

Naturally Slim

This is a 10-week weight management program that transitions to a NS4U maintenance program. The Naturally Slim is free of charge for benefits eligible members and enrolled spouses. Members can participate in Naturally Slim and Wellness Challenge at the same time.

<https://www.naturallyslim.com/Welcome-b-SEP.html?s=KansasHealthQuest>

RxSavings Solutions

Rx Savings Solutions will provide guidance on how the system works and walk you through the steps to save you and your family money. Review each money saving opportunity suggested in order to get the maximum savings benefit. Tools like this will allow us to continue to provide you the best benefits possible. When registering please use your legal name and employee ID followed by EE or SP. Failure to use legal name and employee ID with EE or SP can result in delay of credits or forfeiture of credits. You earned a one-time credit in the year you registered your account.

<https://portal.rxsavingsolutions.com/auth/login>

Castlight

Castlight Health is a transparency tool to compare cost of healthcare services. You must perform a search on Castlight website to be completed registered. When registering please use your legal name and employee ID followed by EE or SP. Failure to use legal name and employee ID with EE or SP can result in delay of credits or forfeiture of credits. You earned a one-time credit in the year you registered your account.

<https://www.mycastlight.com/sehp/index.php>

Kansas Financial

When registering please use your legal name and employee ID followed by EE or SP. Failure to use legal name and employee ID with EE or SP can result in delay of credits or forfeiture of credits. You can complete up to 5 modules to earn 5 HealthQuest credits/dollars.

<https://atwork.everfi.net/kansasfinanciallearningcenter/login>

Employee Assistance Program

The Employee Assistance Program (EAP) is a special service provided for State of Kansas employees and their dependents at no charge. The EAP provides information, short-term counseling, advice, legal information and referrals from licensed professionals and much more.

<https://www.guidanceresources.com/groWeb/login/login.xhtml> (Company ID: SOKEAP)

<http://www.kdheks.gov/hcf/healthquest/eap.html>

EAP Webinar

ComPsych is the provider of Employee Assistance Program (EAP) services for the State Employee Health Plan (SEHP). They offer monthly workshops that provide valuable learning for employees, and can help increase visibility and utilization of the EAP benefit. The duration is approximately 30-45

minutes. Registration is required. Members must view the entire webinar to receive credits. When registering please use your legal name and employee ID followed by EE or SP. Failure to use legal name and employee ID with EE or SP can result in delay of credits or forfeiture of credits.

<http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm>

HealthQuest Program Details

The following explanations can be found on link below for: Plan Incentive guide, Biometric Screening, Wellness Challenges, Health Coaching, EAP

<http://kdheks.gov/hcf/healthquest/default.htm>

State Employee Health Plan (SEHP) Summary of benefits and coverage for Plan A and Plan C

Plan Year Information

<http://www.kdheks.gov/hcf/sehp/default.htm>

Membership Administration Portal (MAP)

If you receive an email from __ delivery@hrissuite.com __ it's coming from __ the SEHP __

<https://sehp.member.hrissuite.com/>

HealthQuest Plan A Incentive Guide

[file:///C:/Users/lb051128/AppData/Local/Microsoft/Windows/INetCache/IE/2K5DXDIC/PlanAIncentiveGuide SoK 10.13.16 - Interactive.pdf](file:///C:/Users/lb051128/AppData/Local/Microsoft/Windows/INetCache/IE/2K5DXDIC/PlanAIncentiveGuide%20SoK%2010.13.16%20-%20Interactive.pdf)

HealthQuest Plan C Incentive Guide

[file:///C:/Users/lb051128/AppData/Local/Microsoft/Windows/INetCache/IE/J18Y1P0H/PlanCIncentiveGuide SoK 10.13.16 - Interactive.pdf](file:///C:/Users/lb051128/AppData/Local/Microsoft/Windows/INetCache/IE/J18Y1P0H/PlanCIncentiveGuide%20SoK%2010.13.16%20-%20Interactive.pdf)

Kansas Tobacco Quit line

Includes tips on quitting tobacco and list resources.

<http://www.kdheks.gov/tobacco/cessation.html>