



ROCK CHALK, JAYHAWK!



## KU Benefits Updates – December 2017



### HealthQuest December 2017 Newsletter:

#### **Employee Assistance Program (EAP) Webinars**

ComPsych, the EAP services provider for the State Employee Health Plan (SEHP), is offering monthly workshops worth 1 HealthQuest credit, with max 3 credits in 2017. Registration is required.

#### **December 21st @ 3pm - [Living Simply: Simplify Your Life](#)**

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar.

#### **Less than 30 Days Left To Earn Your 2018 HealthQuest Premium Incentive**

Employees and spouses enrolled in medical plans A and C, have until Sunday, **December 31, 2017** to complete the Health Assessment (worth 10 credits) to earn 40

### **Do Something Good for Yourself**

**Tobacco Cessation:** State Employee Health Plan/HealthQuest offers a free 12-week Tobacco Cessation program and Health Coaching for eligible faculty and staff and covered spouses. [Visit info sheet](#) for registration details.

A reminder Caremark will pay 100% of the allowed amount for tobacco control products listed on [Preferred Drug List](#). For covered over-the-counter products, present your physician's over-the-counter prescription order to the Network pharmacy and request that the claim be run through the CVS/Caremark claim system.

**Help Others Quit:** Your family and friends may need support if they choose to stop using tobacco products. Take a look at these ideas to help others quit. <http://tobaccofree.ku.edu/help-others-quit>



total HealthQuest Credits and receive the \$480 premium discount for 2018. For more information, click [here](#).

*Reminder:* If you are submitting your biometric screening verification through Health Care provider form, all forms must be completed and submitted by **December 20, 2017**.

**HealthQuest Support**  
**1-888-275-1205 Option 3**  
(available 24/7)

Email: [kdhe.healthquest@ks.gov](mailto:kdhe.healthquest@ks.gov)

**\*\*[HealthQuest Rewards Portal](#)\*\***

To check HealthQuest credits balance, [login to your HealthQuest Portal](#) and click in [Incentives Summary](#). KU Benefits does not have access to your HealthQuest credits balance.

You will be notified via email from Cerner of credits posted into your portal.

**If you have questions about the 2017 HealthQuest Program, please visit:**

**[2017 KU HealthQuest handout](#)**  
**[KU HealthQuest Page](#)**

New to HealthQuest?  
[Here is how to create your account.](#)

### ***Biometric Screening***

2018 biometric screening events are being scheduled statewide and scheduling will begin January 2018 using the HealthQuest portal.



### ***FAQ - HealthQuest Program***

***“What is the last possible date I can earn credits for the 2018 HealthQuest incentive?”***

HQ credits for the premium incentive discount can be earned during the calendar year 2017 (January 1st – December 31st). If you have an appointment in late December of 2017, your HQ credits may not be processed by the beginning of January 1st, 2018 and would have to be retroactively credited to you after the claim is processed.

[Source – HealthQuest Premium Incentive FAQ page](#)



If you are leaving the University and have been participating in the State of Kansas Health Plan (SEHP), your active employee health insurance coverage will end the last day you will be in the position and you have the option to elect COBRA continuation coverage or, if eligible, the state's retiree health plan.

KU Benefits 150 Carruth O'Leary 8 am – 5pm  
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