



KU Benefits Updates – February 2018



[HealthQuest February 2018 Newsletter](#)



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

2018 Pre-Retirement & Financial Planning Awareness on-demand recordings



If you were not able to attend the 2018 Financial Planning and Awareness seminars, recorded sessions are available on demand until 2/28/18. [Visit the events page](#) to watch recordings and learn more about

- KPERs Benefits in Retirement
- Planning Steps for Retirement
- Retirement Income
- Understanding Investments
- Health Insurance after Retirement
- Long Term Care
- Wills, Trusts & Estate Planning

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

Statewide Screening Schedule

The following Spring 2018 Lawrence Campus Screenings still have openings. 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

****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.](#)



EAP Webinars

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

- February 13, 2018 at 12 pm - The Power of Voice: Speech Techniques to Help You Be Heard. [Details](#) [\(PDF\)](#). [Registration.](#)
- March 13, 2018 at 11:00 am - Balancing Work and Life. [Details](#) [\(PDF\)](#). [Registration.](#)

Tax Forms



1095-C (Employer-Provided Health Insurance Offer and Coverage Insurance. Issued by State Employee Health Plan).

Your [1095-C Form](#) is available in the SEHP Membership Administration Portal, [MAP](#). You will use your KU online ID and password to sign in to [MAP](#). Once logged in, the 1095-C Form is located under the "Forms" tab, under "Tax Forms."

Experiencing [MAP](#) login issues? Use a different web browser, follow these [instructions to clear your cache](#), or call IT for assistance at 785-864-8080. If you have any questions regarding the 1095-C form, please send an email to SEHPMembership@kdheks.gov

1099-SA Tax form (Plan C Members Only. Issued by Optum Bank)

Form 1099-SA summarizes any distributions made from your HSA during the previous tax year. If no distributions were made, you will not receive a 1099-SA.

To access your tax form, log in to your HSA account at <http://mycdh.optum.com>. Select the Statements & Notifications tab to view and/or download your tax documents. Questions, please contact Optum Consumer Services at 877-470-1771.

Student Health Insurance 1095-B Tax Form

Students enrolled in the Kansas Board of Regents student insurance plan with UnitedHealthCare, will receive a 1095-B directly from UnitedHealthCare. If you have elected to receive 1095B forms electronically you will receive form through UHC My Account [www.uhcsr.com/ku]. If you have questions about the 1095-B, contact UnitedHealthCare at 1-800-767-0700 or customerservice@uhcsr.com.

EAP Webinars (Cont'd)

- 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.

[2018 Plan A Incentive Guide](#)

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

Move Better, Breathe Better, Feel Better, Live Better



Quarter 1 - Move Better Hobbies for Mental and Physical

EAP Monthly Webinar Series
February 20th @ 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.



FAQ – I signed up for MetLife Voluntary Benefits during the State Employee Health Plan Open Enrollment. If I have questions who do I contact?

- Call 1-800-GET-MET8 (1-800-438-6388) Monday through Friday, 7am – 7pm Central Time
- Link to [Group Voluntary Insurance Benefits Presentation](#)
- Visit [MetLife State of Kansas](#) page
(Source: [SEHP MetLife Benefit Page](#))

Faculty and Staff Wellness Events



[Walk-N-Learns](#)

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.

Save the Date

April – Walk the 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 walk the Hawk Route, an inclusive indoor and outdoor path that connects Jayhawk Blvd to Sunnyside Ave

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