



ROCK CHALK, JAYHAWK!



KU Benefits Updates – March 2018



[HealthQuest March 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.](#)

Faculty and Staff Wellness Events



Wellness Fair
<https://wellness.ku.edu/wellness-fair>

*Wednesday April 4, 2018
10:30 am to 1:00pm
Kansas Union Ballroom*

You're invited to attend the annual KU Faculty and Staff Wellness Fair where more than 50 local organizations and campus partners will be present featuring their wellness services and products. Earn one

2018 Plan A Incentive Guide

2018 Plan C, Q, N and J Incentive Guide

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Naturally Slim Applications - Class #2

Apply from March 12th – March 23rd
Class Begins April 9th.

For more info, please visit
[HealthQuest Naturally Slim](#) page.
Questions? Visit [FAQ](#) page.

FAQ: If you have completed Naturally Slim Foundations, the 10 week class in 2017, HealthQuest announced you can participate in Naturally Slim a second time for 15 credits.

(Source: HealthQuest Portal Video,
questions email kdhe.healthquest@ks.gov)

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

HealthQuest point for attending (must complete survey). Visit the [event website](#) for more information. If you have any questions, please email wellness@ku.edu.



Move-N-Learns

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! Wear your walking shoes and get some physical activity while learning something new!

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.

March – Summerfield Hall

Wednesday, March 7 from 12:00 -1:00 pm
Explore the recently renovated offices - the Military Affiliated Student Center, University Career Center, and Film and Media Studies - in Summerfield Hall. [Registration](#) is required.

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.

schedule by phone at 1-888-275-1205 option 3 (available 24/7).

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

[Statewide Screening Schedule](#)

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

2018 Biometric Screening March through May Screening Dates	Location
3/5/2018	KS Union, Big 12
4/3/2018	KS Union, Big 12
4/4/2018	KS Union, Big 12
5/1/2018	KS Union, Big 12
5/2/2018	KS Union, Big 12

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



Living With Change

March 22, Thursday @ 11:00AM

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

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



Lunch-N-Learns

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.

March - Crops to Campus featuring Moon on the Meadow

Wednesday, March 14, 2018 from 12:10-12:50 pm at the Kansas Union in the English room. *Jill Elmers will share how her farm, Moon on the Meadow, cultivates and sells local and organic produce to the KU and Lawrence communities. Learn about the updates to this year's CSA and how to get involved!*

April - Food Waste/Sustainability

Wednesday, April 18, 2018 from 12:10-12:50 pm at the Kansas Union in the English room. *Presented by Christine Ebert, R.D.*

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

WEBINAR



EAP Webinars

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

- March 13, 2018 at 11:00 am - Balancing Work and Life. [Details \(PDF\)](#). [Registration](#).
- 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 Plan C, Q, N or J). Registration is required for each webinar.



Walk Kansas for HealthQuest Credits

Walk Kansas, an 8-week health initiative offered by K-State Research and Extension, begins March 18. Registration is open at www.walkkansas.org and you can earn four (4) HealthQuest credits for participating. New this year is a virtual trail that explores the 8 Wonders of Kansas. For more information on Walk Kansas, visit www.walkkansas.org, contact a local K-State Research and Extension office, or contact Sharolyn Jackson, sharolyn@ksu.edu.



What services are covered by the State Employee Health Plans at 100%?

In-network preventive care services such as preventive care visits, mammograms, well baby and well child exam, routine vision exam, routine hearing exam, colonoscopy services, and preventive lab services are covered at 100% and not subject to the deductible according to the insurance vendor benefit summaries:

[BCBS of Kansas](#)
[Aetna](#)

Questions?

[Aetna](#): 1-866-851-0754

[BCBS of Kansas](#): 1-800-332-0307

[STAR - State Thanks & Recognition](#)



The [Star Discount Program](#) offers State of Kansas employees an opportunity to take advantage of product and service discounts offered by various vendors throughout the state. To get STAR discount email updates, [sign up here](#). For questions or comments, [click here](#).