

# Act

## Member reminders for November

- Sign up for an on-site health screening
- Get a flu shot
- Take your online health assessment

# Learn

## Preventing Type 2 Diabetes

According to the American Diabetes Association, approximately 28.5 million people in the United States are living with Type 2 diabetes, and over 7 million of those individuals are undiagnosed.

Preventing Type 2 diabetes starts with identifying *prediabetes*, a condition that arises when blood sugar levels are higher than normal but not yet high enough to be diagnosed with Type 2 diabetes. One out of three American adults is living with prediabetes, most of whom are unaware of the condition and its risks. Prediabetes often have no noticeable signs or symptoms but can be identified by having your blood sugar levels checked.

In addition to a blood glucose screening, a medical professional will want to assess other risk factors such as family history, inactivity, and excess body fat. Members can discuss this and other conditions with their provider during their annual wellness exam or during their on-site Health Screening.

Visit your doctor to have your blood sugar levels checked and learn your prediabetes risk. Type 2 diabetes can be prevented with healthy eating, exercise, and weight loss.

## Your beneFIT well-being program

★ ★ ★ Find Happy. Be Rewarded. ★ ★ ★



## Explore Interactive Digital Workshops

Educate yourself on the health topics of your choice with a fully interactive, online learning workshop. Whether you've been leading a healthy lifestyle for years or just getting started, you can choose from a variety of topics that match your health interests.

### How it works

Each Digital Workshop consists of a video, article and short quiz that you can complete at your own pace, when and where it works for you. Simply choose the area you want to focus on and get started.

### Topics include:

- Blood Pressure
- Sleep
- Why Exercise is Important
- The Path to Good Nutrition

### Available 24/7

Digital Workshops are available to you any time of day. Log in to [benefit.staywell.com](http://benefit.staywell.com) from your computer or mobile device to get started. Remember, each of these workshops are worth 15 wellness points!

### Questions?

Call the StayWell HelpLine at 1.800.721.2749

## Employee Assistance Program Monthly Webinar

Title: Improve Your Health with Ergonomics and Frequent Movement



Sedentary behavior is the fourth leading risk factor of death for people across the world. Learn to incorporate frequent movement and desk exercises into your day. Additionally, learn how proper ergonomic tips can help to ease job stress and reduce chronic injury.



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

# Ask

### What preventive exams are covered for men between the ages of 18-40?

An annual wellness exam is covered. At that exam, in addition to the height, weight, and blood pressure tests, there are several preventive tests covered by the health plan for men between ages 18-40. A cholesterol test, Type 2 diabetes screening, and depression screening are available to men annually.

Visit <http://benefits.sd.gov/preventivecare.aspx> for a full chart of preventive services.

### What procedures can be diagnosed and treated during a video visit?

Video visits are available now through Avera and Sanford Health for the cost of \$49. Members concerned about aches and pains, minor infections, seasonal allergies, sinus infections, colds, the flu, pink eye, vomiting, acid reflux, fever, and headaches can receive medical attention quickly without travel. Medical professionals are able to prescribe medication based on a video visit.

Please visit <http://benefits.sd.gov/VideoVisits.aspx> for additional information.

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