

Act

Member reminders for July

- Make an appointment for your health screening
- Turn in your Family Status Change Form within 30 days of a qualifying event, such as marriage, birth, adoption, divorce, or job loss, to make changes to your health plan

Learn

FY17 beneFIT Well-Being Program Participation

The new fiscal year brings new wellness programs and opportunities. You can get a jump start on earning your reward by scheduling your on-site health screening, completing your online health assessment, and earning 100 wellness points. Congratulations to all those who completed the qualifications and earned their reward for FY18. Here are some participation stats from last year.

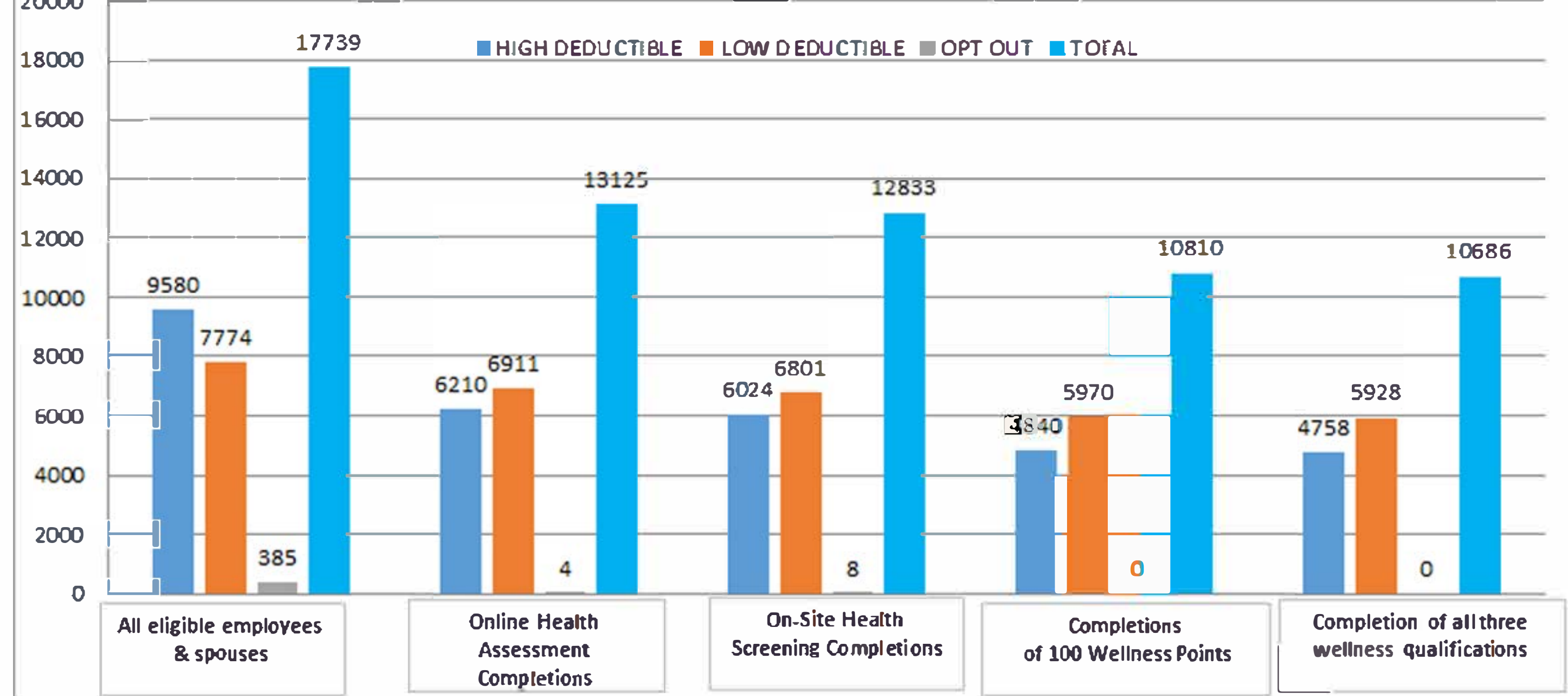
Overall 64 percent of employees with individual coverage completed the wellness qualifications last year, which is an increase from 62.3 percent the year before. There was an increase from 60.9 to 62.9 percent for those with family coverage, which means both the member and spouse, if applicable, completed the three qualifications.

This year, the beneFIT Well-Being Program hopes to get even more members involved. If you haven't completed the three wellness qualifications in the past, please consider getting involved this year!

You might be surprised to learn that you don't have to run a single step to earn 100 wellness points. You can log points for visiting your dentist and eye doctor, participating in community service or getting a flu shot.

If you're having trouble logging into the wellness portal, there is help available by calling 800.721.2749. Go to benefit.staywell.com to get started today!

Completion of Wellness Qualifications by Medical Plan



Employee Assistance Program Monthly Webinar

Staying Balanced in a Changing World

Objective: Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.

<http://benefits.sd.gov/EAPwebinars.aspx>

Ask

Do the preventive formulary copayments count toward my out-of-pocket maximum?

Yes. If you are on the High Deductible Health Plan and take a medication the preventive formulary list, the amount of your copayment counts toward your out-of-pocket max of \$4,100. It does not count toward your annual deductible, though.

How do I know what preventive services by my doctor are covered at 100 percent by the health plan?

Generally speaking, an annual wellness exam is provided at no cost to adult members 18 years and up. Women under 65 are eligible for a gynecological exam annually, while men over 50 are eligible for an annual diagnostic prostate exam.

Preventive care services covered by the health plan vary by age and gender. Visit our preventive care page online for more detailed information for children and adults.

Why isn't the State's contribution in my Health Savings Account (HSA) yet?

If you're paid twice per month and have an open HSA account with Discovery Benefits, your State contribution should be available to you in the next week. There is a processing time between your pay date and the funds reaching your account.

If you're paid once per month (Board of Regents employee) with an open HSA account with Discovery Benefits, your State contribution will be sent to Discovery Benefits on your next pay date, July 31, and will be available to you mid-August.

Visit our Health Savings Account page for more information.

Follow us on:



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