Schedule Your Biometric Screening Today

An annual biometric screening is an important way to keep up with your overall health while ensuring life altering or threatening conditions do not sneak up on you.

There are two options for completing your biometric screening this year:

1. Complete your screening with your primary care provider (PCP) by taking the Physician Form to your PCP during your annual wellness preventive exam. Follow the instructions on the form and submit it to Total Wellness.
2. Attend one of the State sponsored screening events. Click here to register.

As a reminder, the biometric screening is one of two qualifications for the $500 reward, the other is to complete the online health assessment on the benefit portal.

Next year, biometric screenings will only be available through your annual wellness preventive exam with your primary care provider.

While an on-site biometric screening provides helpful information, there is no follow up when issues are discovered. The professionals involved do not treat conditions or help set long term goals for your health. Establishing a relationship with a PCP (a doctor or a nurse practitioner who specializes in family medicine or internal medicine) provides better health outcomes. Your PCP is equipped to detect early signs and symptoms of illness because they know your medical history and can connect with you regularly.

Because we believe maintaining a relationship with your primary care provider is the best way to help you maintain your health and well-being, starting July 1, 2023, we will no longer offer biometric screening events across the state. Screenings will be available as a 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 choose.

We encourage you to make plans now by building a relationship with your PCP. If you do not already have a primary care provider, follow the steps here.

Take the Online Health Assessment

The online health assessment is a brief questionnaire (roughly 15 minutes) designed to capture current health behaviors focusing on stress, sleep, nutrition, and physical activity. Once completed, the assessment provides you with a snapshot of your overall health and well-being, allowing you to set long term goals.

Currently live on the well-being portal, the health assessment is your first step toward making positive changes. It is also one of two qualifications for the $500 reward, the other being the biometric screening.

HSA/FSA/HRA Comparison Document

Health savings and reimbursement accounts are great ways to save money on out-of-pocket medical, prescription, dental, vision, and even certain over-the-counter expenses. With several options to choose from, and IRS guidelines surrounding these accounts, it is easy to feel confused. That is why there is now a new comparison chart available on the BHR website.

This chart makes it easy to find answers regarding eligibility, contributions, what expenses the account will cover, and more. Click here to view the HSA, FSA, HRA Plan Comparison Chart.

Benefits Contact Information

Searching for the right contact information can feel like a daunting task, especially when it feels like you are in a rush for answers. Luckily, there is a special page on the BHR website that houses contact information not only for the South Dakota State Employee Benefits Program, but for each of our benefits program vendors as well. Whether you need to reach out to Delta Dental, EyeMed, WEX, MetLife, or something else, you will find all pertinent contact information here.
A number of discount programs are available to all benefitted employees and their families. These programs can help you save money while providing opportunities you may not have known about previously.

**Blue 365** – All Wellmark members have access to Blue 365. Register today at [Wellmark.com/blue365](https://Wellmark.com/blue365) for access to deals on apparel and footwear, travel, gym memberships, hearing and vision, pet insurance, nutrition, and more.

**Working Advantage** – Gain access to exclusive discounts for movie theatres, theme parks, special family events, online shopping, hotel stays and more.

**EstateGuidance** – EstateGuidance offers a self-guided online will and testament creation tool that enables you to write your will without an attorney.

**TurboTax** – With GuidanceResources Online you can save on TurboTax tax preparation software.

**Nationwide Pet Insurance** – Make sure your whole family is protected with Nationwide Pet Insurance.

**Will Preparation** – Choose to meet with one of 18,000 network attorneys for a one-on-one consultation. Fees are covered through your plan. [Click here to read more.](#)

**Contact Us**
- Web: [https://bhr.sd.gov/benefits/](https://bhr.sd.gov/benefits/)
- Email: benefitswebsite@state.sd.us
- Phone: 605.773.3148

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**August Well-Being Webinar: Walking for Mental Health**

Our next EAP Well-Being Webinar will take place on Wednesday, August 31, at Noon, CDT. This webinar will focus on the benefits of meditative walking and walking in nature. Walking is a common source of exercise for many people, and it has well-recognized physical health benefits. Participants will review ideas for getting started with both types of walks, as well as labyrinth walking.

[Click here to register for this webinar.](#)

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**August Lunch and Learn: Covered Preventive Services; Livongo**

The BHR Lunch and Learn series continues Tuesday, August 9, with a presentation on covered preventive services, Livongo Diabetes Management, and Livongo Diabetes Prevention.

Registration is now open for this webinar. You can also download an Outlook calendar reminder on the Lunch and Learn page.

[Click here to register for this webinar and download an Outlook calendar reminder.](#)

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[LEARN MORE: HTTPS://BHR.SD.GOV/BENEFITS/]