



STATE EMPLOYEE HEALTH PLAN

ACTIVE EMPLOYEE NEWS

APRIL, 2010



News From HealthQuest

Employees eligible for the State Employee Health Plan benefits and their spouse/dependents 18 years or older who are enrolled in the plan are invited to sign up for a free health screening. Health screenings require fasting for eight hours prior to your appointment and includes a simple finger stick test. You will receive important health information including:

- 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

Screening events are taking place across the state from March through August. You may make an appointment online at www.KansasHealthQuest.com. If you have not already created an account in 2010, you will need to do so under the "register" column and then select "Onsite Screenings" from the Program Info drop down menu on the left. If you do not have internet access, you may make an appointment by calling toll-free 1-888-275-1205 (select option 5). Phones are answered from 8 am to 10 pm, seven days a week (closed Memorial Day and Independence Day).

Following your screening appointment, your test results are automatically loaded into your online health assessment (please allow up to 4 to 5 business days). If you provided an email address, you will receive an email when it is ready for you to log in at www.KansasHealthQuest.com and complete your assessment. Alternatively, you may use test results obtained from a doctor visit to complete your assessment. Assessments must be completed by September 30, 2010 and participants may take the assessment once per calendar year to earn a \$50 gift card redeemable at more than 350 merchants. Gift cards are optional and taxable by the IRS.

For more information about HealthQuest programs, visit www.khpa.ks.gov/healthquest or call toll-free 1-888-275-1205.

Important Information for Active State Employees Who Elected to Participate in the Tobacco Cessation Program for the Premium Discount in 2010

In order to continue to receive the State Employee Health Plan non-tobacco user discount of \$40 per month, employees were required to complete their assessment call (approximately 30 minutes) between January 1 and January 31, 2010. They must also complete a minimum of four additional tobacco cessation discussions with a Quit Coach prior to May 31, 2010, (approximately 20 minutes each) to keep the discount.

Connect with a Quit Coach at the tobacco cessation program by calling toll-free 1-888-275-1205 (select option 3). For more details, go to www.khpa.ks.gov/healthquest/tobaccocessation.html.



Health Care Reform Bill

As many of you may know, the Health Care Reform Bill was recently voted on, passed and signed by President Obama. The Kansas Health Policy Authority/State Employee Health Plan (KHPA/SEHP) is receiving many calls and emails asking how this will impact our members and their insurance coverage. Since the Bill was just signed, the KHPA/SEHP does not have details yet on how, when and what SEHP provisions are to be revised, developed and implemented. KHPA/SEHP is currently working on evaluating the Bill and determining a time line of what needs to be done and when. Once that is complete, KHPA/SEHP will communicate how this Bill impacts the SEHP benefits to our members.



Coming Soon! Long Term Care Benefits!

The SEHP is pleased to announce that we have recently entered into a contract with Genworth Life Insurance Company to offer voluntary Long Term Care Insurance Coverage to eligible employees and their eligible dependants. More information will be coming in the near future so please stay tuned!

**Tumbleweed Email Encryption
For HR Representatives**

KHPA regularly generates correspondence to agencies that includes protected health information (PHI). Instead of sending paper copies of this correspondence to agencies, KHPA has been emailing these documents, using an encryption program called Tumbleweed. If you've had difficulty with downloading the attachments to these emails, please visit this link to the KHPA web site for instructions on setting up a user ID and password:

<http://www.sehp2010ks.org/contacts/>

It is possible that your IT staff may have blocked the ability to download these attachments through Tumbleweed. If you've followed the directions on the KHPA web site link and still cannot view the attachments, please visit with your IT staff for assistance.



**Removing Dependants Due to Obtaining
Other Coverage—For HR Representatives**

If a member has a dependant currently enrolled in the SEHP benefits, and the member is requesting the removal of that dependant due to the dependant obtaining employment and benefits through an employer, it is NOT necessary to obtain a letter from the new employer, or other proof of the dependants new coverage. You only need to submit a Change Form indicating the date the benefits for that dependant should be terminated due to the dependant obtaining other group coverage.

KHPA only requires an employer's letter (on their letterhead) if the member is wanting to ADD a dependant to the SEHP benefits. This is due to that dependant's loss of benefits through their former employer. When this occurs, proof of the loss of group benefits must be provided.



**Terminating Employees and their Dependants
Who Were Eligible for Medicare**

If an employee who was enrolled in the State Employee Health Plan (SEHP) benefits, is terminating employment with the State of Kansas, and the member and/or their dependants are Medicare eligible for any reason (age 65, disabled, etc...), the HR Representative must provide the member with a Memo for Medicare Part B, typed on the Agency letterhead, for them to provide to the Social Security Administration to enable them to obtain Medicare without incurring any penalties. There is a sample memo (Appendix J) in the Administrative Manual that the HR Representative may use. Just copy the information onto the Agency letterhead, complete the listed information, and provide to the employee upon their termination. The

letter may also be mailed to the employee's last known address.

This memo is only for those employees or dependants terminating who were eligible for Medicare while covered under or enrolled in the SEHP benefits and elected the SEHP benefits as their primary. Terminating employees who were NOT Medicare eligible, do not need the memo.



2010 Non Tobacco User Discount

The non tobacco user discount is being offered again for Plan Year 2010. Those members that declared their tobacco use status during Open Enrollment or at the time they became benefits eligible in Plan Year 2010 are eligible for the \$40 per month (\$20 each of the 24 pay periods for State Employees) in the following situations:

- Non tobacco users who declared their tobacco use status during Plan Year 2010 Open Enrollment or at the time they became benefits eligible in Plan Year 2010 are eligible for the discount.
- Tobacco users who declared their tobacco use status during Plan Year 2010 Open Enrollment or at the time they became benefits eligible in Plan Year 2010 and enroll in and successfully complete the Tobacco Cessation Program offered through HealthQuest are eligible for the discount.

As a reminder, if during the plan year a member who was a non tobacco user becomes a tobacco user, the member should contact their HR/ Benefits office to change their tobacco status to that of a tobacco user. To accomplish this, the member completes a Communication Form and a Change Form. Forms can be obtained from the member's HR/benefits office. Completed forms should be faxed to Cindy Miller in SEHP Membership Services at 785-368-7180. In doing so, the premium discount will be available to the member provided they enroll in and successfully complete the Tobacco Cessation Program offered through HealthQuest within the specified timelines.

If a member in this instance fails to change their tobacco status from a non tobacco user to that of a tobacco user, even a single instance of tobacco use may constitute a fraudulent misrepresentation on the member's part and may subject the member to penalties which may include, but may not be limited to, elimination of employer contribution to their health

insurance premium.

For additional information please visit the KHPA website at:
<http://www.khpa.ks.gov/healthquest/tobacco cessation.html>



Open Enrollment Survey Information

For the second consecutive year, KHPA created an Open Enrollment survey and asked its membership for their feedback on the Open Enrollment materials and the process. The survey link was distributed to Human Resource staff and was active from March 5 through March 26, 2010.

Thanks to all who gave us their suggestions and opinions!
