



HealthQuest

Your path to wellness

Plan Year

January 1 – December 31, 2019

PROGRAM OVERVIEW

HealthQuest (HQ) Rewards Program

HealthQuest is jointly administered by the Kansas Department of Health and Environment/Division of Health Care Finance and the Kansas State Employees Health Care Commission. HealthQuest services are provided as part of your State of Kansas Health Plan Benefits.

Participation in HealthQuest programs is always voluntary and strictly confidential.



HealthQuest Programs



BIOMETRIC
SCREENING



HEALTH
COACHING



WELLNESS
CHALLENGES



EMPLOYEE
ASSISTANCE
PROGRAM



NATURALLY
SLIM WEIGHT
MANAGEMENT



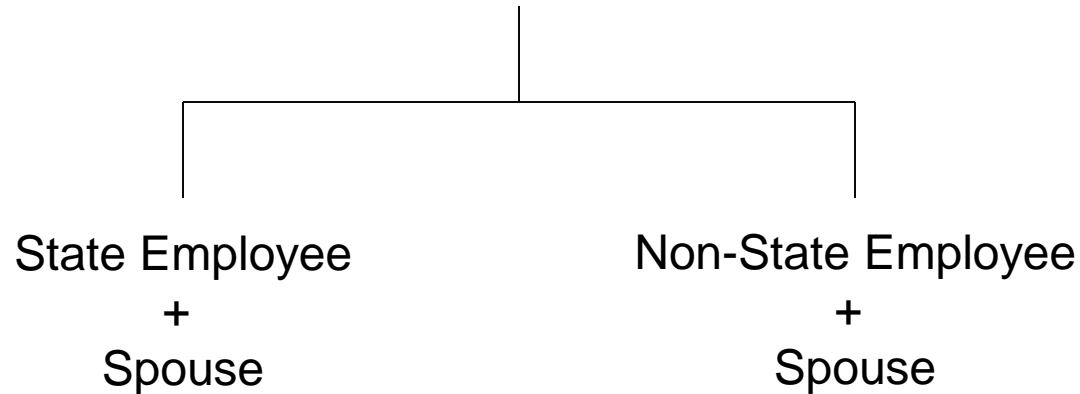
WELLNESS
CHAMPION
NETWORK

HEALTHQUEST WEBSITE

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

Who is Eligible?

BENEFITS ELIGIBLE



-
- Benefits eligible State Employees (enrolled or waived)
 - Benefits eligible Non-State Employees (enrolled or waived)
 - Spouses who are enrolled in the medical portion SEHP

Must be enrolled in benefits with the State Employee Health Plan (SEHP) to earn points towards premium discounts and/or HSA/HRA dollars

2019 Incentive Guide

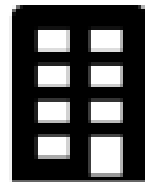
Earning Period: January 1 – December 31, 2019	Credit Value	Credit Max	HSA/HRA Dollars	HSA/HRA Maximum
Personal Health Assessment Questionnaire	10	10	\$100	\$100
2019 HealthQuest Program Overview Video and Quiz (online)	3	3	\$30	\$30
State-Sponsored Biometric Screening Services (Onsite Screening or Home Test Kit - Limit 1 per program year)	5	5	\$50	\$50
Blood Pressure less than or equal to 120/80 (*or completion of reasonable alternative workshop or risk category improvement)	6	6	\$60	\$60
Total Cholesterol less than 200 (*or completion of reasonable alternative workshop or risk category improvement)	6	6	\$60	\$60
Glucose less than 100 (*or completion of reasonable alternative workshop or risk category improvement)	6	6	\$60	\$60
Tobacco Cessation Program Completion (online)	6	6	\$60	\$60
Health Coaching (in-person or telephonic)	1	15	\$10	\$150
Preventive Exams: Annual Well Woman/Well Man (Physical)	5	5	\$50	\$50
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Wellness Challenges (online) Credits equal to number of weeks of challenge	1-4	30	\$10- \$40	\$300
Weight Loss Program (Naturally Slim) (online) (One time activity)	15	15	\$150	\$150
EAP Webinars and On-Demand Training	1	8	\$10	\$80
Wellness Workshops (online)	1	5	\$10	\$50
HealthQuest Financial Wellness Workshop (online)	5	5	\$50	\$50

Note: Dollars Only Apply to Plan C, N, Q and J Members

Preventive Exam Credits

TYPES OF PREVENTIVE EXAMS:

- Annual Well Woman or Well Man Exam
- Bi-Annual Dental Exam
- Annual Eye Exam



**+ HQ
POINTS**

Physician
Submits the
Claim to the
Carrier

Insurance
Carrier
Processes the
Claim

Insurance
Carrier
Notifies
Cerner

Cerner
applies
HealthQuest
Credits

Preventive Exam Credits

TYPES OF PREVENTIVE EXAMS:

- **Annual Well Woman or Well Man Exam**
- **Bi-Annual Dental Exam**
- **Annual Eye Exam**

Reminder:

The HRA/HSA due date is November 18, 2019 and the Premium Incentive due date is December 31, 2019.

Biometric Screenings

HealthQuest offers multiple ways to obtain your biometric numbers in order to complete the Health Assessment Questionnaire



Onsite Biometric Screening Events

OR



At-Home Screening Kit

*If neither option works for you, you can print the **Healthy Range Incentive Form** and take it with you to an appointment with your doctor
This can be found on the HealthQuest website*

Biometric Screenings

HealthQuest offers multiple ways to obtain your biometric numbers in order to complete the Health Assessment Questionnaire

Reminder

HOME TEST KIT:

The HRA/HSA due date for the home test kit is 11/04/2019 and for the Premium Incentive it is 12/09/2019.



HEALTHY RANGE INCENTIVE FORM:

The HRA/HSA due date for the healthy range incentive form is 11/13/2019 and for the Premium Incentive it is 12/26/2019.



HealthQuest Incentive Guide

Plan A

Employees and spouses enrolled in medical Plan A who each earn 40 total credits by participating in various wellness activities throughout the year will receive a **premium reduction in 2020.**

- **Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium reduction of \$480 for 2020.
- **Employee/Spouse and Employee/Family:** Employees and Spouses must EACH earn 40 credits to receive the premium reduction of \$480 for 2020.
- If only Employee **or** Spouse earns 40 credits, discount is \$240

HealthQuest Incentive Guides

Plan C, N, Q and J

Employees and spouses in the above health plans who earn credits by participating in wellness activities throughout the year can earn:

→ **A premium reduction in 2020.**

→ **Earn HRA/HSA dollars to be awarded throughout 2019.**

- **Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium reduction of \$480 for 2020. Employees will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.
- **Employee/Spouse and Employee/Family:** Employees and Spouses must EACH earn 40 credits to receive the premium reduction of \$480 for 2020. Employees and spouses will also earn \$10 in their HRA/HSA for every credit earned, up to 50 credits, or \$500 each.
- If only Employee **or** Spouse earns 40 credits, discount is \$240



1 HealthQuest Credit = \$10



HSA / HRA

HEALTHQUEST DOLLARS

HSA



PLAN C & N

HRA



PLAN J & Q

Remember, with an HSA the money is always yours and can carry over in your account from year to year. With an HRA, the money is available for all eligible expenses throughout the plan year, but does not carry over to the next year (use it or lose it).

HRA/HSA Process and Timeline

1. HealthQuest vendor applies credits earned in the portal for your completed incentive activities
2. The State Employee Health Plan will receive the information weekly outlining HRA/HSA dollars earned
3. Dollars earned are added to next available paycheck
 - Paychecks are issued for prior 2-week pay period, so earned dollars can take up to 2-3 available pay periods to appear on your paycheck stub and your HRA/HSA account

Deadline for earning HRA/HSA dollars for 2019 is:

November 18, 2019

HealthQuest Log In

How to Register for HealthQuest Portal

Click on the HealthQuest Portal Link and then Create My Account



<https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp>

HealthQuest Log In



ADD AT THE END OF EMPLOYEE ID



Employee = EE
Spouse = SP




Sign Up


- **Employee ID (Employee)** is a letter followed by 10 Digits and EE. (K1000000000EE)
- **Employee ID (Spouse)** is a letter followed by 10 Digits and SP (K1000000000SP)
 - *If you do not know your employee ID please contact the HR Manager at your agency*
- Employee and Spouse **CANNOT** use the same email address when creating the account

Please note: HealthQuest does not sell or lease email addresses. All personal contact information entered here remains confidential and is used for your personal use only.

* indicates required field

Account Setup	Member Information
<p>Language </p> <p>English - United States ▼</p>	<p>Name *</p> <p>First and Last Name</p> <p>First Middle Last</p>
<p>Username *</p> <p>_____</p>	<p>Date of birth *</p> <p>mm / dd / yyyy</p>
<p>Password *</p> <p>_____</p> <p>(max 20 characters) + Password requirements</p>	<p>Sex *</p> <p><input type="radio"/> Male</p> <p><input type="radio"/> Female</p>
<p>Retype password *</p> <p>_____</p>	<p>Activity level</p> <p>Little or no exercise, office job ▼</p>
<p>Password challenge question 1 *</p> <p>-- Select a password challenge question -- ▼</p>	
<p>Answer *</p> <p>_____</p>	
<p>Password challenge question 2 *</p> <p>-- Select a password challenge question -- ▼</p>	

HealthQuest Log In

 **HealthQuest**
Your path to wellness

Sign Up [? Help](#)

- **Employee ID (Employee)** is a letter followed by 10 Digits and EE. (K1000000000EE)
- **Employee ID (Spouse)** is a letter followed by 10 Digits and SP (K1000000000SP)
 - *If you do not know your employee ID please contact the HR Manager at your agency*
- **Employee and Spouse CANNOT use the same email address when creating the account**

Please note: HealthQuest does not sell or lease email addresses. All personal contact information entered here remains confidential and is used for your personal use only.

* indicates required field

Account Setup

Language ⓘ
English - United States ▼

Username *

Password *

(max 20 characters)
[+ Password requirements](#)

Retype password *

Member Information

Name *

First and Last Name

First Middle Last

Date of birth *

mm / dd / yyyy

Sex *

Male

Female

FOR LOG IN ISSUES: PLEASE CALL
1-888-275-1205, Option 3

Key Contact Information

HealthQuest Wellness Services.....**1-888-275-1205**

Technical Support for HealthQuest

Portal & Rewards Program:..... **1-888-275-1205, Option 3**

Employee Assistance

Program Services:..... **1-888-275-1205, Option 1**

HealthQuest Program and Credit Questions:

HealthQuest@cerner.com

HSA/HRA Deposits Questions Email:

kdhe.benefits@ks.gov



HealthQuest

Your path to wellness

THANK YOU!