KU Benefits Updates – June 2018

HealthQuest June 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

During the week of September 24th, 2018, the State Employee Health Plan will post all open enrollment materials for Plan Year 2019 on their website at www.kdheks.gov/hcf/sehp/default.htm.

Members that would like to receive printed materials can go to www.surveymonkey.com/r/2019OEmaterials and complete the required fields by **07/20/2018** to be added to the mailing list.

2018 Plan C, Q, N and J Incentive Guide

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Mark Your Calendars

**Premium Incentive
Discount Earning Period:
Jan 1, 2018 - Dec 31, 2018**

**HRA/HSA
Contribution Earning Period:
Jan 1, 2018 - Nov 19, 2018**

Biometric Screening Deadlines

**Physician Form
HRA/HSA deadline - Nov 14, 2018
2019 premium reduction – Dec 27, 2018**

**Home Test Kit:
HRA/HSA deadline – Nov 5, 2018
2019 premium reduction – Dec 10, 2018**

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Naturally Slim Class #2 Completers

Credits will post by June 29.

(Source: HealthQuest newsletter. Questions email kdhe.healthquest@ks.gov.)

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Tobacco Free KU

The Tobacco Free KU policy becomes effective July 1st. You might find the following websites helpful to manage this change in campus culture:

- Answers to policy questions
- Cessation information
- Helping others to quit
- Informational videos, handouts, and multi-lingual flyers
- Reporting of observed tobacco use

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I'm in Plan C / Plan N – when are the next HRA/HSA employer contributions?

If you are enrolled in Plan C or N, the Employer HSA and HRA contributions will be deposited in quarterly installments for active employees. The employer contribution will be based on your enrollment at the time the contribution is made.

EAP Monthly Webinar Series

Learning to Relax
June 21 @ 3:00 PM

Stress is experienced in the body as tension. To manage stress we have several choices: reduce or eliminate the stressor, think about the stressor differently so it no longer causes tension or change the way our body reacts to stress. The course will address the third option through exploring a variety of relaxation techniques to calm the body and mind. The class will allow participants to learn and experience several simple relaxation tools such as progressive muscle relaxation, abdominal relaxation breathing and visualization.

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.

You may earn up to 8 HealthQuest points for attending EAP webinars. Each webinar is worth 1 HealthQuest credit (and $10 if in Plan C, Q, N or J).

	Active appointment status required as of this date	Paycheck date
3rd installment	July 1, 2018	July 13, 2018
4th installment	October 1, 2018	October 5, 2018

For more information about HSAs, see pages 6, 27-29 in the 2018 Enrollment Book, or visit SEHP HSA page.

For more details on HRAs, see pages 6-7 in the 2018 Enrollment Book or visit SEHP HRA page.

*Through November 19, employees and spouses enrolled in Plans C, Q, N or J have the opportunity to earn additional HSA/HRA dollars by participating in various well-being activities offered through HealthQuest.

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Faculty and Staff Wellness Events

The Faculty and Staff Wellness committee offers scheduled EAP webinars in addition to the State of Kansas EAP webinars.

June 26, 2018 at 11:00 am – *Sleep: An Essential Component of Health and Well-Being*
- Registration (required)
- Earn 1 HealthQuest point

July 12, 2018 at 12:00 pm – *From Smoker to Smoke Free*
- Registration (required)
- Earn 1 HealthQuest point

vitalssmartshopper®

BCBSKS Members

**SmartShopper is available to Blue Cross/Blue Shield of Kansas members only.*

SmartShopper benefits kicked off June 1st. SmartShopper, an exclusive program for State of Kansas employees, makes it easy to save money and earn cash rewards when shopping for certain medical care.

This program saves you money on your share of the cost when you need a medical procedure or screening, and helps you earn cash when you select to have that procedure or screening done at certain qualified locations. Once your procedure or screening is complete and your claim is paid, SmartShopper verifies that you shopped for an incentive eligible service at a qualified location and mails you a reward check to your home. No forms or hassle. It's that easy.

1. SHOP by phone or online   **2. GO** to a cost-effective location   **3. EARN** up to $500 in cash rewards

Getting started with SmartShopper takes only minutes – simply call the SmartShopper Personal Assistant Team at **866-820-6426** or visit **bcbsks.com/state** (click on *Find a Doctor/Vitals SmartShopper*) to activate your account and start shopping (*click on Find a Doctor/Vitals SmartShopper*).

You may earn up to 5 points for attending any combination of these KU wellness committee events: KU Wellness webinar, Move-N-Learn, Lunch-N-Learn, or Wellness Fair.

DID YOU KNOW?
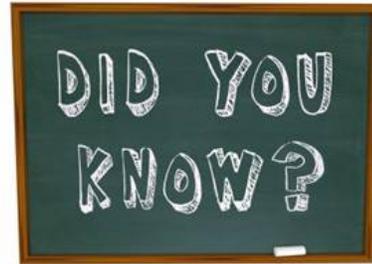
Watkins Health Services provides accessible and quick medical treatment for KU employees and KU affiliated corporation employees on a walk-in or appointment basis. The faculty/staff clinic provides treatment for common illnesses like colds, coughs, sore throats, sinus infections, ear aches, pink eye, rashes, bites, headaches, stomach aches, urinary discomfort and minor cuts and abrasions (non-work related).

Co-pays are collected at time of service and claims are submitted to most insurance companies with the exception of Medicare or Medicaid. Walk-ins are welcome weekdays from 8:00 am to 4:30 pm during the summer. For questions or to schedule an appointment, call 785-864-9565.

(Questions about Lunch & Learn or Webinar? Please email wellness@ku.edu. Stay current on upcoming KU Wellness events – subscribe to their mailing list)