13 February 2012

Wellness Newsletter

Adjutant General's Department 2012, Issue 1

Special points of interest:

- February is Heart Health Month
- HealthQuest Rewards Program updates and reminder
- February Wellness Challenge—Heart Smart (Feb 1—Feb 29)
- March Agency Challenge
- Dangers of Poor Dental Care

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February is Heart Health Month

A heart attach is a medical emergency! The average person waits 3 hours before seeking help for the symptoms of a heart attack. The sooner someone gets to the emergency room, the better the chance of survival.

Do you know the symptoms?

* Altered mental status

* Chest pain (usually in the center of the chest; last for more than a few minutes or comes and goes; pain may be in the jaw, shoulder, arms, back and stomach areas)

* Cold sweat

* Light-headedness

* Nausea

*Numbness, aching or tingling in the arm (usually left arm)

* Shortness of breath

* Weakness or fatigue

Women are more likely to have nausea, vomiting, fatigue, back or jaw pain, and shortness of breath, either alone or with chest pain. Babies and children may appear limp and unresponsive and may have bluish-colored skin.

Do you know what to do to help a heart attack victim?

* Have the person sit down, rest and try to keep calm.

* Loosen any tight clothing.

* Ask if the person takes any chest pain medication for a know heart condition.

*Help the person take the medication (usually nitroglycerin, which is placed under the tongue).

* If the pain does not go away promptly with rest or within 3 minutes of taking mitroglycerin, call for emergency medical help.

* If the person is unconscious and unresponsive, call 911, then begin CPR (if trained in it).

* If an infant or child is unconscious and unresponsive, perform 1 minute of CPR, then call 911.

Do Not:

*Leave the person alone except to call for help, if necessary.

* Allow the person to convince you not to call for help.

* Wait to see if the symptoms go away.

* Give the person anything by mouth unless a heart medication has been prescribed.

For your own heart health:

* eat a balanced, healthy diet

* get regular exercise

* quit smoking

* keep blood pressure, cholesterol, and diabetes in good control

* talk to your doctor about starting a heart-healthy program of diet and exercise.

Who's New in Human Resources

We would like to welcome Janice Harper as our new Human Resource Professional II. She is handling our position advertising and recruitment. She is also becoming more familiar with our benefits, policies and procedures.

Formerly, she was our Comptroller and has become a wonderful link between the two offices.

Her contact information is:

785-274-1386

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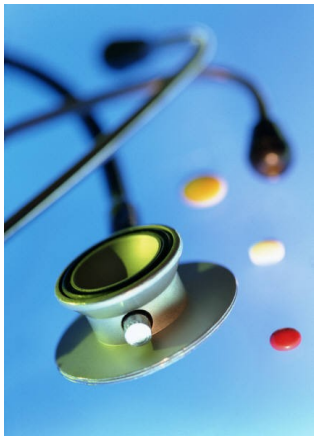
Wellness Newsletter

HealthQuest Rewards Program Updates



For those of you who designated your non-tobacco use or tobacco use and will complete the tobacco cessation program, you will earn 10 credits towards the 20 credits needed for the premium discount in PY2013.

If you complete the required Health Screening & Health Assessment, you will earn the other 10 credits needed for PY2013. The article at the bottom of the page gives more information on this program.

If you chose not to disclose your tobacco use, do not finish the program or chose not to enroll in it, you can still earn the other 10 points easily.

If you go to your doctor for the Health Screening during a Well-Person exam, you will earn 5 credits for the appointment, but you have to manually enter the appointment on the web-portal.

Going to the dentist for your two dental cleanings per year, will earn 5 credits each. Your yearly vision exam is worth 5 credits. You will have to enter these appointments on the web-portal also to get the credits.

If you complete a Wellness Challenge, you will earn 5 credits (maximum is 15 credits). See below for this months challenge.

You have until July 31, 2012, to earn the 20 credits to get the discount for PY2013.

There is a list of programs and their credit values located at www.kdheks.gov/hcf/healthquest/rewards.html.

February Challenge: Heart Smart Challenge

Since February is Healthy Heart Month, it is fitting that this month's challenge is for the heart. To complete the challenge, you need to earn 30 points for the month by eating vegetables, fruit, exercising and/or checking your blood pressure. You can earn one point for each activity each day. When you reach 30 points, you will earn 5 credits.

I know I am a little late in getting this out, but if you do two of the activities each day until February 29, you will have your 30 points. You can also enter information for prior weeks. Just remember to hit the "Continue" button to save your entries for each week.

After you sign in at www.kansashealthquest.com, then click on "Challenges" in the left column.

The tracking categories for this challenge are:

* Ate 1 cup of veggies

* Ate 1 cup of fruit

* Exercised 20 minutes of more

* Had blood pressure checked (can count using blood pressure machines)

Next challenge (VRAK) starts on April 2.

Health Screening & Health Assessment Program

A Health Screening & Health Assessment will be required each year to receive the premium discount starting with PY2013. The State will set up onsite health screenings at various locations throughout the state. If those locations or times are not convenient, you can request an at-home screening kit or obtain the necessary information during your annual Well-Man or Well-Woman exam.

The results from the onsite screening and the at-home screening kits will be entered into the portal automatically. You will need to enter your blood pressure, height, weight and waist circumference for the at-home screening kit.

If you get the results from your doctor, you will need the following information: total cholesterol, HDL, LDL, total cholesterol to HDL ratio, triglycerides, glucose, blood pressure, height, weight, BMI and waist circumference.

After you have finished the assessment online, the 10 credits will be posted to your account.

If you have any questions, contact Jo Boswell at 785-274-1391.

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Before You Push That Button……(an agency challenge)

Did you consider the stairs? Stairs are a wonderful workout tool. They are inexpensive (free). You can't lose them or put them in the corner to collect dust or become a clothes rack. They are usually convenient and located at most places you go: stores, homes, malls, office buildings, etc.

Join the "Stair Climbers" by taking the stairs instead of the elevator. Burn calories and build strength each time you take the stairs!

Taking the stairs is an effective means to keeping healthy.

A person weighing 150 lbs will burn about 7 calories every minute they are walking up stairs.

Walking down stairs, that same person would burn 6-7 calories every minute.

Since we don't have a challenge for the month of March, I am making this our challenge. It will start March 1 and end on March 31. You will have until April 7 to turn in your results to me.

The challenge is:

* Notify Jo Boswell you are taking the challenge

* Record the number of floors you take the stairs for each day.

* At the end of each week, total the number of floors and report them to Jo.

* The top 2 Stair Climbers will win a pedometer and water bottle.

Earn 2 credits by entering the completed challenge in the HealthQuest Approved Activity Self Report form on the web-portal.

Effects of Poor Dental Care

Besides the tooth decay, gum disease and bad breath, poor dental care can affect the health of your whole body.

* Damage to your heart

People with gum disease are almost twice as likely to suffer from coronary artery disease compared to those who don't have periodontitis.

* Loss of memory

Experts say oral bacteria may spread to the brain through cranial nerves or through the bloodstream and may contribute to the type of plaque that's been linked to Alzheimer's.

* Affects diabetes

People with diabetes are more likely to have periodontal disease than those without diabetes. Research finds that gum disease could make it harder to control your blood sugar and that treating it helps improve the diabetes symptoms.

To help avoid problems:

* rinse twice a day with mouthwash

* floss first, then brush

* brush teeth, tongue & cheeks

Remember, if you are covered under the State dental insurance, to take advantage of the two free cleanings each year. (5 credits each)

Recipe of the Month

Baked Walnut-Stuffed Pears

An elegant dessert

4 pears, ripe and firm

1/4 cup raisins

2/3 cup chopped walnuts

2 1/2 Tbsp sugar

1 Tbsp lemon juice

1/4 cup water

1/3 cup light corn syrup

Preheat oven to 350 F.

Peel pears, leaving stems on. Core pears on blossom end (the bottom).

In a small bowl, combine raisins, walnuts, sugar and lemon juice and mix well. Fill cavity of each pear, dividing filling equally. Place pears upright in deep baking dish, preferably with cover.

Mix together water and corn syrup and pour into baking dish. Cover dish with lid (or foil) and bake at 350 F bout 1 hour and 15 minutes, or until pears are easily pierced with fork.

Serve worm or cold with some of the syrup spooned over each pear.

Working Towards a Better Tomorrow

State Employee Health Plan and HealthQuest have teamed up with Wellness Champions to assist employees in improving their health and well-being and to better manage health care costs. Through this newsletter, we will be announcing upcoming events, wellness programs, credit earning opportunities and approaching deadlines.

Jo Boswell and Kay Noel are the Wellness Champion for the Adjutant General's Department. If you have any questions about the HealthQuest programs, please feel free to contact either of them.

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We're on the Web! http://www.kansastag.gov/statehro_default.asp

Deadlines

Changes in coverage due to a life altering event, must be submitted to Human Resources within 30 days of the event.

Earn 20 credits by March 31, 2012 to qualify for the drawing.

Earn 20 credits by July 31, 2012 to qualify for drawing. For those with over 20 credits, you will be entered into the drawing multiple times.

To receive discount for PY2013, earn 20 credits by 7/31/12.

Suggested Activity

Easy Start Program

With the major holidays past us and new year resolutions made, here is a program to get you started.

Sometimes the hardest part of getting healthier is getting started. This program give you simple guidelines to help you change your diet and get more active.

Here's what you can expect:

* A personalized meal plan

* Easy ideas on ways to get more active

*Tip on how to shop smart in the supermarket.

Each week, you will be provided with specific, achievable goals, and a To-Do List of action items to help you reach them.

This program is worth 5 credits.

Located under Healthy Living Programs at www.kansashealthquest.com.