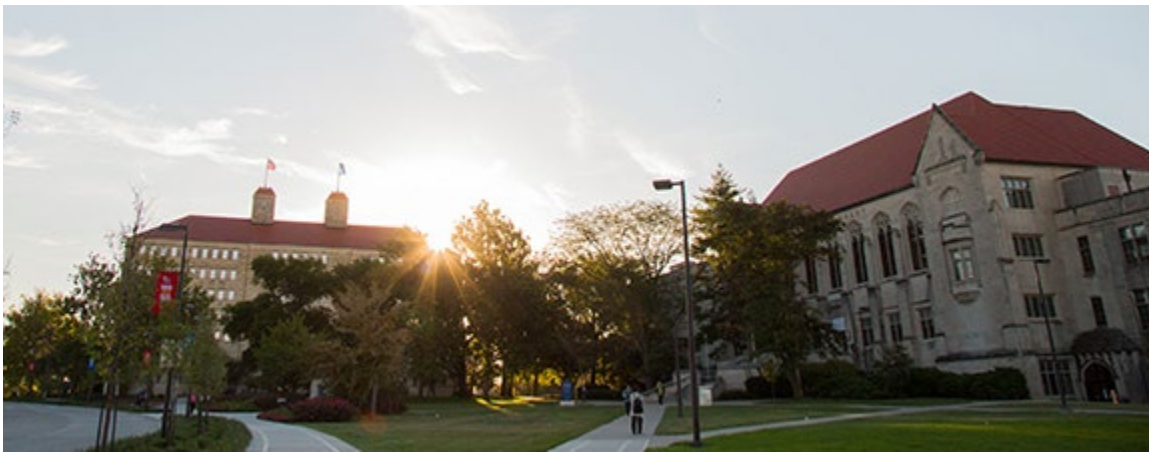




ROCK CHALK, JAYHAWK!



KU Benefits Updates – February 2019

HealthQuest Newsletter

HealthQuest Newsletters are posted in the [HealthQuest portal](#). The February 2019 newsletter includes information on the following topics:

- Fruit & Veggie Challenge (2/20 – 3/6)
- 5-10 minute On-Demand trainings (worth 1 HealthQuest Credit, max 8)
- Calendar of events
- Health Coaching – in person or by phone

You can register for individual health coaching at any of the [Lawrence Campus Screenings](#). For information about the coaching categories, see this [webpage](#). You can register for health coaching on the [HealthQuest portal](#).

The [HealthQuest Checklist](#) has examples of opportunities to earn HealthQuest credits.

****[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 HealthQuest Program, please visit [KU HealthQuest Page](#)
Or view the [HealthQuest Rewards Overview Video](#)

New to HealthQuest?

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

2019 Pre-Retirement & Financial Planning Awareness



The 2019 Pre-Retirement & Financial Planning Awareness seminars are scheduled for March 25, 26, 27 and 28.

The sessions include:

- Health Insurance after Retirement
- Social Security Benefits in Retirement
- Wills, Trusts and Estate Planning
- Long Term Care
- Retirement Saving and Planning
- Transitioning from Career to Retirement
- Income Options in Retirement (TIAA)
- KPERS Benefits in Retirement

The [Event website](#) has more information with session documents and on-demand viewing information.



Biometric Screening

2019 [HealthQuest sponsored biometric screening events](#) are available and 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).

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

[Statewide Screening Schedule](#)

2019 Lawrence Campus Screenings:
(Appointments are from 8 am to 1pm)

2019 Biometric Screening Dates	Location
4/2/2019	KS Union, Jayhawk
4/10/2019	KS Union, Big 12
4/30/2019	KS Union, Big 12
5/1/2019	KS Union, Big 12
8/26/2019	KS Union, the Jay
8/27/2019	KS Union, the Jay
9/16/2019	KS Union, the Jay
9/17/2019	KS Union, the Jay
10/7/2019	KS Union, the Jay
10/9/2019	KS Union, the Jay
10/10/2019	KS Union, the Jay
10/29/2019	KS Union, the Jay
11/1/2019	KS Union, the Jay

Faculty and Staff Wellness events:



Move-N-Learns –

- Wednesday, February 20 from 12:10-12:50 pm – [Earth, Energy & Environment Center \(EEEC\)](#) tour Lindley, Ritchie and Slawson Halls. [Registration](#) is required. May earn 1 HealthQuest point.
- Wednesday, March 20 from 12:10 to 12:50 pm – Integrated Science Building. [Registration](#) is required. May earn 1 HealthQuest point.

Take Advantage of the Employee Assistance Program



The Employee Assistance Program is a no-cost, confidential benefit to assist with life's challenges, offering information, short-term counseling, and referrals from licensed professionals. This benefit is available to all active benefits-eligible employees, their family living in the same household or dependent children.

[About EAP Benefits](#)

[How It works](#)

[List of available services](#)

[Flyer \(including wallet card\)](#)

For 24/7 support, resources and information, please contact 1-888-275-1205 (Option 1).

