

## HRG Memorandum 15-19



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

Website [kehpn.ky.gov](http://kehpn.ky.gov)

**To:** KEHP HR Generalists (HRGs)  
**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](http://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

