



KU Benefits Updates – January 2019

2019 Paycheck Deductions



Insurance elections made during Open Enrollment for health, dental, vision, MetLife, and/or spending accounts, became effective January 1, 2019. The first deduction for 2019 will be taken from the January 11, 2019 paycheck. Please review that paycheck to verify correct benefit deductions for 2019.

Please note the far left column displays 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 and be prepared to provide a copy of your Open Enrollment confirmation printout.



FAQ – Where can I locate my 2019 Benefit Elections?

Health, dental, vision, MetLife and spending accounts - for your 2019 State Employee 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)



For an overview of the 2019 HealthQuest Wellness Program, click on this [link](#).

-Employee and Employee/Children Coverage:
The employee must earn 40 credits to receive the premium reduction of \$480 for 2020. Employees in Plans C, J, N and Q will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.

-Employee/Spouse and Employee/Family coverage: Employees and their spouses enrolled in Plans C, J, N and Q can each receive up to \$500 into their HRA or HSA account in 2019 through participation in HealthQuest activities. Each credit is worth \$10 into the employee's HRA or HSA account. The same HQ activities that earn HSA/HRA dollars will also earn credits toward the premium incentive discount for Plan Year 2020. Employees and their covered spouses must each earn 40 credits to receive the full \$480 premium incentive discount. If only one earns 40 credits, the discount earned is \$240 annually. Members enrolled in Plans C, J, N and Q can earn the maximum employer contribution into their HRA or HSA if both employee and covered spouse each earn 50 credits.

2019 Incentive Guides:
[Plan A](#)
[Plans C, J, N and Q](#)



The next Naturally Slim application period will be January 7 - January 18 for class beginning February 4th. For more info and to apply, please visit [HealthQuest Naturally Slim](#) page. Questions? Visit [FAQ](#) page.

If you participated in Naturally Slim in prior years you can repeat the program in 2019 for credits and/or HRA/HSA contributions.

2019 HSA Vendor Transition



NueSynergy is the vendor that will administer the Flexible Spending, Health Savings and/or Health Reimbursement Accounts for Plan Year 2019. If you have questions or need assistance, contact NueSynergy's customer service department at 855-750-9440.

Please visit the following resource for more information:

[Nuesynergy website](#)

[Transition from Optum to NueSynergy](#)

[Closing Optum Investment Account](#)

****[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.](#)

Health Coaching

You can register for individual health coaching at any of the Lawrence Campus Screenings (except 2/4/19). For information about the coaching categories, see this [webpage](#). You can register for health coaching on the [HealthQuest portal](#).

HealthQuest Newsletter



HealthQuest Newsletters are posted in the [HealthQuest portal](#) (the January newsletter has not yet been posted).

Mark Your Calendars



**Premium Incentive
Discount Earning Period:
Jan 1, 2019 - Dec 31, 2019**

**HRA/HSA
Contribution Earning Period:
Jan 1, 2019 - Nov 18, 2019**

Biometric Screening Deadlines

Healthy Range Incentive Form - physician
HRA/HSA deadline - Nov 13, 2019
2020 premium discount – Dec 26, 2019

Home Test Kit:
HRA/HSA deadline – Nov 4, 2019
2020 premium discount – Dec 9, 2019



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
2/4/2019	KS Union. Big 12
2/11/2019	KS Union. Big 12
2/12/2019	KS Union, Big 12
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