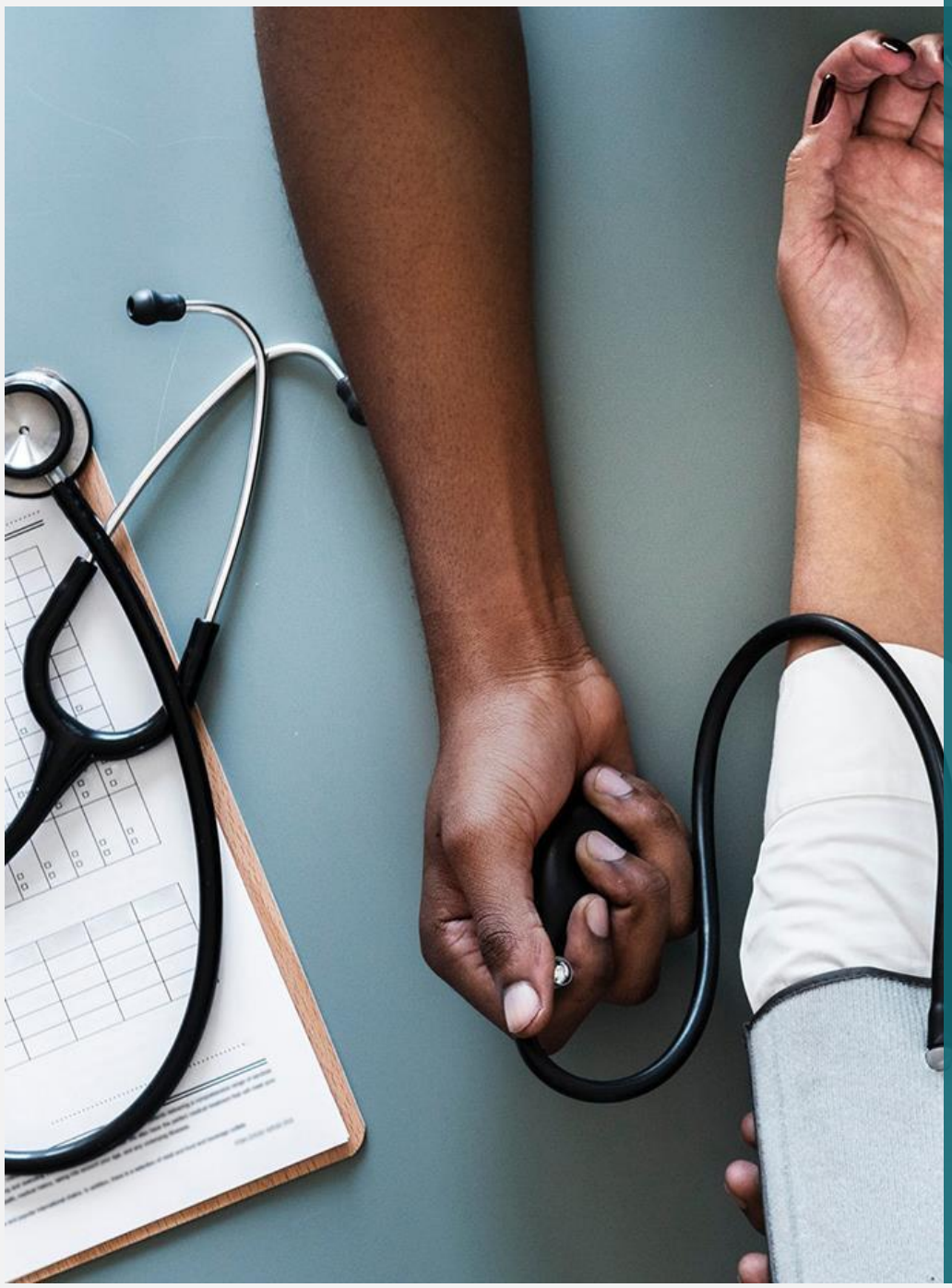


South Dakota State Employee Health Plan

Preventative Services

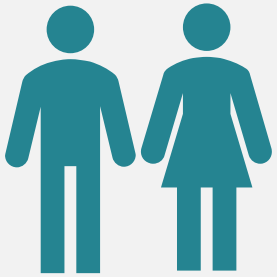
SOUTH DAKOTA
state employee
benefits program
learn. act. thrive.

Preventive Services

No cost preventive services available through your State Employee Health Plan

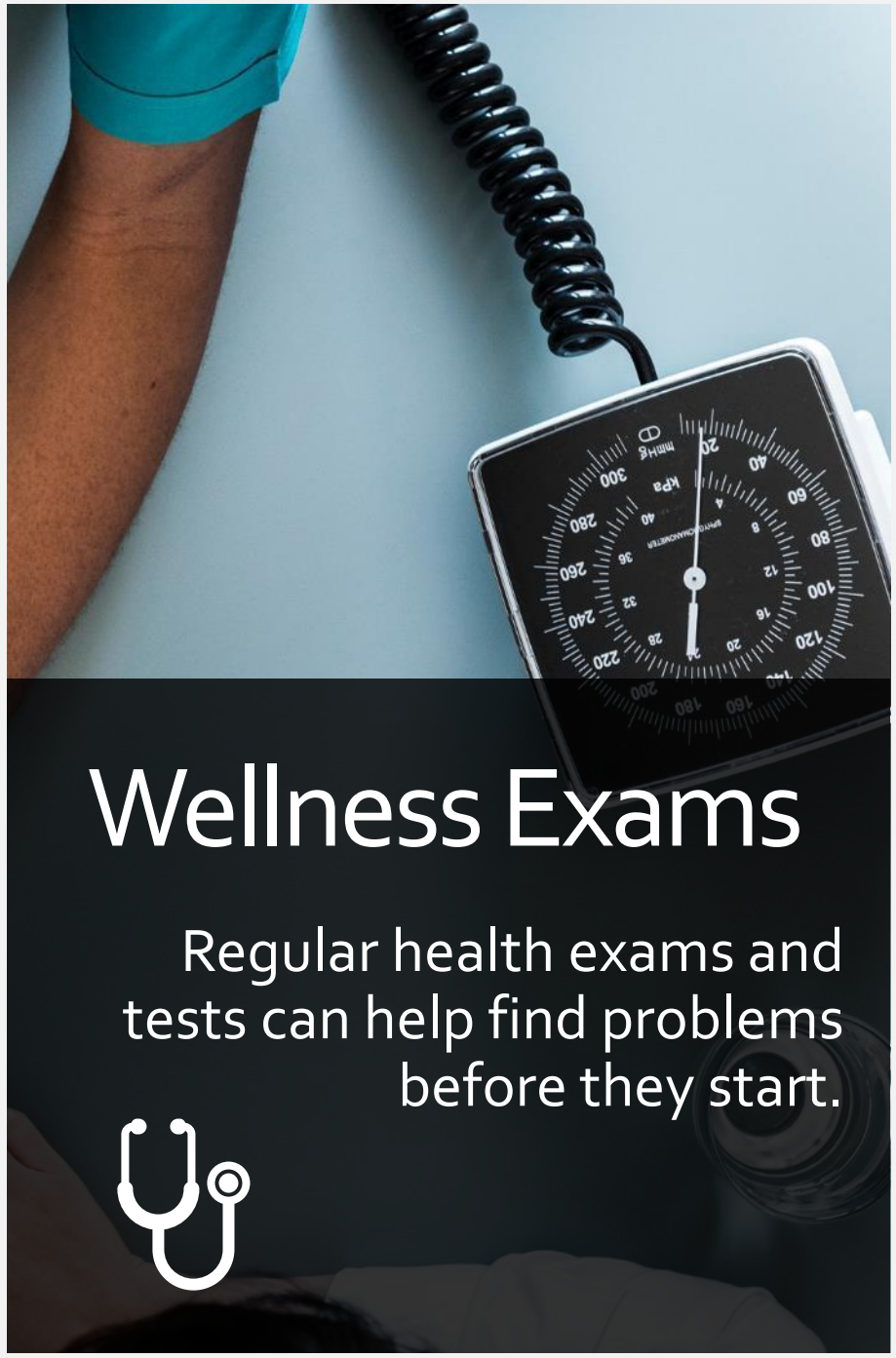
- Wellness Preventive Exams
  - Children
  - Adults
- Immunizations
- Cancer Screenings
- Pregnancy Care
- Well-being Programs
- Health Coaching

Well Child



Annual Wellness Exams

These exams are separate from any other visit for sickness or injury.



Well Child Care Exams

Birth to 3 years - 12 exams
Age 4 to 17 – once per plan year

A full check up is important to:

- make sure your child is healthy and developing normally.
- help catch any problems early, when they may be easier to treat.
- ask any questions you may have about your child's behavior or development.

To make the most of your child's visit by:

- Gathering important information
- Making a list of questions for the doctor
- Knowing what to expect from the visit

Annual Wellness Preventive Exams

Adults 18 years and older

Once per plan year

These exams include a full checkup

These visits focus on preventive care, which may include:

- Services, like shots, that improve your health by preventing diseases and other health problems
- Screenings, which are medical tests to check for diseases early when they may be easier to treat
- Education and counseling to help you make informed health decisions

Did you know…

6 IN 10

Adults in the US
have a **chronic disease**

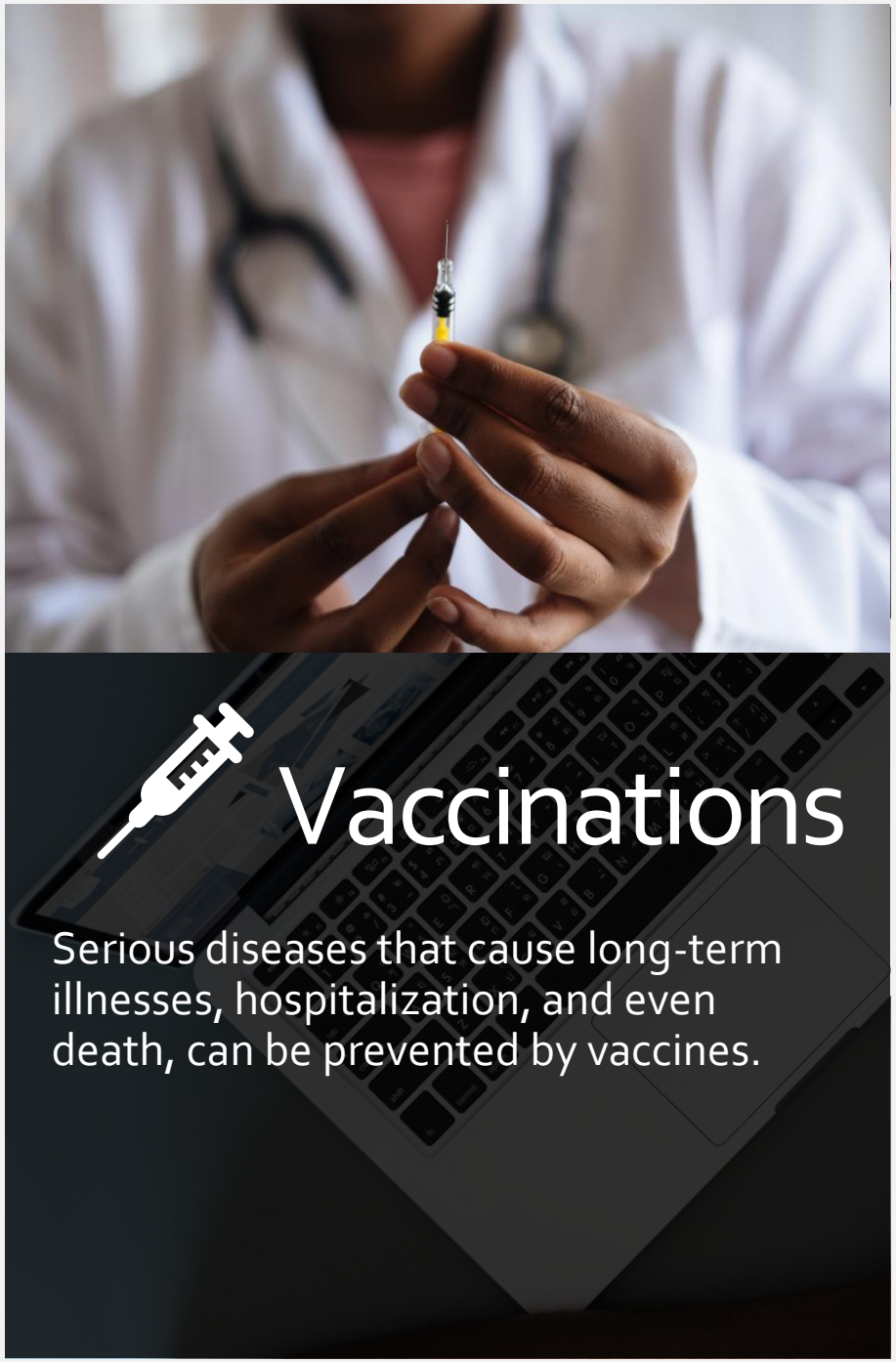
4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY
and Leading Drivers of the Nation's **$3.5 Trillion** in Annual Health Care Costs

Vaccinations are :

- available under both health plans
- covered at 100%, when incurred with a participating network provider



Influenza Vaccine

State Sponsored Flu Clinics

http://benefits.sd.gov

Medical Provider

Must be a participating provider

All vaccination coverage is determined by age and frequency

- Tetanus
- Shingles (Zoster)
- Pneumonia
- Gardasil (HPV)
- Meningitis

For complete list visit:
https://bhr.sd.gov/benefits

Vaccinations not on this list are not covered.

Vaccinations

- Gynecological Exam

- Colorectal Cancer Screening

- Prostate Cancer Screening

- Mammogram

Routine Tests and Exams:

Screening: getting tested before you have any symptoms.

This is called early detection.

Gynecological Exam

Once per plan year while under 65

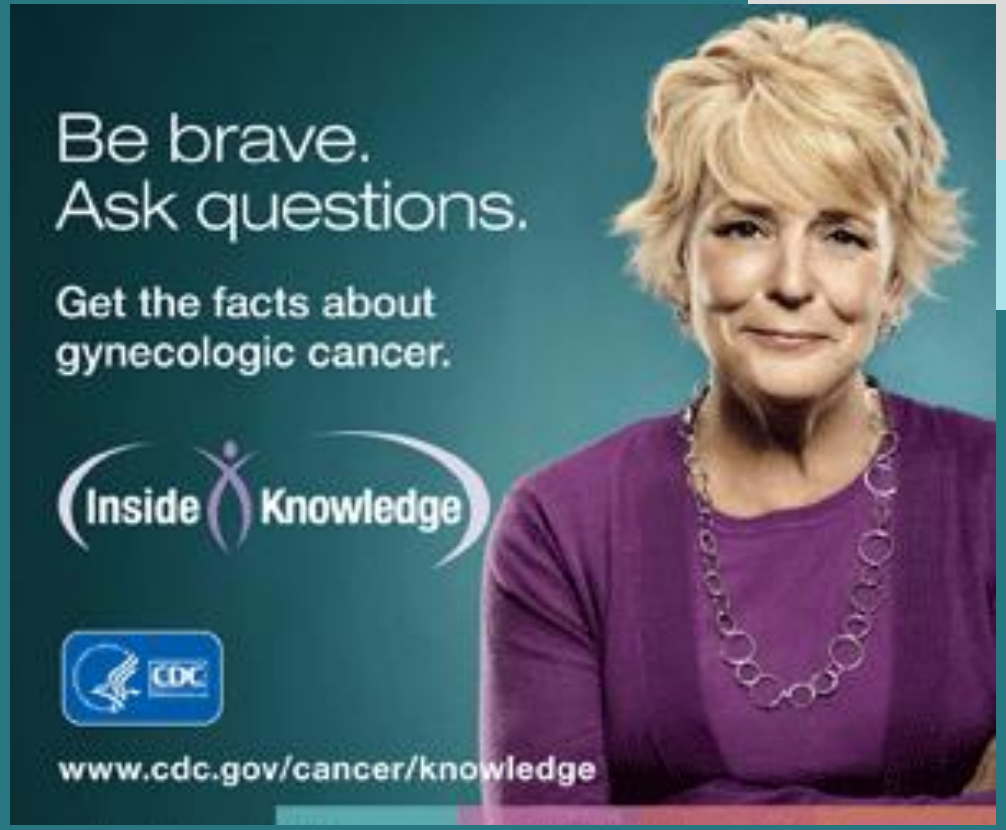
Getting screened for cervical cancer means getting tested before you have any symptoms. Screening tests for cervical cancer include:

- Pap tests, also called Pap smears
- HPV (human papillomavirus) tests

These tests can help find cervical cells that are infected with HPV or other abnormal cells **before** they turn into cervical cancer.

Most cervical cancers can be prevented by regular screenings – and the right follow-up treatment when needed.

Talk with your doctor about how often you should get screened.



Mammogram

- One baseline screening mammogram between ages 35 to 39 for women.

- One screening mammogram per plan year beginning at age 40.

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women in the United States will get breast cancer during her lifetime.

The good news is that mammograms can help find breast cancer early – before it spreads to other parts of the body. Most women can survive breast cancer if it's found and treated early.

It is also important to discuss with your doctor self-breast examinations, as these can lead to early detection as well.

Colorectal Screening

–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.

Colorectal cancer almost always develops from *precancerous polyps* (abnormal growths) in the colon or rectum.

Screening Tests can find precancerous polyps, so that they can be removed before they turn into cancer.

Screening tests can also find colorectal cancer early, when treatment works best.

Prostate Cancer Screening

An annual diagnostic exam, including a digital rectal examination and PSA test for asymptomatic men age 50 and older

A blood test called a *prostate specific antigen (PSA) test* measures the level of PSA in your blood.

Your PSA level may be high if you have prostate cancer and for many other reasons, such as having an enlarged prostate, a prostate infection, or taking certain medicines.

Pregnancy Care

Prenatal care – Help keep you and your baby healthy during pregnancy through medical check up and screening tests.

Education and counseling

Discuss with your doctor

- healthy eating
- physical activity
- screening tests
- what to expect during labor and delivery.

For complete list of covered screenings visit https://bhr.sd.gov/benefits

Our Healthy Baby Program

Support and Guidance

HRA contribution

*Up to $500 non tax-incentive

Free Pregnancy Book

Navigating Healthcare Systems

Covered Ultrasounds

Educational Materials

Onsite Health Screening

Convenient

Height, Weight, Blood Pressure

Education

Private

Lipid Panel, Blood Sugar

COVID-19 Prevention Protocol

NEED A HEALTH COACH?
H_2O
ENROLL

LifeStyle Coaching - StayWell

StayWell certified health experts, such as dietitians and personal trainers, can help you:

- Reduce stress
- Improve sleep quality
- Manage weight
- Quit smoking

How coaches work with you:

- Set individualized goals
- Identify your unique obstacles
- Find solutions that fit your life
- Talk with them on your schedule
- Set your own timeline
- See results!

Get started today by calling **800-721-2749** or go to benefit.staywell.com

Conditions Management Programs

Health Management Partners

- Support and Guidance
- Free Office Visits
- Educational Materials
- Navigating Healthcare Systems
- Free Lab Work

Vaccinations

Check Ups

Routine Tests and Exams

Solution

We know that most chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings.

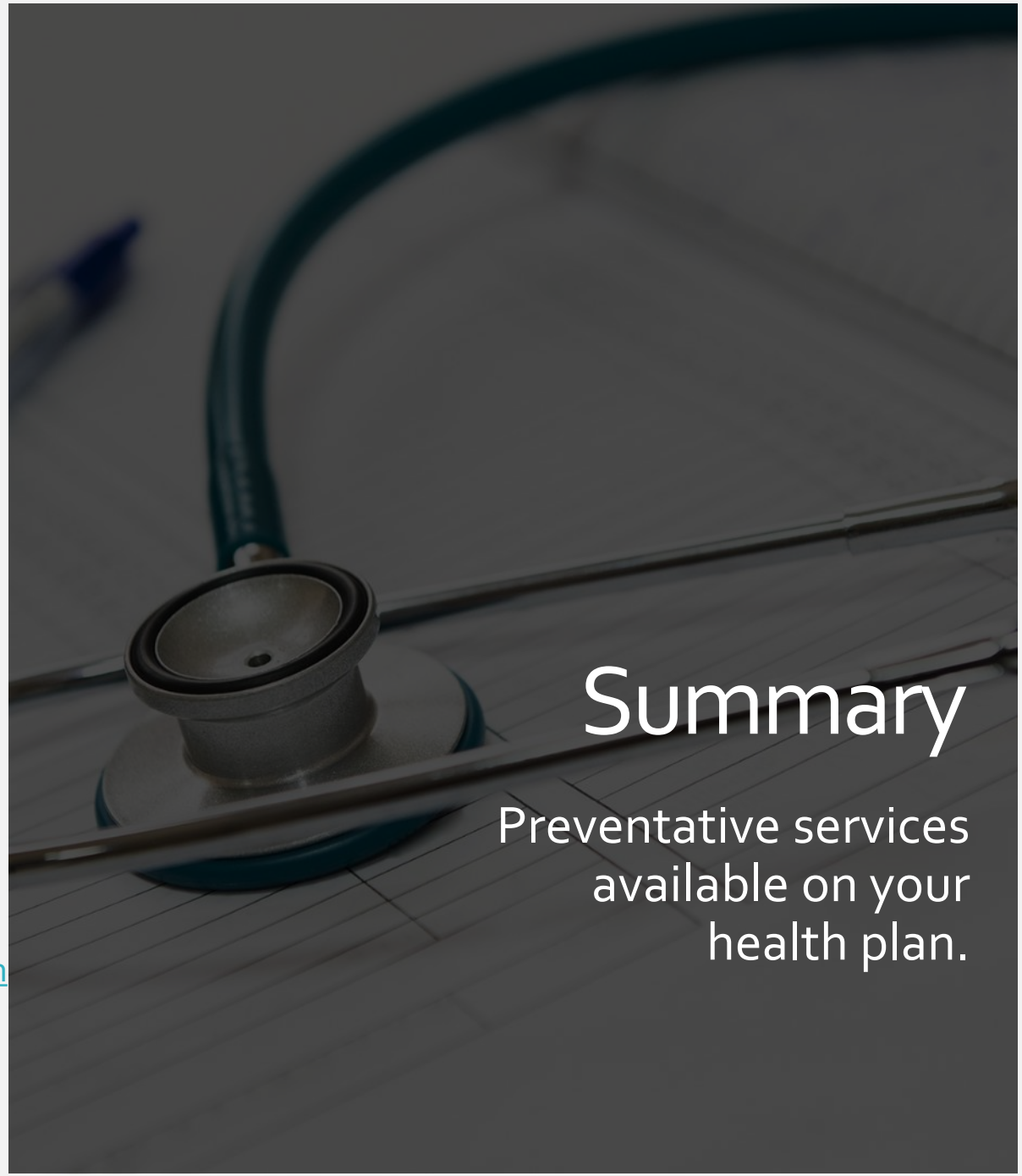
Find out more:

Review Plan Document

Visit https://bhr.sd.gov/benefits/healthplan/preventivecare

Call BHR at 605.773.3148 or
Dakotacare at 1-800-831-0785

Email Dakotacare:
State-customer-service@dakotacare.com



Thank You