



Premium Incentive Discount Earning Period:  
**January 1, 2023-December 31, 2023**

HRA/HSA Contribution Earnings Period:  
**January 1, 2023-November 17, 2023**

**Start Here!**

**\*Credits must be displayed in the portal by HRA/HSA Deadline**

### Create your Account:

Visit the **HealthQuest Portal**: [HealthQuest.ks.gov](https://HealthQuest.ks.gov) to register in the portal.

1. Click **New? Register Now**.
2. Fill in **Identification information** and click **Next**.
3. Provide your **employer name** and then select your **member type** (employee, spouse, dependent, etc.). Click **Next**.
4. Fill in your **contact information**. Click **Finish**.

**Tip: Employees can register to HealthQuest beginning with their date of hire, and covered spouses, may register for their HealthQuest account after benefits have become effective.**

A small orange and red flag icon on a blue pole.

### Earn Credits & Participate in Activities:

Pave your personal wellness journey. All activities are voluntary, so choose the activities that best fit your goals. Activities include, but are not limited to:

- Complete an **annual physical with labs** and get to know your numbers.
- Schedule a **preventive screening appointment** (dental visit, eye exam, skin cancer screenings and more) to keep on top of your health.
- Participate in **health management activities, statewide challenges, monthly webinars, and more!**

### Earn Your Rewards!

Once you have earned **40 credits**, you will receive the **\$480 premium incentive discount!** New members start earning their premium incentive discount on their next paycheck after earning the credits.

**Are you a Plan C, J, or N member?**

Earn **40 credits** by **November 17th, 2023** to also receive a **\$500 HRA/HSA contribution!**



### Questions?

Please contact the Member Relations Team at **785-783-4080** or [HealthQuest@marathon-health.com](mailto:HealthQuest@marathon-health.com). For HRA/HSA questions, please contact [SEPHHealthQuest@ks.gov](mailto:SEPHHealthQuest@ks.gov).

# 2023 HealthQuest Rewards Program Details

The HealthQuest Rewards Program is a **wellness incentive program** offered by the **State Employee Health Plan (SEHP)** that promotes health and wellness through rewards and information. Participants who complete activities that promote physical, mental and emotional wellness **earn credits** towards their medical insurance premium incentive discounts and Health Reimbursement Account (HRA)/Health Savings Account (HSA) reward dollars for participants in **Plans C, J and N**.

Each person's path to well-being is unique and personal. HealthQuest is designed to offer all participants the opportunity to access the activities and resources offered through this program. As part of that accessibility, if a participant feels unable to access or participate in an activity or resource due to personal limitations, they may request reasonable alternatives to earn their HealthQuest credits and continue their personal path to wellness. Reasonable alternatives may be requested by contacting us at [SEHPHealthQuest@ks.gov](mailto:SEHPHealthQuest@ks.gov).

## Plan A

All employees enrolled in medical Plan A, regardless of length of employment, who earn 40 credits will receive a \$480 premium incentive discount for Plan Year 2024. This incentive opportunity is for employees' medical plan premium only. Employees who have been employed for a minimum of **365 days** are eligible to receive a partial premium incentive discount of **\$240 by completing 20 credits**. This will be effective at the start of the **next plan year**.

Premium Incentive Discount Earning Period:

***As a new employee, You have 12 months from the date that your benefits become effective to earn 40 total credits and receive the premium incentive discount. After you meet the program requirements, you will see the discount moving forward.***

***Please note: As a new member, if you have not met your goal of 40 total credits, the credits that you have earned will carry over to the next program year.***

***After your first 12 months, you will follow the same guidelines as all employees. This means you will have until December 31 each year to earn the premium incentive discount for the following calendar year.***



## Questions?

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# 2023 HealthQuest Rewards Program Details

## Plan C, J, and N

Employees enrolled in medical **Plans C, J, and N** who earn **40 credits** will receive a **\$500** in HRA/HSA contribution\* **AND \$480** in premium incentive discounts for **Plan Year 2024**. This incentive opportunity is for **employees' medical plan premium only**.

\*HRA/HSA Contribution Earning Period:

**January 1, 2023 – November 17, 2023**

**(credits must be visible in portal by end date)**

Premium Incentive Discount Earning Period:

**As a new employee, You have 12 months from the date that your benefits become effective to earn 40 total credits and receive the premium incentive discount. After you meet the program requirements, you will see the discount moving forward.**

**Please note: As a new member, if you have not met your goal of 40 total credits, the credits that you have earned will carry over to the next program year.**

**After your first 12 months, you will follow the same guidelines as all employees. This means you will have until December 31 each year to earn the premium incentive discount for the following calendar year.**



### Questions?

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