

## KU Benefits Updates – September 2018



### [HealthQuest September 2018 Newsletter](#)

**[\\*\\*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.](#)

### **New Employee Orientation**

KU Benefits looks forward to working with you during the upcoming year.

If you want to review benefits and campus resource information provided to current faculty and staff, feel free to review them in the [New Employee Orientation](#) available in the Talent Development system.



Information about the State Employee Health Plan Open Enrollment for 2019 and the State Employee First Look Webinar schedule are posted on the



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 Plan A Incentive Guide**

**2018 Plan C, Q, N and J Incentive Guide**

**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****

[SEHP Plan Year 2019 website](#). Webinars will open and registration links will be posted mid-September.

Plan Year 2019 Open Enrollment materials will be posted on the [SEHP's website](#) by **October 1**.

Open Enrollment for 2019 will be an **active enrollment** and all eligible employees who want coverage will need to make their health elections during Open Enrollment in the Membership Administration Portal ([MAP](#)), even if you wish to keep the same medical plan and the same insurance company.

Plan Year 2019 SEHP elections cannot be made until Open Enrollment. The Open Enrollment portal in MAP will be available from October 1 - 31, 2018 for employees to make their selections.

***Important Open Enrollment Dates***

<b>October 1-31</b>	<p><b>State Employee Health Plan Open Enrollment</b> <i>(Health, Dental, Vision, Spending Accounts, Voluntary Benefits)</i></p> <p><b>Optional Group Life Insurance Open Enrollment</b></p>
<b>October 8</b>	<p><b>KU Lawrence Benefits Fair &amp; SEHP Open Enrollment Sessions - Kansas Union, 4<sup>th</sup> Floor</b></p>

## Reminder - 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).

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

### [Statewide Screening Schedule](#)

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

2018 Biometric Screening Dates	Location
9/17/2018	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

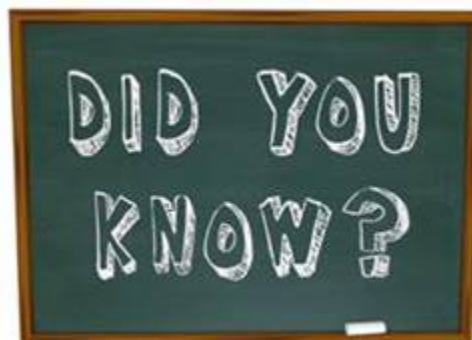
*Appointments are highly recommended. The first available provider will see you as soon as possible after your check in. Walk-in wait times may vary. Remember, by making an appointment in advance, your wait time will be reduced.*

## Optional Life Insurance Open Enrollment Presentation



**Tuesday September 25**  
**Kansas Union, 4<sup>th</sup> Floor, Alderson Room**  
**1 pm**

Attend in person to learn more about Optional Life Insurance Open Enrollment options available during the month of October.  
No registration required.



TIAA and Voya are on-site regularly to help you take full advantage of the Kansas Board of Regents 403(b) mandatory retirement plan provided through the University of Kansas.

You can work with your TIAA or Voya financial consultant at no additional cost. Your consultant will provide one-on-one, personalized advice and education to help you make informed choices. You can schedule a specific time that is convenient for you.

[TIAA](#) [Voya](#)

**HealthQuest Wellness  
Challenge**  
**"I Would Walk 500 Miles"**  
**September 19 – October 17**



To compete in the challenge you must walk 10,000 steps a day. 4 Credits / \$40 HRA/HSA dollars will be awarded for 75% completion of the challenge goal (52,500 weekly/210,000 total).

To join the challenge, log on September 19 to the HealthQuest portal and use the challenge bar to sign up.

*(Source: HealthQuest newsletter. Questions? Call 1-888-275-1205 Option 3 24/7 or email [healthquest@cerner.com](mailto:healthquest@cerner.com))*

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**EAP Monthly  
Webinar Series**



**Secrets to Self-Motivation**  
**September 19th, 2018 @ 11:00 am**

[Click here](#) to register today! On demand trainings are worth 1HQ credit. If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar.



**Tobacco Free KU**

The Tobacco Free KU policy became effective July 1<sup>st</sup>. You might find the following websites helpful to manage this change in campus culture:

- [Answers to policy questions](#)
- [Cessation information](#)
- [Helping others to quit](#)
- [Informational videos, handouts, and multi-lingual flyers](#)
- [Reporting of observed tobacco use](#)

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**Faculty and Staff Wellness Events**



**Lunch-N-Learn  
Self-Defense**

**Wednesday, September 12<sup>th</sup>**  
ASRFC Conference Room 202  
12:10 PM–12:50 PM

Mr. Mark Taylor, Owner and Master Instructor of Premier Martial Arts in Lawrence will be teaching self-defense techniques at the ASRFC. Participants are asked to please dress appropriately. Registration is not required.

To earn one HealthQuest point for attending a Lunch-N-Learn, sign-in when you arrive. If you



You may earn up to 8 HealthQuest points for attending EAP webinars. Each webinar is worth 1 HealthQuest credit (and \$10 if in Plan C, Q, N or J).

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## Moved?



If you have moved, please ensure that your current mailing address has been updated. To update address, log into Self-Service at [HR/Pay](#) (Main Menu>Self Service>Personal Information> Home and Mailing Address - select the red pencil icon to edit).



## Rx Savings Solutions

[\(2 minute Introduction Video\)](#)

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions. Rx Savings is available to all those enrolled in a SEHP medical plan, employees and dependents.

For more information about this benefit, [visit their webpage](#) or their [FAQ](#). Need Assistance? Member service representatives are available at 1-800-268-4476 (M-F 7 am to 8 pm CST).

require reasonable assistance contact [wellness@ku.edu](mailto:wellness@ku.edu) by Sept. 10.

*(Questions about Lunch & Learn or Webinar? Please email [wellness@ku.edu](mailto:wellness@ku.edu). Stay current on upcoming [KU Wellness](#) events – subscribe to their [mailing list](#))*

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## 2018 Flu Shot Clinics



### Lawrence Campus

Watkins Health Services will host flu shot clinics across campus during the month of October making it convenient and easy for faculty and staff to get immunized. As a network provider for SEHP members enrolled in Blue Cross and Blue Shield of Kansas or Aetna, flu shots from Watkins are covered in full as a preventive service. Stay tuned for more information about these flu clinics.

### Other Statewide Locations

SEHP sponsored flu shot clinics begin **September 11**. Flu shot clinics are available at no cost to members of the SEHP ages 18-65. To schedule an appointment for an onsite clinic go to [www.occuvax.com](http://www.occuvax.com). For more information including registration information visit [SEHP Flu Clinic page](#).

**PLEASE NOTE:** All members will need to bring their Caremark ID card to be eligible for a flu shot.

### Eligible Health Plan Provider

Flu shots are eligible for 100% coverage under the SEHP's preventative care benefit when received from a Network provider. For more information regarding BCBS and Aetna flu shot coverage, eligible retail pharmacies, and clinics visit [2018 Flu Vaccine Information by Health Plan](#).