

WHO'S YOUR REASON?



Be Well. Work Well. Live Well.

START AT BENEFIT.STAYWELL.COM

LOG IN TO YOUR ACCOUNT

First time user

- Click on the **Create My Account Now** button
- Enter your:
 - First name
 - Date of birth
 - Health Plan ID number (9 digits) followed by the 2 digit number listed before your name. (Example: 98243425301)
- Select **Continue**
- Create User Name and Password in account set up
- Select **Continue**

User with a registered account

- Enter your User Name and Password
- Select **Sign In**

If you have questions or are unable to log in, call the StayWell HelpLine at **800-721-2749**.

SCHEDULE YOUR HEALTH SCREENING

A health screening gives you a snapshot of your overall health. Your screening will include checking cholesterol, blood pressure, glucose and more. You have two options for completing your health screening.

1. On-site

Available August – December 2018 (*designated locations*)

2. With your doctor

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 annual wellness preventative exam.

- Go to benefit.staywell.com and click on the **Health Screening** block for instructions to meet the health screening qualification.

COMPLETE THE ONLINE HEALTH ASSESSMENT

Complete the 10-minute online health assessment.

- Go to benefit.staywell.com, click on the **Health Assessment** block.
- Answer all questions related to your everyday health habits.
- Explore the recommended programs that can help you adjust your habits, make healthier choices and feel your best.

EARN 100 WELLNESS POINTS

Make your wellness goals a reality by participating in well-being activities.

- Go to the **Programs** tab at the top of the page.
- Review all of the options available and start earning wellness points.
- Points for workshops, challenges, Daily Dash and other programs are only earned if you complete as described.
- Points for preventive care activities will only be earned if you enter the required information.
- Check your progress on points, by going to the **My Progress** page. All options for points are listed.

Note: Some categories have a maximum number of points that will count toward your total.

CHECK YOUR COMPLETION STATUS BEFORE THE APRIL 1 DEADLINE

- Click on the **My Progress** tab to check your progress.
- Your progress bar must be filled to 100 points (200 if you cover your spouse) to be eligible for the incentive.

SOUTH DAKOTA
state employee
benefits program

learn. act. thrive.



Log on today!
benefit.staywell.com



Questions?
800-721-2749



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