



ROCK CHALK, JAYHAWK!



KU Benefits Updates – November 2017



HealthQuest November 2017 Newsletter including November 2017 HealthQuest announcements:

Employee Assistance Program (EAP) Webinars- Holiday Health Campaign

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. The duration is approximately 30-45 minutes. Registration is required.

November 15th @ 3pm - [Navigating Life's Big Decisions](#)

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

State Employee Health Plan

THANK YOU

SEHP Open Enrollment

KU Benefits would like to express our appreciation for your support during Open Enrollment in October. As of November 1st, 99% currently enrolled employees completed Open Enrollment.



Only 2 Months 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 your Health Assessment (worth 10 credits) to earn 40 total HealthQuest Credits and receive the \$480 premium discount for 2018.

December 2017 exams need to be reported to the State of Kansas by January 31st for credits in the 2017 program year.

HealthQuest Rewards Portal

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

If you have questions about the 2017 HealthQuest Program, please visit [2017 KU HealthQuest handout](#) or the [KU HealthQuest page](#).

You can review the credits you have earned in the HealthQuest Portal, under [Incentives Summary](#).

The [HealthQuest program FAQ](#) states the process takes about 4-5 weeks from the date of your appointment/activity. You will be notified via email from Cerner of credits posted into your portal.

[2017 Plan A Incentive Guide](#)
[2017 Plan C Incentive Guide](#)

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

Email: kdhe.healthquest@ks.gov



**KU Lawrence Campus
November Lunch-N-Learn**

Insurance Cards Reminders

- Caremark will send new ID cards to all members.
- Aetna, BCBS, Delta Dental, Surency Vision and Quest will send new cards to members who made changes in coverage.
- NueSynergy and Optum will send new debit cards to new members only.



Reminder – Health Care Flexible Spending Accounts

Health Care FSA participants can carry over up to \$500 of remaining FSA funds into the next plan year and those funds may be used for qualified medical expenses incurred during that year. This valuable feature gives you the flexibility to spend your FSA funds at a future date and reduces the likelihood that your unused funds will be forfeited. The carryover will not count against your annual election and your cumulative carryover balance from year to year cannot exceed \$500.

Remaining Health/Limited FSA funds will automatically be carried over to the type of FSA in which you are currently enrolled, as long as the balance is \$25 or greater.

Source: <http://www.kdheks.gov/hcf/sehp/FSA.htm>

For more FSA information visit [NueSynergy's](#), email customerservice@nuesynergy.com or call 1-855-750-9440.



Learn how you can best support, friends, family or co-workers through the process of quitting tobacco because those who feel supported are more likely to be successful. Join us on **Thursday, November 16** in the Malott Room of the Kansas Union from 12:10-12:50 pm. Presented by trained tobacco cessation facilitator Patty Quinlan. Earn one HealthQuest point. For more info, visit [KU Wellness Lunch-N-Learns](#).

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



Have You Moved?

If you move, please ensure that your current mailing address has been updated. You can see your contact information in [MAP](#), once you log in, under Contact Information. This is the address that will be used by the insurance companies and will ensure prompt delivery of your new insurance cards.

You will also need to update your address in KU's HR/Pay database by using Self-Service at hr.ku.edu (Main Menu>Self Service>Personal Information> Home and Mailing Address - select the red pencil icon to edit).

NueSynergy has a new website. There is nothing you will need to do as part of this change. All current account settings, as well as usernames and passwords, will remain the same.

[Click here](#) to view the new welcome kit for help navigating the new member portal. Questions or concerns, email NueSynergy at customerservice@nuesynergy.com or call 1-855-750-9440.

[STAR - State Thanks & Recognition](#)

The [Star Discount Program](#) offers State of Kansas employees an opportunity to take advantage of product and service discounts offered by various vendors throughout the state. To get STAR discount email updates, [sign up here](#). For questions or comments, [click here](#).



[Travel Assistance Benefit](#)

Benefits-eligible employees with [basic Group Life Insurance](#) are covered with **Travel Assistance** from the Standard Insurance Company for themselves, their spouse and children, through age 25. All eligible employees are automatically enrolled when they are hired or become covered by the [basic Group Life Insurance](#) plan. There is no additional cost to the member of employer for the benefit. For additional benefit information, see [Travel Assistance Employee Handout](#) or visit [KU Benefits Travel Insurance](#) page.

Please note KP&F members are only eligible for Travel Assistance if enrolled in the [State of Kansas Optional Group Life Insurance](#) plan.