



When **you're** ready,
we're here for **you**.

Your **benefIT Well-being Program**, powered by WebMD ONE, offers tools to help support every step of your well-being journey.

Motivation takes many forms

No matter your inspiration or motivation, your **benefIT Well-being Program** is here when you decide it's time for a change. We provide resources that can help you stay positive, push through challenges and pursue more healthy passions throughout your life.

Find resources that can help with every health goal:

- **Health Assessment**—Answer this short questionnaire to get a personalized report and recommendations to improve your health.
- **Daily Habits**—Work toward your goals one day at a time. Track small manageable steps and form lifelong healthy habits.
- **Health Coaching**—Receive free, professional health advice. A coach can help create a well-being routine that matches your goals and lifestyle.
- **Community**—Let your co-workers lift you up. As you work toward your well-being goals, the Community feature can help you connect with colleagues through fun and motivating group chats on a variety of topics including exercise, eating well, reducing stress, sleeping better and finding joy.
- **Media library**—Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and more.
- **Device and App Connection Center**—Automatically track and upload your activity with a fitness device or app.
- **Challenges**—Join your colleagues in three fun well-being challenges this year to encourage each other to build healthy habits around hydration, walking and eating fruits and veggies.

Get started today at webmd.com/benefit.

Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: [southdakota](#).
3. Log in with your username and password created on the portal.



Your Rewards Are Waiting

Get Started Today

- If you haven't already, create an account at webmdhealth.com/beneFIT to access the customized portal that matches your unique needs and interests.
- Log in to the portal to complete your online health assessment and receive personalized recommendations that help you set goals, find your motivation and track your progress.
- Learn your important health numbers with a biometric screening. Schedule an annual wellness preventative exam with your physician and have them fill out the Physician Form or attend a state-sponsored screening event. Download the Physician Form or register for an event on the portal.
- Keep pursuing your physical, emotional, social and financial well-being by completing additional activities on the portal. Employees can earn points by completing well-being activities and turn those points into additional reward dollars.
- Go to webmdhealth.com/beneFIT and click on Rewards to get started. **The deadline to complete is March 31, 2023.**

Earn Your Rewards

To be eligible for the reward, the employee must be the primary policyholder of the health plan when earning the reward (2022-23) and enrolled as the primary policyholder when the reward is distributed (2023-24). Each reward can be earned independently from the other.

Reward #1: Earn \$500 HSA or HRA Contribution

If you and your covered spouse (if applicable) both complete the Biometric Screening and the online Health Assessment prior to March 31, 2023, the primary policy holder is eligible for the \$500 reward. Both you and your covered spouse (if applicable), must create individual accounts at webmdhealth.com/beneFIT for the employee to be eligible for the \$500 reward.

Reward #2: Earn up to \$400 additional HSA or HRA Contribution

Earning 100 points will earn you \$100. The primary policy holder can complete this up to 4 times to earn a maximum of a \$400 reward. The reward is awarded in \$100 increments. All eligible activities are tracked on the beneFIT well-being portal. Your spouse can participate in all activities; however, spouse participation will not earn points towards this employee-only reward.

Reward Payout

For both rewards, the type of contribution will be based upon the health plan you select during open enrollment in May 2023:

- **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.

Questions?

Call Customer Service at [1.800.721.2749](tel:1.800.721.2749).