



ROCK CHALK, JAYHAWK!



KU Benefits Updates – April 2018



[HealthQuest April 2018 Newsletter](#)

****[HealthQuest Wellness Rewards Portal](#)****

HealthQuest Support
1-888-275-1205 Option 3
(available 24/7)

Email: healthquest@cerner.com

If you have questions about the 2018 HealthQuest Program, please visit [KU HealthQuest Page](#)

New to HealthQuest?
[Here is how to create your account.](#)

[2018 Plan A Incentive Guide](#)

[2018 Plan C, Q, N and J Incentive Guide](#)



Tobacco Free KU

KU is joining over 1000 universities nationwide to become Tobacco Free July 1, 2018. KU will be joining other tobacco free Kansas universities such as Pittsburg State, Wichita State, Fort Hays and the KU Medical Center campus.

A tobacco free on all campus property – inside and outside – creates a positive impact on the health of others within the environment they learn, live, and work. To learn more, [watch the Tobacco Free KU video](#) or [visit the Tobacco Free page.](#)

- Tobacco Cessation: State Employee Health Plan/HealthQuest offers a free 12-week Tobacco Cessation program and Health Coaching for eligible faculty and staff and covered



**Naturally Slim - Class #1 Completers
Credits will post by May 4th**

[\(Source\)](#)

**Reminder - Onsite Biometric
Screenings**



2018 [HealthQuest sponsored biometric screening events](#) are open for registration. To schedule an on-site screening appointment visit [your HealthQuest Portal](#) and select "Step 2" in the image slider at the top of the page. You can also schedule by phone at 1-888-275-1205 option 3 (available 24/7).

[\(Step by step guide – Scheduling Biometric Screening\)](#)

[Statewide Screening Schedule](#)

2018 Lawrence Campus Screenings
(Appointments are from 8 am to 1pm)

2018 Biometric Screening March through May	Screening Dates	Location
	5/1/2018	KS Union. Big 12
	5/2/2018	KS Union. Big 12
	8/27/2018	KS Union. Big 12
	8/28/2018	KS Union. Big 12
	9/17/2018	KS Union. Jay/Spare
	9/18/2018	KS Union. Jay/Spare
	10/8/2018	KS Union. Jay/Spare
	10/10/2018	KS Union. Jay/Spare
	10/11/2018	KS Union. Jay/Spare
	10/30/2018	KS Union. Jay/Spare

spouses. [Visit info sheet](#) for registration details.

- A reminder: the Caremark plan will pay 100% of the allowed amount for tobacco control products listed on [Preferred Drug List](#). For covered over-the-counter products, present your physician's over-the-counter prescription order to the Network pharmacy and request that the claim be run through the CVS/Caremark claim system.
- Help Others Quit: Your family and friends may need support if they choose to stop using tobacco products. Take a look [at these ideas to help others quit](#).



Rx Savings Solutions
[\(2 minute Introduction Video\)](#)

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions. Rx Savings is available to all those enrolled in a SEHP medical plan, employees and dependents.

For more information about this benefit, [visit their webpage](#) or their [FAQ](#). Need Assistance? Member service representatives are available at 1-800-268-4476 (M-F 7 am to 8 pm CST).

**Move Better, Breathe Better,
Feel Better, Live Better**
EAP Monthly Webinar Series



Financial Planning For Life
April 18th Wednesday @ 3:00 PM –
Financial Planning for Life

Financial goals are the specific long- and short-term objectives to be attained through financial planning and management efforts. Among personal financial goals are things such as: 1) financial security 2) travel 3) education planning 4) retirement planning and 5) estate planning.

[Click here](#) to register today! On demand trainings are worth 1HQ credit. If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar.

1-888-275-1205 OPTION 1,
www.guidanceresources.com (web ID:
SOKEAP)

WEBINAR

EAP Webinars

[The Faculty and Staff Wellness committee scheduled EAP webinars](#) in addition to the [State of Kansas EAP webinars](#).

- April 26, 2018 at 9:30 am - *The Impact of Shift Work on Mind and Body*. [Details \(PDF\)](#). [Registration](#)
- May 23, 2018 at 2:00 pm - *Mental Health Awareness*. [Details \(PDF\)](#). [Registration](#).

You may earn up to **8 HealthQuest points** for attending webinars. Each webinar is worth 1 HealthQuest credit (and \$10 if in



[Move-N-Learn](#)

Starting March 8, 2018, Walk-N-Learns will be called Move-N-Learns

Move-N-Learn is a free, guided tour of a building or location on KU's beautiful campus.

April – Hawk Route

Tuesday, April 10 at 12:10pm

Join us for a ribbon cutting ceremony to unveil the new signs for the Hawk Route. Then traverse the Hawk Route, an inclusive indoor and outdoor path that connects Jayhawk Blvd to Sunnyside Ave. [Registration](#) is required.

To earn a HealthQuest point for attending a Move-N-Learn, [please register](#) for event you wish to attend. For accommodations please email wellness@ku.edu.



Lunch-N-Learn

[Lunch-N-Learn](#) is where information is presented about at least one of the eight dimensions of wellness. Faculty and staff may bring a brown bag lunch. No registration required. To earn one HealthQuest point for attending a Lunch-N-Learn, sign-in when you arrive and directions to earn a HealthQuest point will be emailed to you.

April – Effects of Good Nutrition on Overall Health and Wellbeing

Wednesday, April 18, 2018 from 12:10-12:50 pm at the Kansas Union in the English

Plan C, Q, N or J). Registration is required for each webinar.



Time to Plan for Summer Camp

It's time to start thinking about summer camp for your kids.

Many of the most popular camps begin taking applications as early as March, so it's important to act quickly to secure a spot before they're all filled.

Call Your GuidanceResources® Program for Help - 1-888-275-1205 Option 1

Whether you are looking for a day camp; overnight camp; a specialty camp for drama, sports, language, computers, music or survival skills; or a camp for a child with special needs, we're here to help. Tell us what you're looking for, and we'll provide you with three to five listings that match your request.

Each screened referral includes:

- Program description
- Contact information
- Details on camp tuition

The camp may not be free, but our help with finding one is.

Room. *Topics will include: Healthy work snacks and lunches and the audience will have time to get their own questions answered. Presented by Christine Ebert, R.D.*

May – Beginning Biking and Bike Maintenance

Wednesday, May 2, 2018 from 12:10-12:50 pm at the Kansas Union in the English Room



Crops to Campus

Local Organic Produce Subscription

May – October 2018

Pick-up sites on campus and around Lawrence

Make the most of the Kansas growing season and get more fresh vegetables in your diet with Crops to Campus! Subscribe to 24 weeks of certified organic produce delivered directly to campus or the pick-up site of your choice.

New this year! Add a weekly share of eggs or freshly baked bread. Choose to pick up at any of the Common Harvest locations or try home delivery.

View new pick-up locations and sign up by April 15th for the 2018 growing season at <https://wellness.ku.edu/csa>

(Stay current on upcoming [KU Wellness](#) events – subscribe to their [mailing list](#))