

There is no greater reward than better health! The State of South Dakota employee well-being program LiveWellSD, is here to help you reach your goals and make every day count! See below for additional rewards that you can earn.

Assess your current health status and earn a \$500 contribution

The employee and their covered spouse (if applicable) must complete both of the qualifications listed below by April 1, 2024, for the employee to earn the \$500 contribution.

1. **Online Health Assessment** – Complete a brief questionnaire to assess your current health behaviors. The data will be used to customize your portal experience and provide recommendations for better well-being.
2. **Biometric Screening** – Schedule an annual wellness preventive exam with your health care provider, follow the instructions on the [Biometric Screening Form](#), and submit it to Total Wellness prior to April 1, 2024.

Complete additional well-being activities to earn up to a \$400 Contribution

Employees can earn points by completing well-being activities and turn those points into reward dollars. Completing 100 points will earn you \$100. You can complete this up to 4 times to earn a maximum of \$400. The reward is awarded in \$100 increments. All eligible activities are tracked on the LiveWellSD Portal. Spouses can participate in the activities but will not earn points towards this employee-only reward.

Examples of Point Opportunities:

- Tracking Physical Activity Minutes
- Motivated Coaching
- Individual and Team Challenges
- Daily Habits Program
- Volunteering
- Better Choices Better Health Workshops
- Wellmark Care Team
- Livongo Diabetes Prevention Program

Reward Payout

Well-being rewards will be an employer contribution based upon the health plan you select during open enrollment in May 2024:

- **Low Deductible Health Plan** – Receive reimbursement of up to \$900 in a Health Reimbursement Account (HRA) to offset costs during the plan year.
- **High Deductible Health Plan** – Receive the State contribution of up to \$900 into a Health Savings Account (HSA), if eligible based on IRS rules. Employees who do not qualify for the HSA can choose one of the Low Deductible Health Plans and receive the HRA or choose a High Deductible Health Plan and decline the HSA.

For more information about HRA and HSA, click here: <https://bhr.sd.gov/benefits/hsa-fsa-hra/>

Rules Regarding Eligibility

- To be eligible for the reward, the employee must be the primary policyholder of the health plan when earning the reward (2023-24) and enrolled as the primary policyholder when the reward is distributed (2024-25).
- Each reward can be earned independently from the other.
- The employee is responsible for checking their reward status prior to the April 1, 2024, deadline.
- The reward status displayed on your LiveWellSD Portal on April 1, 2024, is the reward you will receive.