



ROCK CHALK, JAYHAWK!



KU Benefits Updates – May 2018



State Employee Health Plan (SEHP) Quarter 2 Newsletter



HealthQuest Wellness Rewards Portal

HealthQuest Support
1-888-275-1205 Option 3
(available 24/7)
Email: healthquest@cerner.com



Tobacco Free KU

1,536 campuses are 100% tobacco-free. The University of Kansas will become one of them effective July 1, 2018.

- Tobacco-free campus-wide
- Includes e-cigarettes
- No designated smoking areas: [Lawrence campus](#) and [off main campus facilities](#) maps
- [Cessation programs](#) available on campus and through the State Employee Health Plan

Use our [handouts](#) and help us spread the word.

To learn more, [watch the Tobacco Free KU video](#) or [visit the Tobacco Free page](#). If you have any questions, please email hrdpt@ku.edu.

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](#)

[2018 Plan C, Q, N and J Incentive Guide](#)

EAP Monthly Webinar Series



Connecting Mind and Body for Healthy Living May 15th @ 3:00 PM

Your body responds to the way you think, feel and act. This is often called the "mind/body connection." When you are stressed, anxious or upset, your body tries to tell you that something isn't right. In this seminar, you will learn more about the relationship between mind and body and identify ways to enhance the mind/body connection.

[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).



“Every Spring, I start to feel stressed out”

Want help to stress less at no cost? Call the Employee Assistance Program, available 24/7. This is a confidential benefit to assist with life's challenges from financial, legal to counseling – and more.

[How it works](#)

[List of available services](#)

- Connect with short-term counseling, including eight sessions per issue
- Speak with on-staff licensed attorneys. If you require representation, get a free 30-minute consultation and a 25% reduction in customary legal fees
- Get answers from on-staff CPAs and Certified Financial Planners

EAP is included at no cost in your State Employee Health Plan benefits.

**1-888-275-1205 (Option 1)
TDD 800-697-0353**

www.guidanceresources.com
(Company ID: SOKEAP)



Wireless Discounts

The [Star Discount Program](#) offers State of Kansas employees an opportunity to take advantage of discounts offered by various



Reminder National Walk @ Lunch Day

Wednesday April 25

A reminder that tomorrow April 25 is National Walk @ Lunch Day (Source: [BCBS member 4/18 email](#)).

[Find a walk near you](#)

Lawrence
Rock Chalk Park, Sports Pavilion
Time: Noon
[Facebook event](#)

Walkers will gather for a short rally, and will then walk on the outdoor or indoor track (depending on the weather). Free T-shirts for the first 100 walkers.

Note: KU Benefits has verified with HealthQuest that attendance in this event will not qualify for HealthQuest point(s).

vitalssmartshopper[®]

**Coming June 1st
BCBSKS Members**

FYI Blue Cross Blue Shield of Kansas Members: SmartShopper benefits is kicking off June 1st as the newest addition to State of Kansas' benefits program. This benefit helps you save money when you use it to shop for medical procedures or tests your doctor recommends – then takes it to the next level by mailing you a cash reward

vendors throughout the state. Here is information on wireless discounts:

[AT&T](#) [Sprint](#)
[T-Mobile](#) [Verizon](#)

To get STAR discount email updates, [sign up here](#). For discounts questions or comments, [click here](#).

Faculty and Staff Wellness Events



Lunch–N-Learn

[Lunch-N-Learn](#) - Bring the Bike back into your life: Cycling safety tips and tricks
Wednesday, May 2, 2018 from 12:10-12:50 pm at the Kansas Union in the English room

Did you know that cyclists are safer riding on streets than sidewalks? Wendy Shoemaker and Mary Orem will lead a workshop on cycling safety tips and tricks that encourage the new and experienced cyclist to ride with safety in mind.

Wendy and Mary both work at KU and are also League Certified Instructors with the League of American Bicyclists. They have been hosting several safety training clinics and rides for cyclists in the Lawrence community since 2015. This will be a fun and engaging workshop that will encourage you to get on your bike and ride!

- Registration is not required
- Earn 1 HealthQuest point

after you or your family member has the procedure.

Beginning June 1st simply call the SmartShopper Personal Assistant Team at 866-820-6426 or visit www.bcbsks.com/state to activate your account and start shopping.

(Note: webpage and phone number not active upon release date of this article, please visit on or after June 1)

WEBINAR



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

May 23, 2018 at 2:00 pm - Mental Health Awareness.

- [Details \(PDF\)](#)
- [Registration](#) (required)
- Earn 1 HealthQuest point

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.

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

KU Benefits 150 Carruth O'Leary 8 am – 5pm
benefits@ku.edu | 785-864-7402