

## ACT

- [Earn 100 wellness points](#)
- [Complete your online health assessment](#)

### Employee Assistance Program Monthly Webinar

Title: [Diversity in the Workplace: Maintaining an Inclusive Environment](#)

Each member of the workforce brings their own unique background, skills, and experience. A diverse workforce can be an unlimited source of problem-solving and creativity, which can be vital to the success of any organization.

### [Help is Always Available](#)

If you are experiencing depression, anxiety, or suicidal thoughts, or know someone who is, the [Employee Assistance Program](#) can provide counseling and services.

The National Suicide Prevention Lifeline is always available at 800.273.8255.

### Call:

877.573.7347 Option 2

### Email:

BenefitsWebsite@state.sd.us

### Follow us on social media:



## Learn: Video visits are now available

The South Dakota State Employee Health Program is pleased to offer video visits with medical providers through Avera and Sanford Health at the cost of \$49 each. By logging on with a personal smart phone, tablet, laptop, or desktop computer that is equipped with a webcam and microphone, patients can utilize these services 24 hours a day, seven days per week.

Members can schedule a video visit with a medical professional within minutes without travel for many different conditions, including:

- Aches and pains
- Minor infections
- Sinus infections
- Colds & flu
- Pink eye
- Vomiting
- Acid reflux
- Fever
- Headaches

Medical professionals are also able to prescribe medication based on a video visit.

Payment for video visits counts towards your annual deductible. If you have met your deductible, you will be responsible for 25% of the cost of the visit. In the event you have met your out-of-pocket maximum, the health plan will pay 100% of the cost of the video visit.

To learn more, please visit the [Video Visits](#) page on the benefits website, or view our [new informational video](#).

## Your beneFIT well-being program: Need some motivation for the New Year? Join the Health Trails Challenge!

Health Trails is a wellness challenge that encourages simple daily healthy habits that can help you have more energy and improve your overall well-being. Motivate yourself, or put together a team to motivate one another!

The challenge focuses on a variety of healthy habits:

- **Move more during the day.** Park farther away to add more steps into your day, find a new winter activity like snowshoeing, skiing or hiking. Try a new indoor fitness class like tai chi.
- **Drink at least six, 8-ounce glasses of water each day.** Keeping your body hydrated will energize your muscles, aid digestion, and maintain skin health.
- **Eat a balanced breakfast within two hours of rising.** Choose slow-burning foods that release sugar into the bloodstream gradually. Select lean protein, whole grains, high fiber, and mono or polyunsaturated fats.
- **Express gratitude daily.** You can do this by writing down a few things you're thankful for in a journal, sending a note of thanks, or by showing appreciation to someone in person. Research shows that gratitude can impact your physical and emotional health.

Logging activity is easy with the Health Trails mobile app. You can log anywhere, anytime! Individual and/or team registration deadline is Friday, January 19. The challenge runs from January 22 - March 18, 2018.

Start organizing your team now and get ready for some fun, friendly competition. Earn 50 wellness points for completing the challenge. Go to [benefit.staywell.com](#) and click on the Health Trails tile and get signed up today!

## ASK:

### Where can I find my Health Savings Account (HSA) tax documents?

Discovery Benefits does not mail out tax documentation. If you are a member with a HSA through Discovery Benefits, you can find your tax documents in their employee portal on the [Discovery Benefits website](#). If you have questions, please contact Discovery Benefits at 866.451.3399.

### What is a 1095-C Form?

The 1095-C form is required by the Affordable Care Act (ACA) and contains information about your health insurance eligibility and coverage. The form will be used when filling out one's taxes as proof of health insurance for the IRS. All employees, retiree or COBRA members who were eligible for health insurance under the South Dakota State Employee Benefits Program during calendar year 2017 will receive a 1095-C form.

If you have not received a 1095-C form by February 1, 2018, or if you have additional questions, please contact the South Dakota State Employee Benefits Program at 605.773.3148.