

# Sign Up For Your **FREE Health Screening!**

## Who is Eligible to Participate?

- Benefits eligible State and Non State employees who are enrolled in the state employee health plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the state employee health plan

## About The Program

In 30 minutes or less, you can complete a health screening with a simple finger stick that will provide you with this important health information:

- Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)
- Waist circumference

This is **fasting** test which means you should not consume food/drink for a minimum of nine hours prior to your appointment. Please drink water to stay hydrated; black coffee and tea are also okay (no cream or sugar). You may brush your teeth and take medications as usual.

## Upcoming Events:

**(appointment system closes 3 full business days prior to an event)**

1/16 at Central Heights School, Richmond

1/17 at Waverly High School

1/18 & 1/19 at the Landon State Office Bldg, Topeka

1/20 at the Kansas Neurological Institute, Topeka

1/24 at Wyandotte County District Court, Kansas City

1/25 at the Kansas City Regional SRS Office

1/26 at the Overland Park SRS Office

1/27 at the Commissioners Room, Lyndon

1/31 at Labette Community College, Parsons

2/1 & 2/2 at Parsons State Hospital

[Click here for the full schedule of statewide events](#)

## Hear What Others Are Saying

*I found out today the importance of regular screenings. My glucose level is elevated - this test has alerted me to make some changes to get my levels down to prevent developing diabetes as I am at high risk for diabetes.*

**Helen Joy Fischer - Fort Hays State University**

## How To Schedule an Appointment

- Log in to your account (or register one if you do not have an account) on the wellness portal at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) and click on "Health Screenings" from the left menu and then select "Onsite Screenings"
- If you do not have internet access, please call toll-free 1-888-275-1205 and select option 5 for assistance making an appointment.
- The early slots fill up quickly so make your appointment as soon as possible.
- The appointment system closes three full business days in advance of an event
- Employees/health plan members can participate in one event between October 2011 and July 2012.

## Connect with HealthQuest

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## How to Earn 10 Credits for the Rewards Program

1. Obtain your biometric numbers from one of three ways: 1) by attending an onsite screening event, 2) by scheduling a preventive screening visit with your physician, or 3) by ordering an at-home screening kit offered by HealthQuest.

More info at

<http://www.kdheks.gov/hcf/healthquest/screening.html>

2. Complete an online health assessment using your biometric numbers **by July 31, 2012 to earn 10 credits (required for employees to earn the 2013 premium discount).**

More info at

<http://www.kdheks.gov/hcf/healthquest/assessment.html>

3. Upon completion of your health assessment, you will immediately earn 10 credits for the HealthQuest Rewards Program! **Employees must earn an additional 10 credits (for a total of 20 required credits) by July 31, 2012 in order to receive a \$480 premium discount in 2013.**

More info at

<http://www.kdheks.gov/hcf/healthquest/rewards.html>