

WHO'S YOUR REASON?



Deadline: April 1, 2019

Your 2018-2019 beneFIT well-being program

Living a healthy, balanced life is reason enough to improve your well-being. Your reason for wanting to be your best is extra motivation. The beneFIT well-being program is here to support you and your family in achieving your well-being goals.

TO EARN YOUR FY20 INCENTIVE, YOU AND YOUR COVERED SPOUSE NEED TO COMPLETE THREE QUALIFICATIONS:



Complete the online Health Assessment

The 10-minute online health assessment helps you identify your daily health habits. Use what you learn to adjust your habits, make healthier choices, and feel your best.



Get an on-site Health Screening

A Health Screening gives you a snapshot of your overall health. Knowing your numbers helps you focus on areas that need attention, so you can be healthy for all your reasons.



Earn 100 Wellness Points

Choose from a variety of programs and activities to help you live a healthier, more balanced life. Enter your completed activities at benefit.staywell.com.

Choose from:

- Health Coaching
- Preventive Exams
- Flu Shot
- Digital Workshops
- Daily Dash
- Community Activities
- Million Steps Challenge
- Feel Like A Million Challenge
- And much more!

"There is a lot of great information on the beneFIT portal. The videos are helpful and challenges like the Daily Dash have healthy tips for me and my family. It is an easy way to take small steps towards a healthier lifestyle."

— South Dakota State University Employee

Your reward:



– You will qualify to enroll in the Low Deductible Health Plan for FY20*,

OR

– You will earn the maximum State contribution for your Health Savings Account (HSA), if you choose the High Deductible Health Plan for FY20*.

*If your spouse is on your health plan, both you and your covered spouse must complete the three qualifications to be eligible.

Log on to benefit.staywell.com to learn more about the beneFIT well-being program and your rewards. **Do it for you and your reason!**

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



Log on today!
benefit.staywell.com



Questions?
800-721-2749



be well. work well. live well.

If you are unable to complete an activity in the well-being program, there may be alternative activities in which you can participate in. Contact the StayWell HelpLine at 800-721-2749 for additional information.