

Getting Ready for Next Year's Biometric Screenings



Biometric Screenings are Important

Biometric screenings are a valuable investment that can provide you with a snapshot of your overall health. But how you go about them can make all the difference.

The State provided onsite screenings for many years with the goal of helping members identify health concerns early so that they would follow up with their primary care provider for specific treatment and recommendations. Unfortunately, this two-step process often does not occur, leaving health issues untreated and not addressed.



While state-sponsored screening events will continue for this plan year, they will be discontinued beginning FY24 (July 1, 2023). After that, the State will only offer biometric screenings as part of your annual wellness preventive exam with your primary care provider.

This is Where Your Primary Care Provider Comes In

Research shows that regular check-ins with a primary care provider (PCP) can lead to the early detection of major healthcare concerns. It can also keep chronic problems like diabetes, asthma, and congestive heart failure from turning into emergencies and costly hospital stays.

A PCP can:

- take a deep dive into medical conditions and personal family medical history.
- know about all current medications, health habits, and other vital information.
- provide important preventive exams and screenings to detect health problems early.
- get to know a person's values, beliefs, and preferences.
- deliver better health outcomes over time.



Our Commitment to You

The South Dakota Bureau of Human Resources is dedicated to building, developing, and supporting a high-performing and healthy workforce. We are continually improving our programs so as to provide the best outcomes for our members. We are also working to provide cost-effective programming while keeping healthcare costs low for our members.

We encourage you to make plans now for completing your annual biometric screening as part of your annual wellness preventive exam. This exam is covered at no cost once per plan year under preventive care, regardless of which health plan you elect during Open Enrollment.

If you do not already have a primary care provider, follow the steps on the next page.



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Picking the Right Primary Care Provider

A positive relationship with your personal doctor is associated with greater satisfaction, better overall health, and lower hospital and emergency room use. Here are some qualities to look for in a personal doctor:

1. **Interest in your whole being.** Find someone who shows empathy and takes interest in your whole being, not just your symptoms. That means physical, mental, and emotional well-being.
2. **Trust and open communication.** Make sure there's a mutual feeling of trust and you have the ability to have open communication.
3. **Actively listens.** It is important that your personal doctor listens to you, asks about your symptoms, and answers your questions.
4. **Helps you understand.** The doctor should be able to explain a diagnosis and treatment options in a way you can understand.
5. **Involves you.** A good personal doctor keeps you involved in your health and values your opinion on treatment options.

Important: Choose an in-network personal doctor

It is important to make sure your personal doctor is part of your plan's network. If you go to an out-of-network doctor, you may be responsible for the full cost of care.

If at any time you need more specialized care, your dedicated personal doctor may have to submit a referral, depending on your health plan network. Oftentimes with a referral, you can avoid additional or unexpected costs.

myWellmark® makes finding a personal doctor easier

To get started, log in or register at <https://www.wellmark.com/mywellmark> to make sure the doctor and facility you are considering is in your health plan network. myWellmark is there to help you find an in-network provider or a personal doctor near you. You will need your Wellmark ID card and personal email address to register. With myWellmark, you can:

- Check quality scores and reviews of providers with locations closest to you.
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