



ROCK CHALK, JAYHAWK!



## KU Benefits Updates – January 2018



### HealthQuest January 2018 Newsletter

*Welcome to the  
2018 HealthQuest Wellness Program*



Visit your [HealthQuest portal](#) and click on the *2018 Health Overview* video located on the main page to watch content. Once done, complete the quiz to earn 3 HealthQuest credits.

### *2018 HealthQuest Wellness Program*

Employees and spouses enrolled in the State Employee Health Plan who complete the

### 2018 Pre-Retirement & Financial Planning Awareness Seminars



Attend a series of seminars designed to help faculty and staff plan for financial security and an enjoyable retirement. Reservations are not required and the seminars are free of charge and open to all faculty, staff and their families. All sessions will be available for on-demand viewing for 30 days after event with exception of Social Security Benefits in Retirement.

For more information, please visit [Financial Planning Awareness & Pre-Retirement Planning Seminars](#) page.



### *FAQ – Where can I locate my 2018 Benefit Elections?*

**Health, dental, vision, and spending accounts:** For your 2018 State Employee

REQUIRED Health Assessment and earn credits by participating in wellness activities throughout the year can earn a premium reduction in 2019. Members enrolled in Plans C, J, Q and N can also earn HRA/HSA dollars to be awarded throughout 2018.

- Employee and Employee/Children Coverage: Employees must earn 40 credits to receive the premium reduction of \$480 for 2019. Employees in Plans C, J, Q and N 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 2019. Employees and spouses in Plans C, J, Q and N will also earn \$10 in their HRA/HSA for every credit earned, up to 50 credits, or \$500 each.

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### Mark Your Calendars



**Premium Incentive  
Discount Earning Period:  
Jan 1, 2018 - Dec 31, 2018**

**HRA/HSA  
Contribution Earning Period:  
Jan 1, 2018 - Nov 19, 2018**

### **Biometric Screening Deadlines**

#### Physician Form

**HRA/HSA deadline - Nov 14, 2018  
2019 premium reduction – Dec 27,  
2018**

**Home Test Kit:  
HRA/HSA deadline – Nov 5, 2018  
2019 premium reduction – Dec 10,  
2018**

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Health Plan Benefit elections, please visit your [MAP account](#) and click "Benefits". (If you are experiencing issues logging in, please visit [MAP Assistance page](#)).

**Life Insurance and Retirement:** visit [HR Pay](#) > Self Service > Benefits > Benefits Summary (will also include before/after tax designation for contributions)

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### 2018 Paycheck Deductions



Health insurance elections made during October's Open Enrollment for health, dental, vision and spending accounts, became effective January 1, 2018. The first deduction for 2018 will be taken from the January 12, 2018 paycheck. **Please review your January 12, 2018 paycheck to verify correct benefit deductions for 2018.** Please note far left column indicates before-tax elections and middle column, after tax elections. ([How to view paycheck guide](#)).

If your benefit deductions appear incorrect, please contact the Benefits Office immediately at [benefits@ku.edu](mailto:benefits@ku.edu) and be prepared to provide a copy of your Open Enrollment confirmation printout.

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- Prescription and preferred lab benefits are embedded in Health Insurance.
- Vision exam is covered by your health insurance. Please provide your health insurance card when completing your eye exam to avoid a co-pay.

For a complete list of benefits, please visit [Benefits Overview](#).

**Naturally Slim Application  
Open January 8<sup>th</sup>**



Apply from January 8 – January 19 for class beginning February 5th. For more info, please visit [HealthQuest Naturally Slim](#) page. Questions? Visit [FAQ](#) page.

**FAQ:** If you have completed Naturally Slim Foundations, the 10 week class in 2017, HealthQuest announced you can participate in Naturally Slim a second time for 15 credits.



**Biometric Screening**

2018 [HealthQuest sponsored biometric screening events](#) are now 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**

2018 Lawrence Campus Screenings:  
(Appointments are from 8 am to 1pm)

2018 Biometric Screening Dates	Location
1/29/2018	KS Union. Big 12
2/12/2018	KS Union. Big 12
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
8/27/2018	KS Union. Big 12

**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 benefits 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).

**Supplement Your Retirement Savings**



Supplement your retirement savings with voluntary 403(b) and/or 457 deferred compensation contributions. Roth after-tax and/or pre-tax options are available with both plans.

8/28/2018	KS Union. Big 12
9/17/2017	KS Union. Jay/Spare
9/18/2018	KS Union. Jay/Spare
10/8/2018	KS Union. Jay/Spare
10/10/2018	KS Union. Jay/Spare
10/11/2018	KS Union. Jay/Spare
10/30/2018	KS Union. Jay/Spare

For more information, please visit [Voluntary Retirement Plans](#).

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

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

Email: [healthquest@cerner.com](mailto: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.](#)

KU Benefits 150 Carruth O'Leary 8 am – 5pm  
[benefits@ku.edu](mailto:benefits@ku.edu) | 785-864-7402