



## September 2021

### Upcoming Dates & Deadlines



**Now - October 15** - Double Credits for Health Coaching Appointments Starts. [Schedule an Appointment Here](#)

**September 20** - 60 Days remaining to receive HRA/HSA Rewards Dollars for HealthQuest Credits.

**September 27** - Health Care Commission (HCC) Meeting, [Register Here](#)

**October 1** - Employee Advisory Committee applications to serve are due. [Click Here for more information.](#)

**October 6** - EAP Webinar: Mindfulness: Being Present in Your Work and Life, [Register Here](#)



### Schedule Your Flu Shot Today!



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 the link below 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

[Click Here for more information.](#)

Schedule a Flu Shot Appointment Today



## Join us for a Fighting the Flu Webinar

Want to help keep you and your family safe this flu season? Take part in a Fighting the Flu webinar hosted by: Dr. David Nill, MD and Health Coach Shanna Hutcheson, RD, LD, CHC.

Together, they will teach you how to fight the flu and where you can receive the flu vaccine, which is 100% covered by the State Employee Health Plan.

Each webinar contains the same programming. Please register for the session that best fits your schedule. **Participants will earn 1 HealthQuest credit for attending.** If you are in need of accommodations for the upcoming webinars, please email [SEPHHealthQuest@ks.gov](mailto:SEPHHealthQuest@ks.gov).

September 16 - [Register Here](#)

September 21 - [Register Here](#)



Now through October 15, you can **earn 2 credits per health coaching appointment**, for up to a maximum of 15 credits per year.

You can 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? [Click here.](#)

Schedule a Health Coach Appointment Here

## Department of Administration Participates in the HealthQuest Fun Run



Recently, the Department of Administration decided to participate in the HealthQuest Fun Run by hosting a 1 mile walk with the Secretary. They even had a special visit from Governor Kelly!



# How do *you* HealthQuest?



This month, many members participated in the first ever HealthQuest virtual Fun Run. Below are how some of our members have experienced their race. Congratulations to all of our participants!

***"I use my work breaks (which forces me to take one) to walk. I feel like I have a unique and historical spot to walk near my office. I walk the beautiful and historic President "Ike" Eisenhower's one and only library and museum campus!"***

-Atalie Tompkins, K-State Research and Extension



***"Early in the race- we still have energy!"***

-Laura Thomason and David Thomason

-Libby Paul



-Kimberly P. completed her 10k!



***"I can't run or jog anymore, but I can power walk! So did my 1 mile power walk with my newest partner a young mustang gelding! His first time getting out on the roads and I think he enjoyed the scenery, but wondered why I was walking so fast!"***

-Susan Rose, Kansas State University



***"Walking in the neighborhood! This is just beginning of my plan of regular exercising. Downloaded a walking /steps app on my phone prior to this outing."***

-David King



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).

## September Health Blog



### Immunization and preventive care

You may think that your childhood immunizations cover you for life, but there are actually more immunizations you should get as an adult – to protect yourself, and those around you.

those around you.

Some of the more common adult immunizations you should consider receiving are:

### **COVID-19 vaccine:**

Individuals that are 12 years of age and older are eligible to receive the COVID-19 vaccine. Even if you have had COVID-19, there is evidence that people who are fully vaccinated are more protected compared to those who have already had the virus.

### **Influenza (flu) vaccine:**

Healthy individuals that are 6 months of age and older should receive the flu vaccine every year. It's especially important to receive if you fall into one of these categories or if you are in close contact with these individuals:

- Pregnant women
- The elderly
- Individuals with chronic health conditions

### **Diphtheria/Tetanus/Pertussis vaccine (Tdap):**

If you did not receive this vaccination as an adolescent, you should receive one as an adult to protect against Pertussis (whooping cough).

### **Diphtheria/Tetanus vaccine (Td or Tdap booster):**

Adults should receive this booster vaccine every 10 years. Additionally, women should receive the vaccine every time they are pregnant.

The vaccines you receive are highly dependent on a variety of factors such as your age, job, and current state of health. For a more extensive list of vaccinations recommended by the CDC, click [here](#).

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A note from your **Health Coach**



## **Primary Care Providers**

Primary Care Providers (PCPs) play an important role in your preventive care and overall health. Over time, a PCP will become familiar with your health risks, enabling them to better serve your needs. If you don't have an established PCP, follow these steps to find one that is right for you.

1. Talk to your insurance provider for a list of in-network primary care providers.
2. Write down the qualities you are looking for in a health provider such as their gender, availability, and location.
3. Now that you have a good idea of what to look for, ask your friends and family what their experiences have been like with their own health providers. Compare their recommendations to your own list.

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Employee Assistance Program





## New: EAP Toolkits

The fall season is a time of change for everyone. Whether it's deal with anxiety about returning to work, coping with ever-changing COVID protocols, or addressing burnout, ComPsych is here to help!

### The Tools You Need Today:

September is Suicide Prevention and Awareness Month. Below are some resources to help raise awareness and learn about warning signs

- [World Suicide Prevention Day Toolkit](#)
- [World Mental Health Toolkit](#)

With the school year in full swing, be sure to check out the following tools and resources to support your efforts:

- [Back to School Toolkit](#)
- [Teen Mental Health Resources](#)

[Click Here for More Information about your EAP](#)

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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](mailto:SEHPHealthQuest@ks.gov).*

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## Questions about HealthQuest? Send us an email.

Email HealthQuest

HealthQuest Portal

