

Freebies!

- Preventive care
- Our Healthy Baby
- Employee Assistance Program (EAP)
- EyeMed savings for all employees
- Dental savings
- Programs from HMP



Questions?

Email your questions to
heather.perry@state.sd.us



Audience Participation

To be ready to answer poll questions during our presentation, do one of the following:

Go online to pollev.com/sdbhr

or

Text SDBHR to 22333*

*Text message rates apply



Do you like free stuff?

Yes (obviously)

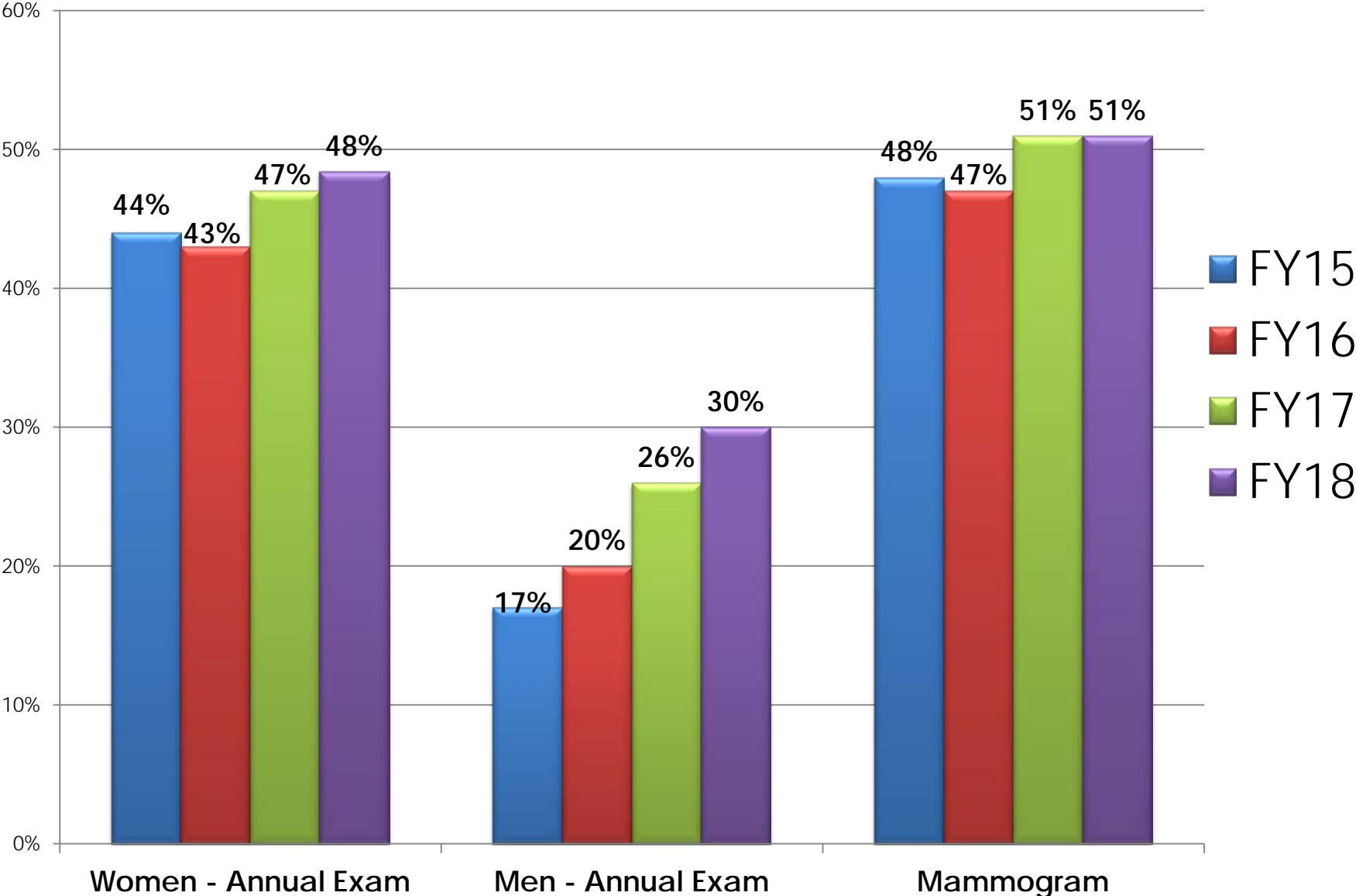
No, I have so much money I prefer to pay for free stuff.

Preventive Care

- Well Child Care
- Annual Wellness Preventive Exams
- Cancer Screenings
- Pregnancy Care Preventive Screenings
- Scheduled Immunizations and Vaccinations



Participation by members 40 & older



Did you know you could have an annual wellness preventive exam covered at 100%

Yes

NO!

Preventive Care Eligibility

- Covered 100% by plan, even before meeting deductible, if:
 - Meets member's age, frequency requirements
 - Provided by a participating provider



Getting 100% Cost Coverage

- Ask for an annual wellness preventive exam when scheduling your visit
- Take along the list of covered services to share with your physician



Age & Frequency Requirements

- <https://benefits.sd.gov/PreventiveCare.aspx>



Preventive Care

The plan covers the following items under preventive care when age and frequency requirements are met, if applicable.

- [Eligible Preventive Visits](#)
 - [Well Child Care](#)
 - [New Annual Wellness Exam \(18 years and older\) for Men and Women](#)
- [Pregnancy Care Preventive Screenings](#)
- [Scheduled Immunizations and Vaccinations](#)
- [Eligible Preventive Medications](#)

ELIGIBLE PREVENTIVE OFFICE VISIT SCHEDULE

Age	Frequency
Birth to age 3 years*	<ul style="list-style-type: none">• 3 to 5 days old• 1 exam between birth and 2 months• 1 exam at 2 months• 1 exam at 4 months• 1 exam at 6 months• 1 exam at 9 months• 1 exam at 12 months• 1 exam at 15 months• 1 exam at 18 months• 1 exam at 24 months• 1 exam at 30 months• 1 exam at 3 years See chart for specific services covered at exams.
4 -17 years**	1 exam per Plan Year See chart for specific services covered at exams.
18 years and up***	1 exam per Plan Year See chart for specific services covered at exams.
Pregnancy Preventive Screenings	See chart for specific services covered at exams.
Females under age 65– Well Woman or gynecological Exam	1 exam per Plan Year <ul style="list-style-type: none">• Office Visit• Pap Smear• Breast Exam by Physician See chart for specific services covered at exam. This is in addition to Annual Wellness Exam. Pap smear is not required for this visit to be eligible.

ANNUAL WELLNESS EXAM MEN AND WOMEN

Guideline Title	Frequency
Height/Weight/Blood Pressure	At every Wellness Exam.
Cholesterol Test	<u>Men & Women:</u> One per plan year.
Counseling for Healthy Diet	In-office assessment and counseling for individuals with hyperlipidemia and other known risk factors for cardiovascular disease and diet-related chronic disease.
Diabetes	Screen for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80.
Colorectal	<p>Ages 50 and older:</p> <ul style="list-style-type: none"> –One fecal occult blood test per plan year. –Colonoscopy every 10 years or flexible sigmoidoscopy every 5 years. –1 Colonoscopy every 3 Plan Years beginning at age 50 for Members requiring more frequent follow up due to personal history /previous findings on a colonoscopy. <p>See Pharmacy section for medication preventive coverage details.</p>
Sexually Transmitted Infections	High-intensity behavioral counseling to prevent STIs. All adults at risk screened for STIs including chlamydia (women), gonorrhea (women), syphilis and HIV.
Depression	Screen for major depression when systems are in place to ensure accurate diagnosis, effective treatment and follow-up.

Cancer Screenings

- Mammograms (women)
- Pap Smear (women)
- Colonoscopy (men & women)
- Prostate Exam (men)



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Pregnancy Care

- One office visit covered at 100%
- If screenings occur at another visit, only screening covered at 100%



Breast-feeding support

- Support & counseling
- Breast pump reimbursement

South Dakota



Our Healthy Baby

- Individual case management
- \$500 incentive in an HRA
- Prenatal or parenting book
- Online pregnancy-related info
- Educational materials by mail
- (1) ultrasound in first trimester*
- (1) ultrasound in second trimester *

*preauthorization by HMP required

Our Healthy Baby

To learn more or enroll, contact Health Management Partners (HMP):

- 1.866.330.9886
- <https://sosd.hmpsdportal.com>



Were you aware of the Our Healthy Baby program before today?

Yes, I have even participated!

Yes, I was aware.

No, this is new info.

Employee Assistance Program

- Services offered at no cost to you
- Available for benefit eligible employees, spouses, and dependents
- 24/7
- Anonymous, confidential, secure



Common Counseling Services

- Stress/Anxiety
- Managing Change & Transition
- Drug/Alcohol
- Work Stress and Related Concerns
- Family/Relationship Issues
- Grief
- Depression
- Parenting Issues



SHOPPING TIME MANAGEMENT ELDERCARE NO COST TO USER TRIP PLANNING WILLS PARENTING WELLNESS RELOCATION SERVICES FUNDING EDUCATION ELDERCARE WILLS

DIVORCE HELP WITH IDENTITY FRAUD ESTATE PLANNING WILLS HELP DIVORCE ELDERCARE WELLNESS HELP SHOPPING PARENTING PARENTING ON-DEMAND WORK/LIFE BALANCE CREDIT ISSUES STRESS & ANXIETY COUNSELING

TENANT'S RIGHTS SHOPPING COUNSELING HELP LEGAL ASSISTANCE FINANCIAL WEBINARS ADOPTION ON-DEMAND COUNSELING BUDGETING HELP PARENTING FINANCIAL TENANT'S RIGHTS WELLNESS DIVORCE

Financial Services

- Up to a 30 minute telephonic consultation with a financial professional per issue per year.
- Option to continue with the financial coach for a flat monthly fee.





Legal Services

- 30-minute consultation with local attorney per issue, per year
- 25% discount for continued use of the EAP recommended attorney or mediation service

Legal Services

- Name Changes
- Identity Theft
- Domestic/Family Law
- Divorce
- Custody
- Adoption/Guardianship
- Bankruptcy
- Real Estate
- Lease and rental agreements
- Estate Planning
- Wills
- Misdemeanors and felony criminal acts (DUI, Juvenile Matters, etc.)

Get started with EAP

www.eaphelplink.com

Code: SouthDakota

800.713.6288



Which of the following are services provided by EAP?

Relocation
assistance

Help creating a
will

Legal help for
divorce

Help with
credit issues

All of the above

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EyeMed Benefits for All

- \$5 off routine exam at in-network provider
- \$10 off contact lens exam
- 35% off retail price of new frames
- 15% off retail price of conventional contact lenses
- 15% off retail price or 5% off promo price of LASIK from U.S. Laser Network



Dental Perks

- Enhanced dental plan – 2 routine cleanings per year covered at 100%



Dental Perks

Smile Smart for Your Health provides additional services for those with the following conditions:

- Gum disease
- Diabetes
- Pregnancy
- High-risk cardiac conditions
- Kidney failure or dialysis
- Risk for oral cancer
- Cancer related chemo or radiation
- Suppressed immune system



Health Management Partners


- Conditions management
 - Asthma
 - Pain
 - Diabetes
 - Cardiovascular
 - Kidney Care
- Complex case management



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We would  to hear from you!

<https://www.surveymonkey.com/r/benefitsfreebies>

Or email Heather to get the link

heather.perry@state.sd.us



Benefits

Lunch & Learns

- **October 10-** Health Savings Accounts
- **November 14-** Decoding flexible benefits insurance options
- **December 12-** Conditions, complex case & medical management



**Call your benefits team for
one-on-one assistance:**

605·773·3148

(another free service for members)

South Dakota

