

BENEFITS bulletin

SOUTH DAKOTA state employee benefits program

View Newsletter Online

Learn: Video Visits

The South Dakota State Employee Benefits Program offers video visits with medical providers through Avera and Sanford Health. Video visits are available for \$49 each, which is less than an office visit.

By logging on with a personal desktop computer, tablet, laptop, or smartphone that is equipped with a webcam and microphone, you can utilize these services 24-hours a day, seven days per week. You can schedule a video visit with a medical professional within minutes without travel.

Conditions that can be discussed during a video visit include but are not limited to:

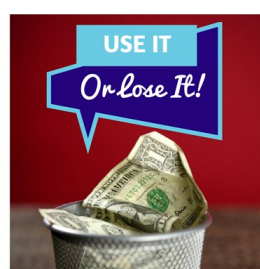
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| Aches & pains | Acid Reflux |
| Colds & flu | Fever |
| Pink eye | Headaches |

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 the full cost of your video visit.

To learn more, please visit the [Video Visits](#) page on the benefits website.

ACT: Spend Your FSA Money



Employee Assistance Program Monthly Webinar: Improve your health with proper ergonomics and frequent movements

Research has found that a sedentary lifestyle is just as or more harmful than smoking. We can impact this by incorporating frequent movement in our lives!

Your benefit well-being Program: New Programs and Opportunities

The benefit well-being program is here to support you and your family in achieving your well-being goals. Check out all of the new programs available this year and start earning points at [benefit.staywell.com](#)!

Complete online workshops about back health, stress, diabetes, migraines, and weight loss
Explore the financial consulting services through the Employee Assistance Program
Take a simple online risk test to determine if you have prediabetes
Take advantage of the men, women, and/or family health series online workshops

There will be three unique challenges available this year. Two are available to start right now: 1.) Million Step Challenge - allows you to work towards 1, 2 or 3 million step goal. Connect your tracking device or track your activity manually and earn points for each million step increment. 2.) Daily Dash - receive daily challenges/tips focused on healthy eating, physical activity, sleep or stress.

Watch for your chance to sign up for the *Feel Like a Million* challenge in August. Put a team together and focus on fitness, nutrition, balance and purpose to maximize energy while limiting stress.

For more information on the benefit Well-Being Program and the incentive you can earn, [click here](#).

"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

ASK

Can I start earning my FY20 incentive?

Yes. The benefit well-being portal has been reset and you may begin earning your FY20 incentive. To earn your incentive, you must complete three qualifications: 1.) on-site Health Screening, 2.) online Health Assessment, and 3.) earn 100 Wellness Points.

Remember, activities that occurred after April 1, 2018, are eligible for wellness points! You must enter the activity at [benefit.staywell.com](#). This includes your annual wellness preventive exam, dental exam, mammogram, and more.

For step by step instructions on how to get started, [click here](#).

How do I open my Discovery Benefits HSA account?

To open your HSA account, visit [www.DiscoveryBenefits.com](#) and click the Login button. Select **Reimbursement Accounts**, then **Create your new username and password**, then complete the following steps:

- **User ID:** Enter your first and last name as it appears on your Health Plan ID card. You can enter your social security number OR Health Plan ID number. Then, select **Next**.
- **Security Questions:** Pick the security questions you want to answer. Then, select **Next**.
- **Change Username and Password:** A temporary username will auto-populate. Double click on it to personalize. Then, select **Submit**.
- **Log in and accept the terms and conditions.**

Please keep a record of your username and password. Discovery Benefits does not store this information.

How do I find an in-network vision provider?

- To find an in-network vision provider near you, visit <https://eyemedvisioncare.com/sosd/>.
- Scroll down and click "Provider Locator."
- Enter your zip code and hit "Get Results."

Note: Walmart is now in network and will appear in all search results.

For Your Information...

Suicide Rates Increasing in SD, United States

South Dakota ranks No. 13 in suicide rates among all states. There are resources to help those who may feel depressed or suicidal or know someone who is struggling.



Get the facts



Learn the signs



Speak up

www.EAPHelpLink.com

www.Bethe1SD.com



How Should You Reach Out?

- Listen without dismissing or judging.
- Ask if they're OK, or thinking about suicide.
- Check in on a regular basis.
- Help them connect with supportive people.

Be the One to Show You Care.

Call if you need help: **800.273.TALK (8255)**

Contact Us:

Call: 605.773.3148

Email: Benefitswebsite@state.sd.us

