



HealthQuest, the State of Kansas wellness program, offers a variety of free programs and services including the following:

- **Onsite Health Screenings** – Screenings are offered at many locations statewide and provide employees with important health information including total cholesterol, HDL, LDL and total cholesterol to HDL ratio, triglycerides, glucose, blood pressure, height, weight, body mass index (BMI) and waist circumference
- **Online Health Assessment** - Take the online health assessment to better understand your current health status and receive a personalized report and health improvement plan developed just for you.
- **Tobacco Cessation Program** – Employees may enroll in Quit For Life, the nation’s leading tobacco cessation program that has helped hundreds of thousands of people quit tobacco. The program integrates free medication, web-based learning and confidential phone-based support from expert Quit Coaches.
- **Condition Management Programs** – Condition Management Coaching helps employees manage a chronic condition to achieve their best level of health. You’ll receive guidance and encouragement to support your doctor’s plan of care from experienced nurses. You may also be eligible to receive specialized health monitoring devices to help you better track your progress. Condition management programs are offered to those who have been diagnosed with or receive treatment for the following: Asthma, COPD, Coronary Artery Disease, Diabetes, and Heart Failure.
- **Health Coaching** – For support in making positive lifestyle changes, employees may participate by telephone, instant message chat or email communication with a personal health coach who will provide the tools, motivation and support to help them: Lose weight, be more active, ease stress, eat healthier foods, gain energy, and be more confident.
- **Nurse24** – The nurse line is available 24 hours a day, 7 days a week for any health related question. Call toll-free 1-888-275-1205 (option 2) and speak confidentially with a specially trained nurse any time, day or night. From general health and medical information to urgent issues, Nurse 24 can help you make the most informed decisions about what to do.
- **Wellness Portal** - Log on to the wellness portal at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) for the most up-to-date health and wellness information 24 hours a day. Through the portal you can also:
  - Schedule an appointment to attend a free health screening
  - Complete an online health assessment to better understand your current health status and receive personalized feedback on how to improve your health
  - Participate in fun wellness challenges that encourage healthy habits
  - Access 13 different healthy livings programs that guide you through a 6-week online course to help you achieve your goals
  - Participate in online monthly seminars on a variety of wellness topics

- **Employee Assistance Program (EAP)** formerly called LIFELINE – With a single call to the EAP at 1-888-275-1205 (option 7), you and your family members receive confidential assistance from caring professionals, 24 hours a day, 7 days a week at no cost to you. The EAP offers these services:
  - Confidential Personal Counseling for issues such as marital/family conflicts, stress, depression, alcohol/drug abuse
  - Legal Advice and Discounts
  - Personal Money Management Advice
  - Eldercare/Dependent Care Assistance & Referral
  - Life Coaching

**Exercise Room:** An exercise room is available in the basement and to your immediate right when you get off of the elevator at the 503 S. Kansas offices. The room is to be used only during breaks, lunch, before and/or after work. The exercise room is open during regular building business hours, 7:00 a.m. - 5:15 p.m., Monday through Friday. Your access card is not required for entry. A "Release of Liability" form must be completed by employees and filed with Human Resources prior to using the equipment in the room. There is a voluntary sign-up sheet in the room to track the use of the equipment.

**For more information on HealthQuest Programs, please visit [www.kdheks.gov/hcf/healthquest](http://www.kdheks.gov/hcf/healthquest)**