



2019



# It's gonna be legendary!

## EMPLOYEE NEWSLETTER



*Studies show that those who engage in wellness reduce their number of doctor visits & hospital admissions.*

### Complete your LivingWell Promise

No matter which great health insurance plan you chose for 2019, it is a LivingWell plan. These plans encourage an awareness of your current health numbers by making you aware of your health risks, current lifestyle, and activity level. Completion of the LivingWell Promise - either a Health Assessment or Biometric Screening or both - is required in order to receive a \$40/month premium discount for 2020. Find out more and register for upcoming webinars at [LivingWell.ky.gov](http://LivingWell.ky.gov).



### What big eyes you have!

Did you choose optional [dental](#) or [vision](#) insurance through Anthem for 2019? If so, your payroll deducted insurance begins Jan. 1. You'll receive new ID cards to use when you visit the dentist or eye doctor. So get those peepers checked and fangs cleaned! And don't forget to submit proof of your appointment to Go365 for some extra Points!

### Take steps for positive change

What New Year's resolutions do you have? The Kentucky Employee Assistance Program (KEAP) is offering classes for positive change! Register now and start your year off right!

- Fundamentals of Personal Finance
- Mindfulness: Managing the Emotional Brain
- Habit, Willpower and Change: How intentional living helps us improve our lives
- Credit Repair
- Time Management
- Your Most Healthy Brain
- Sleep Matters
- Building Resilience
- Budgeting for Healthy Eating

Find out more at [KEAP](#).

### New for 2019!



### Rethink Benefits

Families that are raising children with learning, social or behavior challenges, or developmental disabilities can gain valuable support and resources through this new benefit. You'll have access to live tele-consultation with behavior experts who can answer questions and provide guidance, hundreds of easy-to-follow videos, printable materials, and training to help you support your children in reaching their top

## Find MyPURPOSE, Earn Go365 Points



Visit Kentucky state government's employee portal, [MyPURPOSE.ky.gov](http://MyPURPOSE.ky.gov), for all your needs! Search and apply for jobs, create a personal profile, join conversations of like interest in MyCOMMUNITY, earn cool recognition badges, and access more than 1,300 training opportunities for personal and professional development.

In 2019, you can earn perks for completing training. Four classes each quarter - two focused on personal development and two on wellness - will earn you 35 Go365 Points each upon completion! Watch the first class, called "Fitness and Wellness," by clicking the photo above. Stay tuned for other classes coming soon!

New employees will also find helpful information and material to become acquainted with their job before their first day. Watch for more information coming soon, and log in at [MyPURPOSE.ky.gov](http://MyPURPOSE.ky.gov) or from the icon on your desktop.



The Commonwealth of Kentucky now has a LinkedIn account. Follow us for job announcements, professional tips, business news, leadership articles, and more!

potential. For more, go to [kehpn.rethinkbenefits.com](http://kehpn.rethinkbenefits.com) code:KEHP

### Value benefit for COPD/Asthma

In 2016, KEHP offered a Diabetes Value Benefit to help reduce out-of-pocket costs for those needing diabetic medications and supplies. It has been so successful, the benefit has been expanded to include medications for COPD/Asthma. If you receive maintenance prescriptions or supplies for treatment of these conditions, your pharmacy costs are being reduced!

[KEHP.ky.gov](http://KEHP.ky.gov)

### EEO Conference triples in size



**You won't want to miss it!**

The Equal Employment Opportunity, Diversity, and Leadership Conference welcomed more attendees than ever in 2018, and included a line-up of nationally recognized speakers. It will no doubt exceed expectations again in 2019. The date is set - Sept. 18-19, 2019. Make plans now to attend. You won't be disappointed!

### Download the Personnel Cabinet app

With the Kentucky Personnel Cabinet app, you'll find all the tools you need to stay connected. Get quick access to your benefits, job opportunities, leave balances, pay statement, and more. Be notified in emergency situations and connect with us to find the latest employee updates. Watch this [video](#) to learn more.

Available in the App Store or on Google Play.



