

# HR

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# S.M.A.R.T

*Source for  
Monthly Answers,  
Reminders, and Tips*

## HealthQuest Program



The State of Kansas HealthQuest program is a voluntary and confidential wellness program for employees enrolled in a medical plan. Employees can earn rewards by completing preventive care services, physical activity challenges, health education modules, and more.

Starting in 2023, Marathon Health is the new vendor for The State of Kansas. The incentives have changed for 2023 so please see the attached incentive guide that matches your medical plan.

### HealthQuest Portal

Click the “View Incentives” button on the homepage to see your activities and track your progress towards your HealthQuest rewards.



### 2023 HealthQuest Rewards Program Plan A

### 2023 HealthQuest Rewards Program Plan C, J, N

## Sunrise Nutritional Consulting

Support is offered for clients who struggle with chronic dieting, eating disorders, excessive exercise, etc. The Blue Cross and Blue Shield insurance offered to our employees covers 7 free nutritional counseling sessions per year! This resource has a branch office here in Hays. More information available [here](#)

### Did you know?

- All employees who earn 40 credits receive the premium discount of \$480 for 2024
- Plan A: Employees who have been employed for a minimum of 365 days who earn 20 credits receive a premium discount of \$240 for 2024
- Plans C, J, and N: Employees will earn \$12.50 in their HRA/HSA for each credit earned, maximum \$500 for 40 credits (previously \$10 per credit)
- Spouses no longer need to participate in order to receive the premium incentive discount – covered spouses will still have access to all HealthQuest resources and activities
- On-site Biometric Screenings and Physician Forms are no longer accepted – simply go to your provider’s office to have your cholesterol, glucose, and/or A1C checked at a local lab (5 credits each)

### **Premium Incentive Discount Earning Period:**

January 1, 2023-December 31, 2023

### **HRA/HSA Contribution Earning Period:**

January 1, 2023-November 17, 2023

### RECRUITMENT CORNER

FACILITIES MAINTENANCE  
TECHNICIAN, RESIDENTIAL LIFE

CUSTODIAN - GROSS COLISEUM

ADMINISTRATIVE SPECIALIST -  
HUMAN RESOURCE OFFICE