

IC Memorandum 15-23



Commonwealth of Kentucky
Personnel Cabinet
Department of Employee Insurance
2nd Floor, State Office Building
501 High Street
Frankfort, Kentucky 40601

Website kehpn.ky.gov

To: KEHP Insurance Coordinators (ICs)
From: Department of Employee Insurance (DEI)
Re: 15-Day Dash Step Challenge Coming Soon
Date: August 18, 2015

The Kentucky Employees' Health Plan (KEHP) is launching a 15-Day Dash statewide for all KEHP plan members.

Enrollment starts: Tuesday 9/1/15

Enrollment ends: Monday 9/14/15

Challenge starts: Tuesday 9/15/15

Challenge ends: Wednesday 9/30/15

Upload ends: Friday 10/2/15

**15
DAY
DASH**

The top ten individual finishers and members on the top 10 teams will be awarded Vitality Bucks.

What is the 15-Day Dash

- A 15-day fitness/walking challenge
- Open to every state health plan member
- Teams will be based on Executive Branch Cabinets, school boards, quasi organizations – and each team will have 10-50 people
- Each participant receives HumanaVitality points for participating

How you can help

- Reach out to your HumanaVitality Consultant now
 - Visit the [regional consultant contact page](#) to locate your consultant
 - Schedule assistance to help your members register their fitness device; your HumanaVitality Consultant will provide free fitness devices when they come to your site
 - Setting up the fitness device before the Challenge gets members off to the right start day one



- Refer to the device recommendation document attached
- ❑ Promote Challenge participation and generate enthusiasm
 - Members will receive postcards and e-mails from KEHP and HumanaVitality, but your local support and promotion is critical
 - Have several computers in your HR area to assist people with uploading their pedometers
 - Go to the Wellness Champs page at LivingWell.ky.gov for various resources to help you promote HumanaVitality, getting active and overall wellness
- ❑ Understand the rules
 - Teams can have 10-50 members
 - Team names should include your agency, department or school board's name
 - Refer to the attached 15-Day Dash Challenge guidelines for more details

