Upcoming Campus Events

**2017 Pre-Retirement & Financial Planning Awareness Seminars**


*February 17: Will, Trusts & Estate Planning, Long Term Care*
*February 22: Social Security Benefits in Retirement, Health Insurance after Retirement*
*February 23: Saving for Your Ideal Retirement, Transitioning from career to retirement*
*February 24: KPERS Benefits*

These seminars are designed to help faculty and staff plan for financial security and an enjoyable retirement. Reservations are not required and the seminars are free of charge and open to all faculty, staff and their families. Some sessions will be broadcast live and/or available for on-demand viewing for up to 30 days after the event.

**2017 Biometric Screenings & Health Coaching**

*(Part of the State Employee Health Plan HealthQuest Program)*

**Biometric Screenings**
*Kansas Union – Big 12 Room: May 4-5, Aug 21-22, Sep 11-12, Oct 5-6, Nov 7*
*Kansas Union – Jay/Spare Room: Apr 4-5*

**Health Coaching**
*Kansas Union – Regionalist Room: Apr 4-5, May 4-5, Aug 21-22, Sep 11-12, Oct 5-6, Nov 7*

Faculty and staff and their spouses who are enrolled in a SEHP medical plan can earn HealthQuest Rewards Program credits to receive a $480 reduction for calendar year 2018 premiums. Each employee and covered spouse who are enrolled in Plan C also have the opportunity to earn an additional $500 each toward the Health Savings/Health Reimbursement Account.

**Note:** Biometric screening check in form requires “Member Number” or State of Kansas Identification number (SOKS ID) plus EE for employee or SP for spouse. SOKS ID available 1) On your paystub - log into your [HR Pay account](http://hr.ku.edu), directions to view stub [here](http://hr.ku.edu) or 2) Caremark ID card - add two zeroes after the initial letter and remove the last two digits from the end (01 or 02, etc.) to find your SOKS ID number.
An on-site NCQA-certified Health Coach is available per appointment to review Health Assessment, lab and biometric results and help you create a personalized health action plan. Each visit is worth 1 credit/$10 with a max of 10 credits/$100 annually.

For more information, instructions how to schedule and HealthQuest incentive guides please visit http://humanresources.ku.edu/healthquest-rewards-program or call 1-888-275-1205 and press option 3. Click here for the full, statewide, on-site screening schedule.

**Wellness Fair** - https://wellness.ku.edu/wellness-fair
April 5, 10:30 am to 1:30pm, Kansas Union Ballroom

Over 50 different businesses and organizations from campus and the local community will attend to promote wellness opportunities to KU faculty and staff. There will be door prizes, 5-10 minute chair massages, opportunities to talk to health coaches, and resources related to healthy cooking, holistic health and healing, stress management, and financial advising.

**Tax Forms**

**1095C (Employer-Provided Health Insurance Offer and Coverage Insurance, Issued by SEHP).**
Your 1095-C Form is available in the State of Kansas Membership Administration Portal, MAP. You will use your KU online ID and password to sign in, click on “Forms” tab and “Tax Forms.” Experiencing login issues? Use Internet Explorer, follow these instructions to clear your cache, or call IT for assistance at 785-864-8080. If you have any questions regarding the 1095-C form, please email to SEHPMembership@kdheks.gov

**1099-SA Tax form (Plan C Members Only. Issued by Optum Bank)**
Form 1099-SA summarizes any distributions made from your HSA during the previous tax year. If no distributions were made, you will not receive a 1099-SA. To access your tax forms, log in to your account at http://mycdh.optum.com and select the Statements & Notifications tab to view and/or download your tax documents. Questions, please contact Optum Consumer Services at 877-470-1771.

**HealthQuest Newsletter Updates**

**HealthQuest Portal**
If you have not registered, please go to the new HealthQuest portal to register for your new 2017 HealthQuest Account. The new HealthQuest program runs from January 1, 2017 – December 31, 2017. Be sure to complete your required Health Assessment and earn 40 total credits to qualify for the $480 premium discount for calendar year 2018. For more information, click here or call 1-888-275-1205 option 3.

**Kick the Smoking Habit**
One of the most common new year’s resolutions is to quit smoking. SEHP provides coverage for 100% of the cost of certain tobacco cessation products. When purchasing tobacco cessation products, members should present their Caremark card at the pharmacy counter to check for coverage available under the prescription plan. For information about Cessation Programs, please see the KU Tobacco Free website: http://tobaccofree.ku.edu/cessation-information

Additional Information can be found in the February 2017 HealthQuest Newsletter.

If you have questions, please contact Benefits at 785-864-7402 (Benefits Hotline); stop by 150 Carruth O'Leary between 8:00 am to 5:00 pm, M-F; or email benefits@ku.edu