Benefit Updates

State Employee Health Plan (SEHP) Updates

- SEHP Newsletter - 3rd Quarter 2017
- HealthQuest June 2017 Newsletter

Newsletter Reminders

- All Plan Year 2018 Open enrollment materials will be posted on the SEHP’s website by October 1. To request a paper open enrollment book, go to this page and complete the request by 7/31/2017.

- Telemedicine benefit available for both Blue Cross Blue Shield and Aetna network providers. Members can resolve common medical issues 24/7 through the convenience of phone or online video consultations with licensed providers. Providers will be able to prescribe medications as well. To register for the services or for more information regarding telemedicine go to: BCBS Members—Click here  Aetna Members—Click here

- Naturally Slim Application window opens soon: Register from July 24th – August 4th for the 4th Naturally Slim class which starts August 21st. Plan A and C participants can earn 15 HealthQuest credits and Plan C participants also can earn $150 in additional HSA/HRA employer contributions. To register, click here.

- 2017 HealthQuest Rewards: HealthQuest is an optional SEHP wellness program; you are not required to participate. Employees and spouses enrolled in Plans A and C have until Sunday, December 31, 2017 to complete Health Assessment (worth 10 credits) and earn a total of 40 credits to receive a $480 premium incentive reduction in 2018. Plan C members have until Thursday, November 9, 2017 to complete activities to earn additional 2017 HSA/HRA contributions, up to $500 per employee and spouse (after November 9, 2017 all activities will count only as HealthQuest credits).
- New to HealthQuest? Here is how to create your account.
- Find complete HealthQuest information here, including plan overview, biometric screening opportunities and options, and Plan A and C incentive guides.
- For any HealthQuest program questions, please email HealthQuestBenefitsBox@Cerner.com or call 1-888-275-1205 option 3. To access HealthQuest FAQ, click here.
- To submit feedback about HealthQuest, please email healthquest@kdheks.gov

Benefit Spotlight: Castlight
(2 minute Introduction Video)

Castlight is your personalized healthcare assistant. It’s provided for free by the SEHP and is completely confidential. Castlight is designed for you to get more out of your health plan and benefits so you can experience your healthcare in a whole new way:

- **Get peace of mind.** Clearly see what’s covered by your plan, how much services will cost, and where you’ve spent your healthcare dollars.
- **Find doctors you’ll love.** Search ratings and reviews from real patients, and find high-quality doctors or specialists in your network and near you.
- **Easy access to your benefits.** Discover your health and well-being resources and see all of your benefits in one place.

Castlight is available to all those enrolled in a SEHP medical plan. You earn 1 HealthQuest credit (and also 10 HSA dollars if in Plan C) just for registering. Learn more at www.mycastlight.com/SEHP. Questions? Visit FAQ page or call a Castlight guide at 1-800-681-6790 (available weekdays 8 am to 9 pm ET)

KU Wellness Updates
(Stay current on upcoming KU Wellness events – subscribe to their mailing list)

**July’s Walk-N-Learn – Wednesday, July 19**
A Walk-N-Learn is a free, guided tour of a building or location on KU’s beautiful campus! Wear your walking shoes and get some physical activity while learning something new! July’s activity features residence halls - Self and Oswald - and Daisy Hill. We hope you can join on Wednesday, July 19, 2017 from 12:10 to 12:50 pm. (Attendants would earn 1 HealthQuest point).

Please click here to register (Registration is required). If you have any questions, please contact wellness@ku.edu.

**Bike to Work**
KU employees and spouses participating in the HealthQuest Program can now earn up to 4 credits for riding their bike this summer through the end of September. For those who want to share with colleagues, spouses, or take advantage themselves, the instructions for logging rides and qualifying for credits are available here: http://sustain.ku.edu/wellness. At the end of September, the Center for Sustainability will contact all of the riders
and at that point go over submitting the appropriate ID numbers. For additional information, please contact Kim at 785-864-5398 or visit www.sustain.ku.edu.

If anyone is curious about group rides to help get started, the Lawrence Bicycle Club is offering Monday night Beginner Rides all summer through August. Visit the Facebook Beginners Ride Page.

**FYI – Employee Resources**

Discounts Programs:

- **STAR Discount Program – State Thanks & Recognition**— For a list of Douglas County vendors, click here. Take advantage of entertainment discounts, such as Sprint Center, Starlight Theatre, Kansas City Zoo, and Worlds of Fun. To get STAR discount email updates, sign up here. For questions or comments, click here.

- **TicketsAtWork.com** - You can also take advantage of discounts ranging anywhere from 20-50% to popular entertainment attractions across the country - visit TicketsAtWork.com website (company code is STARKANSAS). You can order your tickets directly from this website or by calling (800) 331-6483. For questions, click here.

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