

# State Employee Health Plan News



Quarter 2 2017

## Turn Your Working Lunch into a Walking Lunch April 26th @ Noon

For 75 years, Blue Cross and Blue Shield of Kansas has played an active role in helping Kansans lead healthier lives. Those efforts continue today through National Walk @ Lunch Day. The day is designed to encourage busy people like you to take a walk during your lunch break and start a healthy routine. Walking is one of the easiest and most effective forms of exercise and, when done briskly and on a regular basis, 30 minutes of walking can:

- Decrease the risk of heart attack, stroke and type-2 diabetes
- Improve muscle tone and bone health
- Lower the risk of dying from hypertension
- Reduce stress

Blue Cross is hosting rallies and one-mile walks in 13 Kansas communities. Downtown workers, elected officials, community leaders and the public are invited to join our employees for a walk. A

limited number of free T-shirts are available for participants at each location. Each of these events begins at noon – rain or shine!

<http://www.bcbsks.com/AboutUs/Community/Walk-at-lunch/>



*Walking for the health of it.*

## Plan C HSA/HRA HealthQuest Contributions

Employees and their covered spouses on Plan C are eligible to earn Health Savings Account (HSA) or Health Reimbursement Account (HRA) contributions through participation in HealthQuest. The HSA or HRA dollars are posted to the employee's account on the first pay cycle after the SEHP has been notified of the completion of an activity. Employees should review their pay stubs for posting information. Non State employees will see their contributions posted once monthly, on the third week of the month.

**Reminder on Preventive Care Credits:** Your claim for preventive care services will need to have been processed by your health plan carrier before credits will be awarded. The HSA/HRA dollars will be awarded on a pay cycle after the HQ credits are awarded.

**Have you registered for the new HealthQuest program?**  
Go to: [kansashealthquest.cernerwellness.com](http://kansashealthquest.cernerwellness.com) to register.

- The HealthQuest program runs:  
January 1, 2017 – December 31, 2017.
- Deadline to earn Plan C HSA/HRA contributions is 11/9/2017.
- Be sure to complete your **REQUIRED** Health Assessment & earn 40 total credits!



## Accessing Delta Dental ID Cards



Employees have 2 ways to access their ID cards 24/7



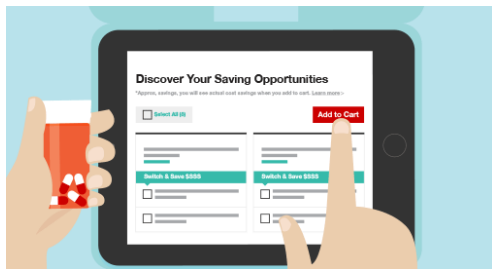
1. **Online**—log in through the Subscriber Connection at [DeltaDentalKS.com/Subscribers](http://DeltaDentalKS.com/Subscribers). Once logged in, click on the **ID cards** tab. Click on the **print icon** in the upper right hand corner, a PDF will appear that you can print, or download and save the wallet sized ID card.

2. **Delta Dental Mobile App** - download the Delta Dental mobile app to your device. Log in to the app using the same username and password used to log in to the Subscriber Connection member portal. If you haven't registered yet, there is a link on the

home screen of the app to register for an account. Once logged in, your mobile ID card will be available immediately after the login.

**REMINDER:**

- Employees will find detailed plan information is available online through the Subscriber Connection. You can log in to the Delta Dental Subscriber Connection and click on "Benefit Booklet" to view, print or download and save this document for reference to the specific details of your plan.



## SEHP Vendor Word Search

- AETNA
- BCBSKS
- CAREMARK
- CASTLIGHT
- CERNER
- COBRAGUARD
- COMPSTYCH
- DELTA DENTAL
- NUESYNERGY
- OPTUM
- QUEST
- RX SAVINGS
- SURENCY

B	C	H	D	A	E	U	J	T	S	R	O	P	M	N
C	A	R	E	M	A	R	K	Y	H	E	A	Q	B	N
B	E	K	L	D	F	N	X	R	H	U	M	U	E	H
S	T	M	T	K	D	Y	U	S	C	O	T	E	E	P
K	N	C	A	N	C	R	B	E	A	T	P	S	H	L
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C	E	R	N	E	R	A	R	Y	K	N	E	N	D	M
V	U	A	T	M	A	D	T	E	O	X	M	R	G	P
S	Y	U	A	L	G	O	B	L	P	E	R	A	G	S
A	B	K	L	W	U	K	W	T	S	Y	H	N	A	Y
W	A	S	T	C	A	S	T	L	I	G	H	T	S	C
X	C	Q	W	T	R	H	M	G	S	W	U	A	M	H
N	M	A	H	S	D	A	W	A	L	K	Z	E	J	W

Caremark.com makes it easier to see if you could be spending less on your prescriptions. You may have opportunities for potential savings on out-of-pocket costs by taking advantage of options such as 90-day refills through mail service or your local pharmacy.

Visit [Caremark.com/savings](http://Caremark.com/savings) today and see how you could be saving on prescriptions.



Looking to save money on your prescriptions?

Start saving today at [portal.rxsavingsolutions.com](http://portal.rxsavingsolutions.com)

This free benefit for SEHP members provides transparency into prescription costs. It's a simpler way to save money at the pharmacy.

**It's easy to find your savings opportunities:**

1. Visit [portal.rxsavingsolutions.com](http://portal.rxsavingsolutions.com) to log in or register.
2. Review your available savings alerts or search for savings.
3. Receive savings notifications when new savings opportunities are available.

**Need Help?**  
 Call: 1-800-268-4476  
 Email: [info@rxsavingsolutions.com](mailto:info@rxsavingsolutions.com)



## Chocolate: Health Hero or Villain?

There has been a lot of buzz about America's favorite sweet treat doubling as a superfood with all sorts of health benefits. However, if you think it's too good to be true, guess what? You're right. Before you buy your sweetheart a box of chocolates as a healthy gift, let's dig a little deeper. Chocolate's claim to health fame is predicated on its supply of flavanols. What are flavanols? Heart-friendly phytochemicals that act as antioxidants to reduce inflammation and relax arteries. This helps to lower blood pressure and regulate overall blood flow. There is also promising research on their effects on mental function. The problem: While flavanols are found in abundance in cocoa beans, the processing they undergo to produce

the sweet, indulgent flavor that we all love harms them. Manufacturers roast, ferment, pulverize and alkalize the beans to offset the inherent bitterness of the cocoa and, to top it all off, add copious amounts of sugar and milk, further diminishing any health benefits. Your ability to absorb flavanols is largely dependent on your healthy gut bacteria. As gut bacteria's number one nemesis is sugar, to eat chocolate as a source of flavanol is like taking the poison with the antidote. Lastly, research has shown that you need to consume a minimum of 200 mg of flavanols

(ideally upwards of 900 mg, depending on how healthy your gut flora is) to experience any benefit. Those who claim that chocolate has health benefits typically advocate for consuming chocolate in moderation to offset the extra sugar and calorie intake, but moderate amounts of chocolate will do you no good. To put it into perspective, to consume 200 mg of flavanols from chocolate review the chart below.

**The verdict:** When it comes to chocolate, the harm outweighs the ben-



efit in most cases. Even in the healthiest of dark chocolate bars and cocoa powders, the flavanol content is poorly regulated. Cocoa supplements typically boast 400 mg of raw cocoa; however, this translates to only 10 to 20 mg of flavanols. You're better off getting your flavanols through other sources. The best are yellow onions, apples, tomatoes and peppers.

<b>Cocoa powder</b>	<b>1-¾ Tbsp.</b>	<b>30 calories</b>
<b>Baker's chocolate</b>	<b>½ ounce</b>	<b>70 calories</b>
<b>Semi-sweet chips</b>	<b>1-½ ounces</b>	<b>200 calories</b>
<b>Dark chocolate</b>	<b>2 ounces</b>	<b>320 calories</b>
<b>Chocolate syrup</b>	<b>1 cup</b>	<b>840 calories</b>
<b>Milk chocolate</b>	<b>10-½ ounces</b>	<b>1,580 calories</b>

## Colonial Life Benefits Enrollment Open Throughout the Year!

Life is full of challenges....protecting your way of life shouldn't be one! If something happened to you, would your family have the income they need? Help protect their way of life with voluntary benefits from Colonial Life.

- **Accident Insurance:** helps offset unexpected medical expenses due to a covered accidental injury.
- **Hospital Confinement Indemnity Insurance:** provides a lump-sum benefit to help with covered hospital stays.
- **Cancer Insurance:** helps offset out-of-pocket expenses related to cancer.

- **Critical Illness Insurance:** provides a lump-sum benefit that can be used to help pay costs related to a covered critical illness.

Colonial Life State of Kansas website home page

<http://www.visityouville.com/en/StateOfKansas>

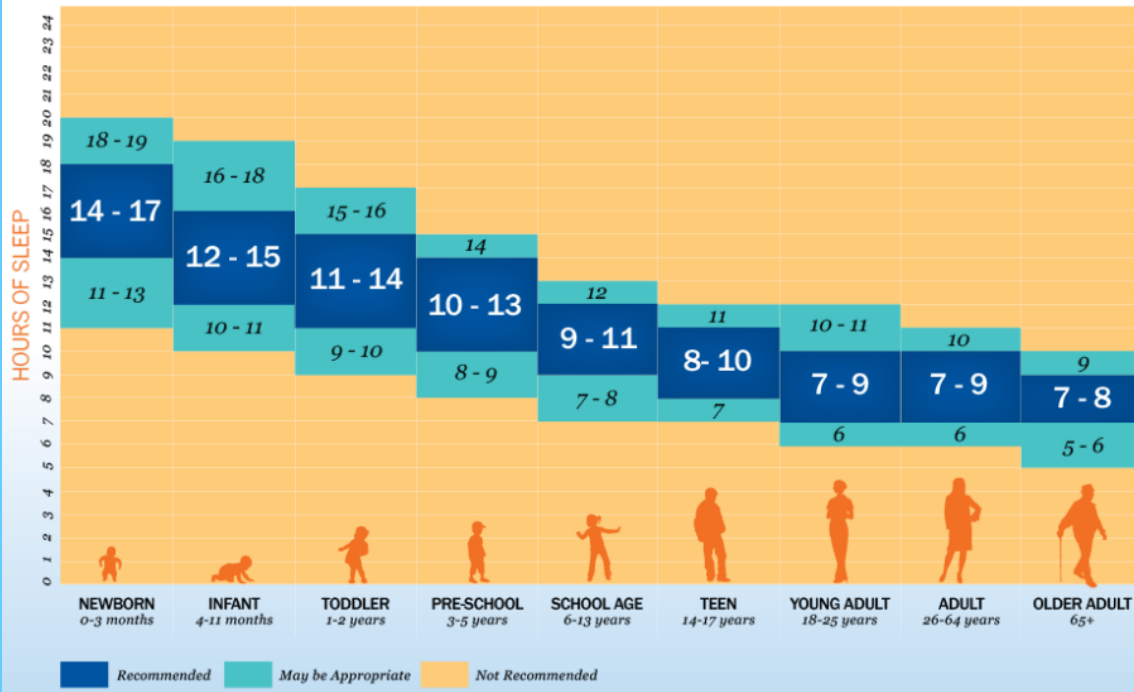
For enrollment: [1-888-909-7662](tel:1-888-909-7662) - 7 AM – 7 PM CST

Local Customer Support: [1-800-668-2065](tel:1-800-668-2065) x 120

Email: [enroll@coloniallife-kc.com](mailto:enroll@coloniallife-kc.com)

**Colonial Life**  
The benefits of good hard work.®

# SLEEP DURATION RECOMMENDATIONS



## Sleep Awareness Week is April 23rd through 29th

The National Sleep Foundation (NSF) is dedicated to improving health and well-being through sleep education and advocacy. NSF is the trusted resource for sleep science, healthy sleep habits, and sleep disorders to medical professionals, patients and the public. Sleep Awareness Week (SAW) is NSF's annual event designed to incite, inform and engage the public, as well as advance NSF's mission to improve health and well-being through sleep education and advocacy. Sleep Awareness Week 2017 will begin on April 23rd, 2017 and end on

April 29th, 2017. Sleep is essential to a healthy, productive life. According to the most recent findings from NSF, more than four in ten Americans reported that their daily activities were significantly impacted by poor or insufficient sleep at least once during the past seven days. This needs to be brought to light, and people who are suffering with sleep health issues should be able to find resources that will help them with their struggles. Sleep Awareness Week aims to provide

the public with the necessary information they need to prioritize their sleep. Furthermore, research has shown that adequate, quality sleep directly and positively affects mental, physical and emotional well-being.

For more information about Sleep Awareness Week, [www.sleepfoundation.org/saw](http://www.sleepfoundation.org/saw).

