



Follow us on Social Media

**Wellmark Care Team****The benefIT Well-Being Program****Covered Eye Exam****New Health Plan ID Cards****MyWellmark****July Lunch and Learn**

July 2021

Click here to register for the July Lunch and Learn presentation on the EAP.

Manage Your Health with the Wellmark Care Team

Preparing for an upcoming surgery, coping with a major illness, managing a chronic condition, or embracing a new pregnancy can leave you unsure of “what’s next?” Support is now available through the **Wellmark Blue Cross and Blue Shield Care Team**.

The Care Team will provide support and care while you focus on your health by helping with things like coordinating appointments, following your doctor’s care plan, and getting the right health screenings. Your Care Team can help you with:

- Serious illness
- Pregnancy care management, including normal and high risk
- Premature babies
- Complex chronic conditions including diabetes, heart disease, and others
- Traumatic injuries
- Transplants
- Major surgeries
- Cancer
- Behavioral health conditions
- And more

Participating with the Care Team is free, voluntary, and confidential, and can help you earn wellness incentive points. Wellmark is currently in the process of reaching out to people currently enrolled in the HMP Conditions Management and Our Healthy Baby Program. If you are interested in receiving help with a condition, you can contact the Wellmark Care Team at any time. To learn more, call the number on the back of your Wellmark ID card: **800.846.9183**.

New Wellmark Health Plan ID Cards

New Health Insurance ID Cards from Wellmark were initially mailed in late June. Unfortunately, the plan name in which you enrolled was showing incorrectly. Corrected cards were delivered in early July. Because there was only one replacement card in this mailing, we requested an additional card be sent to all members with family coverage. This additional card should be arriving at your home soon.

Your ID number printed on the initial card is correct so your benefits will be processed at the plan level you chose during Open Enrollment, and you can use this card to receive benefits at your providers and pharmacy.

Please note: You can also access your card information anytime on the MyWellmark app.

As a reminder, these cards will only list the name of the employee. The names of covered spouses and dependents will not appear on the cards. You may request additional cards by calling the number on the back of the card. If you have questions or did not receive a card, please contact the Wellmark help line: **800.846.9183**.

Dental and Vision Cards

If you added or dropped dependents, enrolled for the first time, or changed coverage levels in the dental or vision plan, you should expect to receive a new card soon. If you did not make changes to dental and/or vision, you will not receive new identification cards.

Video: Welcome to Wellmark

Click to view the new Welcome to Wellmark video created especially for members of the South Dakota State Employee Benefits Program.



Visit MyWellmark.com/Tools

As a Wellmark member, you’ll have access to free tools and resources, including **myWellmark**, your secure member portal for access to all of your health benefits information.

You will also have access to the **Blue365** program that offers discounts and deals on health purchases, **BeWell 24/7**, a phone line to answer your health questions 24/7, and **IDX Identity** for identity theft protection. By logging into **myWellmark**, members can also order additional ID cards.



Your FY22 beneFIT Well-Being Program with WebMD

Your New FY22 Portal

The new FY22 beneFIT Well-Being Portal will be available in August. Watch your email and follow us on **social media** for information on creating a new account when the portal goes live. **Both you and your covered spouse (if applicable) must create a new account on the portal.** Be sure to register for the August Lunch and Learn to learn about this new website and all it has to offer.

Earning Your Reward

On-site health screenings will be available at locations throughout the state from August 2021 through February 2022. Receiving a health screening is one of the two ways to earn the reward for the next year. A list of these events will be available on the **BHR website**. If you do not wish to attend one of the biometric screening events, you can take the **2021 Physician Form** for your doctor to fill out during an **Annual Wellness Preventive Exam**. Instructions for submitting it to Total Wellness are included on the form.

What is the Reward?

You have the option to earn up to \$900 by completing a variety of activities which include a biometric screening, an online health assessment, and activities to earn well-being points.

Completing the health screening and online health assessment for you and your covered spouse (if applicable) will qualify you for \$500 in a Health Savings Account (HSA) or Health Reimbursement Account (HRA) for FY23, depending on the health plan you choose for next year.

You can also earn up to an additional \$400 into your account by completing activities on the portal and earning well-being points. More details will be revealed during the August 11 Lunch and Learn presentation at 12:10 p.m. CDT.



FY22 Timelines for your FSA/HRA

As a reminder, Medical and Dependent Care FSAs, as well as HRAs, are use it or lose it accounts. Once you are no longer an active employee, you are no longer active in the FSA or HRA. Unlike many insurance plans, coverage does not go to the end of the month in which employment ended. Your last day in the plan is the last day you were an employee.

Claims may be submitted up to 60 days after you leave employment, but the dates of service have to be on or before your termination date in order to be eligible for reimbursement.

Register for the July Lunch and Learn Presentation

The Lunch and Learn series continues on Wednesday, July 14, at 12:10 CDT, with a presentation on the new Employee Assistance Program from Guidance Resources.

This is an excellent opportunity to learn more and ask questions of the experts about how this new program can benefit you and your family.

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

No Cost Eye Exam Provided Through Your New Health Plan

You and your covered dependents are now eligible for one free eye exam per member, per year. Not just about vision, eye exams can often reveal other health concerns and serve as an early indicator. While the vision exam is covered under the medical plan, please remember that it will not include other costs associated with eye exams, such as frames or contact lenses.

However, these supplies are eligible for reimbursement under a Health Savings Account (HSA), Medical Flexible Spending Account (FSA), or Health Reimbursement Account (HRA). They are also eligible for benefits if you elected the EyeMed vision plan during Open Enrollment.



Contact Us



benefitswebsite@state.sd.us



<https://bhr.sd.gov/benefits/>



605.773.6027