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# Welcome

Welcome to the **2019 HealthQuest Rewards Program**. The State Employee Health Plan, in partnership with Cerner, has designed this program to support and reward you when you choose to follow key steps towards your health goals. Through the HealthQuest Rewards Program you can aim high and reach your peak health with the following activities:

- Work with a Health Coach, Dietitian, or Athletic Trainer to improve your health
- Complete biometric screenings on site, through a home test kit, or with your Primary Care Physician\*
- Join personalized wellness challenges, educational webinars, and workshops
- Enroll in the Naturally Slim Program\*\* for nutrition and weight management
- Complete the Tobacco Cessation Program and build a personalized lasting plan with your Health Coach

Getting your reward is easy! Simply log onto your HealthQuest Wellness Portal at <https://KansasHealthQuest.CernerWellness.com> and start earning 10 incentive points by completing your online Health Assessment.

**Rise to new heights with your health this year  
and start earning your premium discounts today!**

*\* You may only participate in one biometric screening option during the 2019 program year*

*\*\* Sign-ups for the Naturally Slim Program begin January 7 - 18 (qualifying restrictions may apply)*

## Questions?

Contact HealthQuest at  
1.888.275.1205, option 3, or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).





# Get Started with your 2019 HealthQuest Program

Starting January 1, 2019, log onto your HealthQuest portal at:  
<https://KansasHealthQuest.CernerWellness.com>.  
 Use your username and password from last year, or follow the steps below to create a new account.

1. Select "Click here to sign up" to create your HealthQuest wellness portal account.
2. Answer all registration questions and use the following "Member Number" criteria:  
**Employees:**  
 Enter: **11 digit Employee ID followed by EE**  
 Your employee ID is a letter followed by 10 numbers.  
 For example your member ID would be A1234567890EE.  
**Spouses (enrolled in the SEHP):**  
 Enter: The employee's **11 digit Employee ID followed by SP**.

To get started with your HealthQuest program, once you log onto your portal account:

Start on your path to wellness:

- Earn 10 HealthQuest points by completing your **Health Assessment**.
- Schedule your **Biometric Screening**.
- Schedule a **Health Coaching** appointment.

Please continue to track your credits for completed wellness activities in your HealthQuest wellness portal through **December 31, 2019** to receive your premium discount in 2020. (The deadline to earn your HRA/HSA incentive dollars for plans C, Q, N, and J is **November 18, 2019**).



Questions? Contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.

## HealthQuest 2019 Incentive Guide: Plan C, Q, N, J

Employees and covered spouses in the above health plans who earn credits by participating in wellness activities throughout the year can earn a premium discount in 2020. They can also earn HRA/HSA dollars to be awarded throughout 2019.

**Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium discount of \$480 for 2020. Employees will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.

**Employee/Spouse and Employee/Family:** Employees and Spouses must EACH earn 40 credits to receive the premium discount of \$480 for 2020. Employees and spouses will also earn \$10 in their HRA/HSA for every credit earned, up to 50 credits, or \$500 each.

Please continue to track your credits for completed wellness activities in your HealthQuest wellness portal through December 31, 2019 to receive your premium reduction in 2020. (The deadline to earn your HRA/HSA incentive dollars for plans C, Q, N, and J is November 18, 2019).

**Premium Incentive Discount Earning Period:**  
January 1 - December 31, 2019  
**HRA/HSA Contribution Earning Period:**  
January 1 - November 18, 2019

\*Biometric Reporting Form may be submitted for blood pressure, glucose, or total cholesterol values. Biometrics will be uploaded once annually for credits and cannot be replaced or changed.

	Credit Value	Credit Max	HRA/HSA Dollars	HRA/HSA Maximum
2019 HealthQuest Program Overview Video and Quiz	3	3	\$30	\$30
Health Assessment Questionnaire	10	10	\$100	\$100
State-Sponsored Biometric Screening Services (on-site screenings or home test kits only. Limit 1 per program year.)	5	5	\$50	\$50
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$50	\$50
Blood Pressure <120/80*	6	6	\$60	\$60
<ul style="list-style-type: none"> <li>• Or CCE Controlling Blood Pressure workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>				
Glucose <100*	6	6	\$60	\$60
<ul style="list-style-type: none"> <li>• Or CCE Managing Your Blood Sugar workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>				
Total Cholesterol <200*	6	6	\$60	\$60
<ul style="list-style-type: none"> <li>• Or CCE Preventing High Cholesterol workshop</li> <li>• Or High to Moderate risk category improvement</li> </ul>				
Naturally Slim	15	15	\$150	\$150
Health Coaching (in-person or telephonic)	1	15	\$10	\$150
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30	\$10-\$40	\$300
Wellness Workshops	1	5	\$10	\$50
EAP Webinars and On-Demand Training	1	8	\$10	\$80
HealthQuest Financial Wellness Workshop	5	5	\$50	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30
Tobacco Cessation Program Completion	6	6	\$60	\$60



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