

## Quarter 3 News

### Telemedicine

### New From BCBS and AETNA



What is Telemedicine? Telemedicine means the use of telecommunications technology to provide, enhance, or expedite health care services.

The telemedicine benefit will provide alternative way to receive non-emergency medical care. You have a less expensive alternative than going to the provider. 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.

**They treat conditions such as: sinus problems, bronchitis, allergies, colds, flus, ear infections, stomach pain and more!**

These services are only available with their contracting Network provider (BCBS = AmWell and Aetna = Teladoc).

Plan A will be \$10 Copay.

Plan C will be deductible and 20% coinsurance.

To register for the services or for more information regarding telemedicine go to:

Aetna Members—<https://member.teladoc.com/aetna>

BCBS Members—<https://www.bcbsks.com/CustomerService/Members/State/telehealth.shtml>

### Open Enrollment Print Materials

The State Employee Health Plan will post all open enrollment materials on our website at [www.kdheks.gov/hcf/sehp.htm](http://www.kdheks.gov/hcf/sehp.htm) by October 1st to make the information accessible 24/7.

To request a paper open enrollment book, go to [www.surveymonkey.com/r/2018OEmaterials](http://www.surveymonkey.com/r/2018OEmaterials) and complete the request form by 7/31/2017.



## Saving money on your prescriptions just got easier.

Check out your new RxSS member portal, free for SEHP members.

Visit [portal.rxsavingsolutions.com](http://portal.rxsavingsolutions.com) to log in or register.



**Updated Dashboard**  
to see your medications quickly, on any device.



**Personalized Savings**  
with proactive notifications and pricing at local pharmacies.



**Simpler Searching**  
to compare medication costs and savings options.



### Need Help?

Call: 1-800-268-4476

Email: [info@rxsavingsolutions.com](mailto:info@rxsavingsolutions.com)

**Rx Savings**  
Solutions

## Is Your Healthy Smile at Risk?

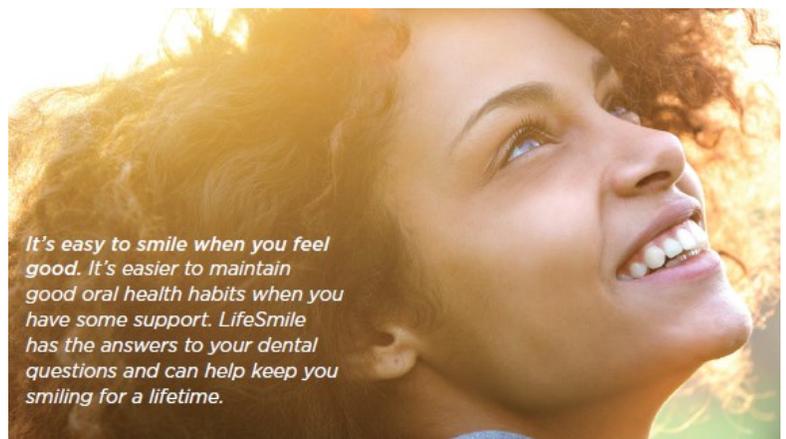
Oral health is a foundation for overall wellness. By knowing your risks for oral diseases and infections, you can better control the factors that lead to future problems. Here are some factors that increase your risk of mouth infections, dental disease and even oral cancer.

### Are You at Risk?

- Do you go in the sun a lot? Excessive exposure to sun increases your risk for lip cancer - people who spend a long time outdoors for work or play have the greatest risk for developing lip cancer.
- Do you smoke or use smokeless tobacco? Smokers are four times more likely than nonsmokers to develop periodontal (gum) disease. Using tobacco in any form increases the risk of mouth and throat cancer.
- Do you have more than two drinks a day or often have five or more drinks at a sitting? Excessive alcohol consumption can increase your risk of oral cancer.
- Going through hormonal changes? Pregnancy and menopause can cause inflamed gums.
- Have diabetes? People with this condition are at higher risk for gum infections.

***If you're concerned about your risks, or if you want to learn more about preventing oral disease, visit [DeltaDentalKS.com/WellnessConnection](http://DeltaDentalKS.com/WellnessConnection) to take a quick risk assessment and find out how healthy your smile really is. The "My Dental Score" assessment was developed to help you make the connection between the health of your teeth and gums to overall health.***

 **DELTA DENTAL**



*It's easy to smile when you feel good. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.*



## It's your health savings account (HSA) Use it like you mean it.

Did you know your HSA helps prepare you for out-of-pocket costs? Your health savings account (HSA) is here to help you pay for qualified medical expenses— both now and in the future. These include anything from prescriptions to contact lenses. Saving today can help you prepare for unexpected costs tomorrow — like a trip to the emergency room. Plus, building up your HSA can also help cover for planned care, such as routine exams or chiropractor visits.

An HSA is a pre-tax account established to pay for qualified medical expenses for those who are covered under a **High Deductible Health Plan**. With money from this account, you pay for healthcare expenses until your deductible is met. Then, in accordance with the terms of your healthcare plan, your insurance company pays for covered expenses in excess of your deductible. Any unused funds are yours to retain in your HSA and accumulate toward your future healthcare expenses or your retirement.

Find the resources you need to make informed health care decisions with the FAQs. With the FAQs, you find out information regarding HSAs, HRAs, and FSAs with Optum Bank.

<https://mycdh.optum.com/faq.html>

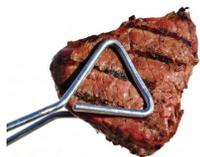


## Naturally Slim Application Window Opens July

From July 24th—August 4th you can register for the forth class of Naturally Slim! Class starts August 21st!

“I have been a type 2 diabetic for many years. My blood sugars are normal. My A1c was 5.8 at my last blood work. It has never been below 6.2 since I have been a diabetic. I stopped taking glimepride at my last doctor visit, and am planning to stop taking metformin on my next visit. I have used a cpap machine for many years, I have not been using it for over 2 weeks. I started the program to get the points for my insurance discount. I bought into the program after the first week. I have lost over 40 pounds so far. Thank You!”

- Testimonial from SOK Class#2



**Have your *steak***  
and lose weight too.

Go to: [www.naturallyslim.com/kansashealthquest](http://www.naturallyslim.com/kansashealthquest) to register!



# SUN SAFETY

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

**Shade** - You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter.

**Clothing** - When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Darker colors may offer more protection than lighter colors. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

**Hat**—For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15.

**Sunglasses**—Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.

**Sunscreen**—Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Get help for hard-to-reach places like your back. **How sunscreen works.** Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. **SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15. **Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off. **Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years.

## There Are 6 Months Left To Earn Your HealthQuest Premium Incentive for 2018



There is 6 months remaining in the HealthQuest Rewards program year!

Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members have until Thursday, **November 9, 2017** to complete activities for **HSA/HRA contributions**. After November 9, 2017 all activities will only count as credits.

Log on to: <https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp> to complete your Health Assessment and earn your total credits.

If you have not logged in during 2017, you will have to create an account. Don't forget your employee ID# is a letter followed by 10 digits and then EE for employee or SP for spouse (ex. K0001234567EE).

For any questions, please email [HealthQuestBenefitsBox@Cerner.com](mailto:HealthQuestBenefitsBox@Cerner.com) or call 1-888-275-1205 option 3.