



Earn Credits for your \$480 Health Insurance Discount for 2013



HEART SMART CHALLENGE

February 1-29, 2012

February is American Heart Month. Healthy nutrition and physical activity can help reduce risk for heart disease. Participate in the Heart Smart Challenge to help with your personal accountability in these areas!

EARN 5 CREDITS!

Earn 1 Point Per Activity Per Day By:

- Eating 1 cup of fruit
- Eating 1 cup of vegetables
- Checking your blood pressure
- Completing 20 minutes of physical activity



How the Challenge Works

- Receive 1 point for each healthy activity that you practice each day. Earn up to 4 points daily.
- Your goal is to accumulate 30 points by February 29, 2012.
- By successfully completing the challenge, you will earn 5 credits for the HealthQuest Rewards Program!



How to Track Points

- Track your activity on the wellness portal at: **www.KansasHealthQuest.com**
- You may print and use the paper tracking form for convenience and enter your points online later.
- Record all activity points online **by March 7, 2012.**
- Credits will be awarded on the portal automatically when you complete the challenge.



www.KansasHealthQuest.com

HEART SMART CHALLENGE

February 1 - February 29, 2012

This Challenge is designed to help participants build two heart smart activities into their lives: physical activity and a healthy diet. Physical activity can reduce or eliminate many risk factors such as high blood pressure, diabetes and excess weight. A healthy diet includes plenty of fruits and vegetables that provide a range of nutrients your body needs to maintain good health, protect against the effects of aging and reduce the risk of cancer and heart disease. An optional activity in this challenge is the blood pressure check. Participants can earn bonus points for having their blood pressure checked at home, by a physician, or free at many pharmacies and grocery stores.

Participants will earn 1 point per activity per day by completing the following activities:

- Eating 1 cup of vegetables
- Eating 1 cup of fruit
- Completing 20 minutes of physical activity
- Bonus point for blood pressure check

How to Participate:

Track your activity on the wellness portal at www.KansasHealthQuest.com. Log in or create an account and click on "Challenges" from the left menu and then select "Current Challenge."

- Receive 1 point for each healthy behavior that you practice each day
- Earn up to 4 points daily
- Total possible points = 116
- Goal = 30

To complete the challenge you will need to earn 30 points by February 29, 2012.

You may [download the paper tracking form](#) for convenience and enter your points online later.

Record all activity points online by March 7, 2012.

5 credits will be awarded to your portal account automatically when you complete the challenge