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Learn:

What Happens if I Don't Participate in the Spouse and Dependent Verification Audit?

For many years, employees have been able to add a spouse and/or dependents to the South Dakota State Employee Benefits Program without verifying eligibility. The purpose of the Spouse and Dependent Verification Audit is to ensure no one is covered on the plan that should not be. It is important for the state to manage a fiscally responsible health plan and ensure the proper use of taxpayers' money.

If employees do not participate in the audit, their covered spouse and/or dependents will be removed from both the health plan and/or any flexible benefits as of December 31, 2018. The next opportunity to add someone who has been dropped because of non-response to the audit will be May 2019 during Annual Enrollment.

It's important to note that audits will be performed on all new spouses and dependents added to the health plan and flexible benefits in the future.

[Employee Assistance Program Monthly Webinar:](#)

A Personal Guide to Building Resiliency and Coping with Change

It's not what happens to us but how we respond to what is happening to us. This seminar will empower you to become more resilient.

You could earn 25 wellness points if you watch this webinar and enter the date at benefit.staywell.com. To log your points go to the My Progress bar, arrow down to Employee Assistance Program and enter the date you completed the webinar. The maximum number of points you can earn in the Employee Assistance Program section is 50 points.



[Your beneFIT well-being Program:](#)

Popular Ways to Earn 100 Wellness Points

Over 1,700 people have earned their 100 wellness points already this year. Here are the top five activities completed so far:

1. Digital Workshops— Address Your Stress is the No. 1 topic
2. Preventive Care Programs— Dental and vision exams top the list
3. Well-Being Activities — No.1 area is physical activity and nutrition
4. Well-Being Series — Women's Health Series is the No. 1 topic
5. Million Steps Challenge — 73 participants have already completed 1 million steps!

Any of these activities are a great way to earn wellness points. You can also check out the Daily Dash, which has simple daily challenges for improving your health and wellness. There are over 30 different combinations for earning wellness points. To track your progress, go to benefit.staywell.com and click on My Progress. Remember to check your completion status prior to April 1, 2019 to earn your incentive.

For more information about the beneFIT Well-Being Program opportunities and the incentive [click here](#).



ASK

When is the next Lunch and Learn?

The next [Lunch and Learn](#) presentation is Wednesday, November 14, and will cover services provided by MetLife. The presentation will begin at 12:10 p.m. CT. You may view the presentation from any internet connected device at SD.net. This is a great opportunity to learn and ask questions about accident, hospital indemnity, short-term disability, and life insurance and Accidental Death & Dismemberment.

While trying to upload my documents to Dialog Direct I see the name Budco Health Services Solutions. Am I on the right website?

Yes. Budco Health Service Solutions is the legal name of Dialog Direct. Also, you may see this name in emails about the dependent audit.

What preventive services are available to men?

There are a wide range of preventive exams and services available to men regardless of age. An annual wellness preventive exam is covered at 100 percent by the health plan. Exams include a blood pressure test, a cholesterol check, Type 2 diabetes screening, and depression screening.

For men aged 50 and over, a Prostate Specific Antigen (PSA) to screen for prostate cancer is available.

Visit <http://benefits.sd.gov/preventivecare.aspx> for a full chart of preventive services.

What are the Health Savings Account (HSA) limits for calendar year 2018 and 2019?

When calculating your HSA contributions for the year, remember to include both the money you receive from the State and any contributions you have made through payroll or directly to your account.

For calendar year 2018, the contribution limits are:

- \$3,450 for single coverage
- \$6,900 for family coverage

For calendar year 2019, the contribution limits are:

- \$3,500 for single coverage
- \$7,000 for family coverage

If you are 55 or older, you can contribute an additional \$1,000 in calendar year 2018.

Please visit <https://benefits.sd.gov/hsa/default.aspx> for more information about Health Savings Accounts.



[For Your Information...](#)

Five Advantages of Video Visits

Modern technology is changing the way we experience healthcare.



Zero Travel - Booking an in-person appointment is time consuming. Video visit services offer the opportunity to see a medical professional from the comfort of your own home.



Use Your Personal Device - You can log in using your personal cellphone, laptop, tablet, or desktop computer. That's a lot of options at your fingertips!



Extended Hours - Many medical facilities aren't open when it's convenient, whereas video visits are available to you 24/7.



More Patient Control - Video visits put the power in patients hands. You choose the who, where, when, and how.



Less Money - At \$49 per visit, video visits are less costly than an appointment with your doctor or a trip to the local urgent care or emergency room.

<https://benefits.sd.gov/VideoVisits.aspx>

Contact Us:

Call: 605.773.3148

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