breaking up routines, reading books, eating healthy fats (e.g., fish oils, nuts and seeds) and practicing mediation as you begin to engage in your new hobby.

Every person is stimulated by different interests and curiosities. Think about what you would like to achieve and get to work. After all, it is good for your brain.

## Can memory loss be prevented?

It is normal to forget things once in a while. However, forgetting how to make change, use the telephone or find the way home may be signs of a more serious memory problem. If you are worried about your own memory loss or the memory loss of a loved one, it is important to seek the assistance of a health provider. The doctor may do a complete checkup, including blood, urine and other tests to help determine a cause for the memory loss. While memory loss cannot be completely prevented, there are number of steps that may help reduce the risk of developing memory problems.

- **Lower cholesterol and high blood pressure.** A number of studies in recent years have suggested that vascular diseases (heart disease and stroke) may contribute to the development of Alzheimer Disease (AD), the severity of AD or the development of multi-infarct dementia (also called vascular dementia).
- **Manage stress.** Stress releases a hormone called cortisol, which can damage the hippocampus if stress is unrelieved. The hippocampus is a part of the brain that plays important roles in long-term memory.
- **Do not smoke or abuse alcohol.** According to research, smokers perform worse than nonsmokers in studies of memory and thinking skills. Heavy alcohol use can also impair memory.
- **Get regular exercise.** Physical activity may help maintain blood flow to the brain and reduce risk factors associated with dementia.
- **Maintain healthy eating habits.** Eating vegetables may help slow down the rate of cognitive change in adults. Green leafy vegetables have been studied to have the strongest association with slowing the rate of cognitive decline. Also reducing foods high in saturated fat and cholesterol, as well as eating fish with beneficial omega-3 fatty acids, such as salmon and tuna, may benefit brain health.
- **Get enough sleep.** Sleep is important for memory consolidation. Sleep disorders not only leave a person tired, but impact concentration and memory.
- **Maintain social interactions.** Social interaction can help reduce stress levels and has been associated with a lower risk of dementia. Research shows that loneliness is associated with an increased risk of late-life dementia.
- **Use memory tools.** Keep day planners, calendars, to-do lists and notes to assist with tasks.

It is also helpful to keep the brain active. Experts suggest practicing a variety of activities that challenge the brain, including:

- Reading
- Writing
- Learning a new skill or taking a class
- Playing word and board games
- Gardening or other projects that require planning and design
- Walking or driving a new route