

## ACT

[Sign up for a health screening coming to your area](#)

[Get a flu shot at no cost to you](#)

## LEARN

In honor of Breast Cancer Awareness Month, we wanted to highlight breast health benefits available through your South Dakota State Employee Benefits Plan.

According to the American Cancer Society, most women should begin having mammograms yearly at age 40 because early detection increases the chance of successful treatment. A baseline or initial mammogram is covered by our benefits plan as preventive care at ages 35-39 and covered yearly starting at age 40.

A preventive mammogram is covered at 100% for normal and computer aided mammogram. A 3-D mammogram is covered as medical (not preventive), which means this service is subject to deductible and coinsurance. You can find a full list of preventive care services as well as the recommended frequency at <http://benefits.sd.gov/PreventiveCare.aspx>.

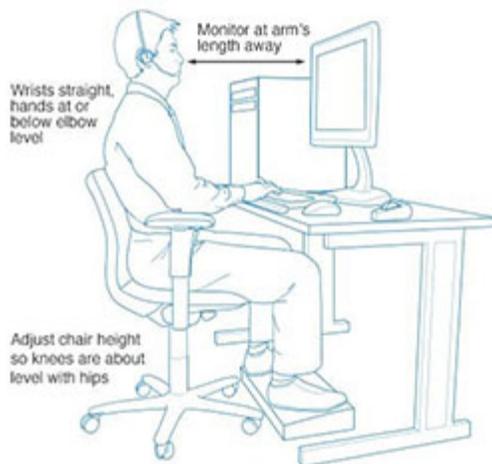
Scheduling a mammogram is as easy as setting up a preventive appointment with a primary care physician or OB-GYN, and you earn 25 wellness points toward the overall 100 points by logging the date of your mammogram in at [benefit.staywell.com](http://benefit.staywell.com).

## THRIVE

### Ergonomics

If you're experiencing neck or back pain or sore wrists and fingers, an ergonomic assessment might help identify the cause. Contact your human resource manager for more information.

[Here are some tips from the Mayo Clinic.](#)



## ASK

### FAQ's

#### What do I do if I am covered by Medicare because of a disability and need a Part D creditable coverage notice?

Contact the South Dakota Employee Benefits office by calling 605.773.3148 to receive a personalized Part D creditable coverage notice. Because BHR does not have the necessary information to identify members who are covered by Medicare because of a disability, this is the only notification you will receive.

#### How does Sanford's announcement that it will withdraw from the DAKOTACARE network effective January 1, 2017 affect me?

Sanford's actions do not require any immediate changes for members of the South Dakota State Employee Health Plan. We will work with our partners to continue to provide services for our members and will keep you informed as new information becomes available.

## Self-Directed Coaching

Think about what motivates you to achieve your goals: a personal trainer, an enthusiastic cheerleader, a friendly coach. Whatever your best motivation is, Self-Directed Coaching can provide it. You choose your goal, you set the pace, and our online program helps you get there. Earn 40 points towards your 100 wellness points. Get started today at [benefit.staywell.com](http://benefit.staywell.com), look for it in the beneFIT news section.

## What is EAP?

The Employee Assistance Program (EAP), is a free service offered to benefit eligible employees and dependents. The program sponsored by the South Dakota State Employee Benefits Program and provided by KEPRO, offers a wide variety of services ranging from counseling and legal services to discount shopping. Learn more about EAP at <http://benefits.sd.gov/EAP.aspx>

You can find a complete list of all benefits FAQs at <http://benefits.sd.gov/FAQ.aspx>.



[benefits.sd.gov](http://benefits.sd.gov)



[benefitswebsite@state.sd.us](mailto:benefitswebsite@state.sd.us)



605.773.3148 or 877.573.7347, option 2

