



be well. work well. live well.



## Your beneFIT well-being program

Find important details inside.

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





## MAKE HAPPY HAPPEN.

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When it comes to life's most desired goal — happiness — you're in control. Every step you take to change your attitude, routine or habits can make a difference. One simple tweak can set happiness in motion.

The South Dakota State Employee Benefits Program has partnered with StayWell® to provide you with tools and resources to help you look and feel your best. By participating in the beneFIT well-being program, you can take control of your health and set happiness in motion. As an added bonus, you'll be rewarded for your efforts.

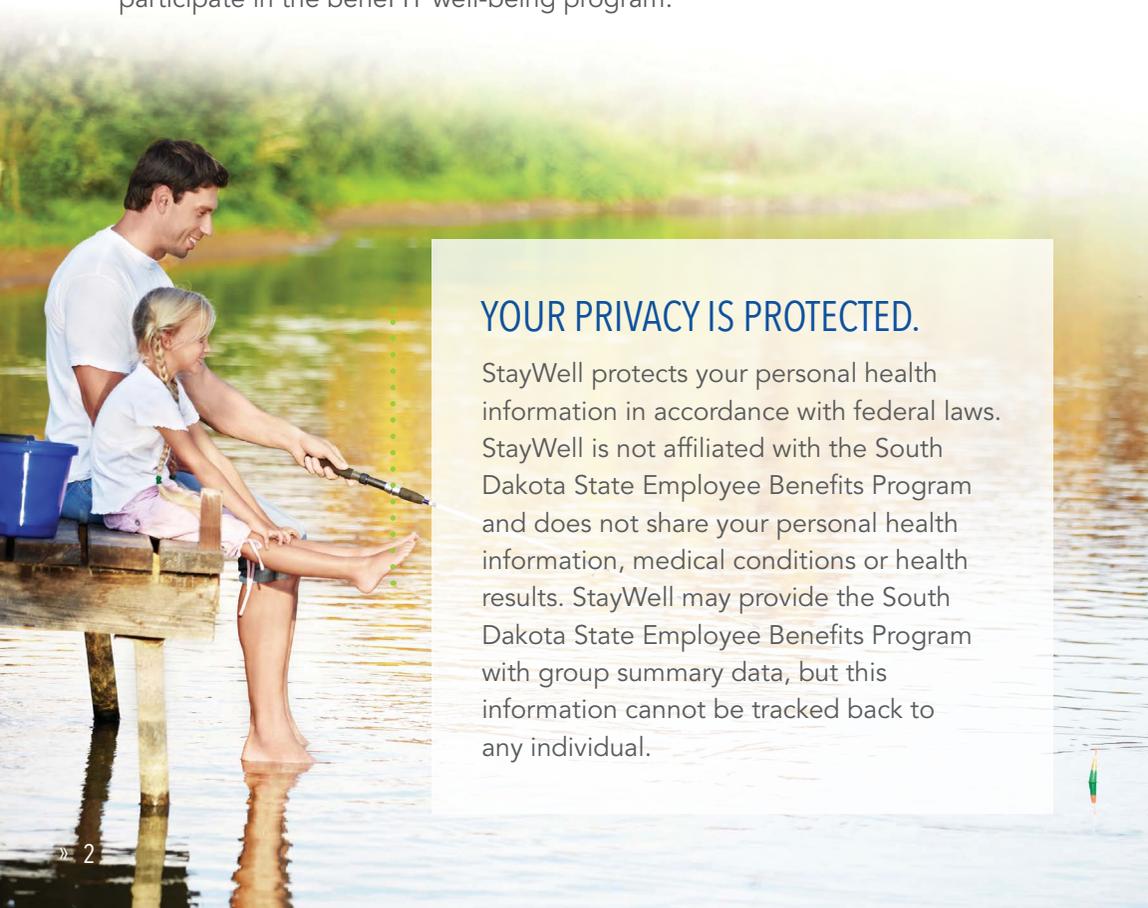
## SIMPLE CHANGES. START TODAY.

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One simple change, like getting more sleep, or laughing more, can increase your happiness. And changes, however small, require commitment. That's why the South Dakota State Employee Benefits Program wants to support your efforts.

The beneFIT well-being program provides the tools and resources to help you achieve your goals. This year, completing all three wellness qualifications may be beneficial to you no matter which health plan you are on.

All benefit eligible employees and their covered spouse are eligible to participate in the beneFIT well-being program.



## YOUR PRIVACY IS PROTECTED.

StayWell protects your personal health information in accordance with federal laws. StayWell is not affiliated with the South Dakota State Employee Benefits Program and does not share your personal health information, medical conditions or health results. StayWell may provide the South Dakota State Employee Benefits Program with group summary data, but this information cannot be tracked back to any individual.

## FIND HAPPY. BE REWARDED.

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Each employee and their covered spouse who complete the required steps of the beneFIT well-being program are eligible to qualify for a variety of rewards in 2017. To qualify, both employees and their covered spouse (if applicable) must complete the Health Assessment, Health Screening and earn 100 Wellness Points by **March 31, 2017**.

### REQUIRED WELLNESS QUALIFICATIONS

Take the Health Assessment

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Get a Health Screening

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Earn 100 Wellness Points

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### YOUR REWARD

**Complete the online Health Assessment, a Health Screening and earn 100 Wellness Points by March 31, 2017:**

» You will qualify to enroll in the lowest deductible plan in FY18.

**OR**

- » You can earn money for your health savings account (HSA) if you choose the \$1,800 deductible plan in FY18.
  - » If you have single coverage, you can earn an additional \$250 for your HSA (total of \$500) by completing the three wellness qualifications.
  - » If you decide to not complete the three wellness qualifications, the State will give you \$250 just for choosing the \$1,800 plan.
  - » If you have family coverage, you can earn an additional \$500 for your HSA (total of \$1,000) by completing the three wellness qualifications.
  - » If you decide to not complete the three wellness qualifications, the State will give you \$500 just for choosing the \$1,800 plan.
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Employees hired or spouses added on or after July 1, 2016, and opt-outs do not need to complete these qualifications to be eligible for the low deductible health plan or HSA contribution in FY18. Regardless of hire or add date, all eligible employees completing all three required wellness qualifications will be eligible to win raffle prizes.

## DISCOVER WHERE YOUR HEALTH STANDS. TAKE THE HEALTH ASSESSMENT.



It's the little decisions made every day, like how you fuel your body or the attitude you choose in stressful situations, that shape your health and happiness. When you take the 10-minute Health Assessment, you'll learn how everyday choices affect your happiness and well-being.

Log in to [benefit.staywell.com](http://benefit.staywell.com) to complete the Health Assessment by **March 31, 2017**.

## KNOW YOUR NUMBERS. GET A HEALTH SCREENING.



Making the choice to get an on-site Health Screening gives you a snapshot of your current health status. Your Health Screening will help you discover areas in your health that may need attention, keeping you energetic and feeling good.

Your screening will include measurements for:

- » Blood Pressure
- » Total Cholesterol
- » TC/HDL ratio
- » HDL Cholesterol
- » LDL Cholesterol
- » BMI
- » Triglycerides
- » Glucose
- » Waist

## GET YOUR NUMBERS – AT WORK.

The South Dakota State Employee Benefits Program is offering free, on-site Health Screenings between **July 25, 2016**, and **December 14, 2016**, for employees and their spouse enrolled in a Health Plan.

For more information and to register for your screening, visit [benefit.staywell.com](http://benefit.staywell.com).

Please note, screening results will be automatically uploaded by StayWell into your health assessment within 14 business days of receipt.

If a Health Screening is not available at your location, print the Health Care Provider Form to complete with your doctor as part of your physical exam. Download the Health Care Provider Form from the **Screening** page which can be accessed from the **Programs** tab on [benefit.staywell.com](http://benefit.staywell.com). Once complete, fax or mail the form back to StayWell.

Complete your Health Screening by **March 31, 2017**.

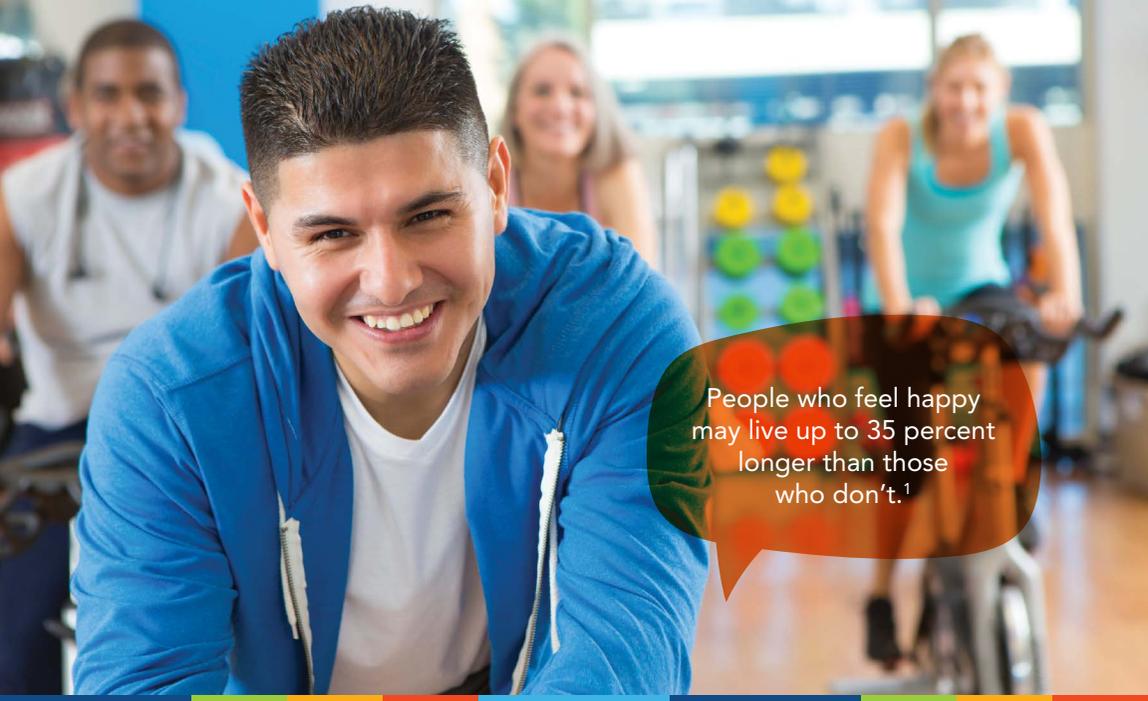
## COMPLETE THE ACTIVITIES OF YOUR CHOICE. EARN 100 WELLNESS POINTS.

Participating in the beneFIT well-being program will help you find happy. Simply choose the activities of your choice to earn 100 Wellness Points.

Complete your activities by **March 31, 2017.**

WELL-BEING ACTIVITIES	POINTS	MAX POINTS
<b>Well-Being Programs</b> Lifestyle Coaching Self-Directed Coaching Mindfulness Series Digital Workshop - Cholesterol Digital Workshop - Migraines Digital Workshop - Back Health Digital Workshop - Carpal Tunnel	75 40 40 15 15 15 15	Earn a maximum of 100 Well-Being Programs points
<b>Challenges</b> Colorful Choices Right this Weigh	50 50	Earn a maximum of 100 Challenge points
<b>Well-Being Activities</b> Community Physical Financial Emotional Self-Care SD Tobacco Quitline Program Educational Classes/Webinars	25 25 25 25 25 25 10	Earn a maximum of 50 Well-Being Activities points
<b>Prevention Care Programs</b> Physical Exams Mammography Vision Exam Dental Exam Required Physical Fitness Test	25 25 25 25 25	Earn a maximum of 50 Preventative Care Program points
<b>Health Home Pilot Program*</b> Quarter 1 Quarter 2 Quarter 3	10 10 10	Earn a maximum of 30 Health Home Care Program points
<b>Employee Assistance Program</b>	50	Earn a maximum of 50 Employee Assistance Program points
<b>HMP Enrollment Programs</b> Month 1 Month 2 Month 3	25 25 25	Earn a maximum of 75 HMP Enrollment Program points
<b>HMP Complex Case Management</b>	100	Earn a maximum of 100 HMP Complex Case Management points

\*Health Home Pilot Program is only open to employees/spouses who fit the eligibility criteria and are attributed to a primary care doctor in the three pilot cities (Brookings, Pierre, Rapid City).



People who feel happy may live up to 35 percent longer than those who don't.<sup>1</sup>

GET MOVING. JOIN A CHALLENGE.



Add color to your life! Skip calorie counting, fat gram tabulating, weighing and measuring. Instead, join the Colorful Choices challenge to add more fruits and veggies to your day by eating a colorful variety. Track your daily intake and develop healthy habits to boost your lifestyle.

The Colorful Chocies challenges is schedule to start in September 2016. Watch for more information.



Explore new places and people along the trail of your choice as you work to maintain a healthy weight. Track your exercise, sleep, healthy eating choices and more to achieve your goal of traveling 600 or more virtual miles. Track your progress online and watch your healthy habits pay off!

The Right this Weigh challenge will kickoff in January 2017. Keep an eye out for more information.

<sup>1</sup> Septoe, A., & Wardle, J. (Sept., 2011) Positive Affect Measured Using Ecological Momentary Assessment and Survival in Older Men and Women. PNAS 2011 108 (45) 18244-18248; doi:10.1073/pnas.1110892108

## IMPROVE YOU. CHOOSE A WELL-BEING PROGRAM.



### Lifestyle Coaching

Working with a StayWell health coach can have you feeling your best at work and home. Your coach can help you with things like modifying your meal plan, getting better sleep, managing stress, setting new health goals and much more.

Working with a coach is free and confidential. To get connected with a health coach, call the StayWell HelpLine at 800-721-2749.



### Self-Directed Coaching

Self-Directed coaching empowers you to achieve your health goals. You can choose to work on things like moving more, eating well, being tobacco free, reducing stress and controlling weight.

Self-Directed coaching is available online, 24/7. You can work on the topic of your choice when and where it's convenient for you. Log on to [benefit.staywell.com](https://benefit.staywell.com) to register.



### Mindfulness Workshops

Discover how to make the most of the present moment. Find ways to turn off autopilot and pay attention to the here and now without recounting the past, anticipating the future or making judgments.

Log on to [benefit.staywell.com](https://benefit.staywell.com) to get started on the best possible you.



### Digital Workshops

When it comes to making healthy changes, it's important to educate yourself before diving in. Learn more about cholesterol, migraines, back health and carpal tunnel. Each workshop takes about 15 minutes. Simply select a topic area, read a short article, watch a short video and take a short quiz.

Log on to [benefit.staywell.com](https://benefit.staywell.com) to get started today!



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## Say hello to beneFIT!

The well-being program provided by the South Dakota State Employee Benefits Program has a new look and name. beneFIT is dedicated to providing you with access to activities and programs focused on improved health for your mind and body. **be well. work well. live well.**



Find us on Facebook.

Let us know what you think about our new look. Search for the South Dakota State Employee Benefits Program.

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Log on today!  
[benefit.staywell.com](http://benefit.staywell.com)



Questions?  
**800-721-2749**



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