BENEFITS bulletin

October 2018

SOUTH DAKOTA state employee benefits program

View Newsletter Online

ACT:

Sign up for an on-site Health Screening

Get a Flu Shot

Learn:

Who should get a mammogram?

Nearly 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of their lifetime and most show no symptoms before being diagnosed. The American Cancer Society recommends yearly mammograms for women ages 40 and older.

The South Dakota State Employee Benefits Program covers mammograms as preventive care, which means it is covered at 100% regardless if you've met your annual deductible. One baseline mammogram is covered by the health plan between the ages of 35-39, and yearly mammogram screenings are covered at 100% for women 40 and older. Undergoing annual screenings is the best way to detect any early signs of breast cancer.

For additional information about mammograms and breast cancer awareness, visit **https://www.nationalbreastcancer.org/**.

Employee Assistance Program Monthly Webinar:

Creating a Personal Development Plan

Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals.

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:

Walk Walk Walk!

You don't need a home fitness machine or an expensive gym membership to steer your health in the right direction. Walking is one of the easiest ways to increase your physical activity. A brisk walk can reduce stress, boost energy, and help maintain a healthy weight. According to the American Heart Association walking can reduce the risk of developing chronic conditions such as type 2 diabetes, heart disease, osteoporosis, and breast and colon cancer.

Walking is the single most recommended form of exercise and the one we are likely to engage in most often. Because there are so many ways to walk – fast or slow, up a hill, down a sidewalk, on a path, at the mall, in the hall, or off on a trail – and so many levels of intensity, it's easy to tailor a walking habit that fits your personal physical activity goals.

Walking with your friends, family, pets, or co-workers makes walking (and exercising in general) easier, something we can look forward to, and something that we will do more regularly. Start with just 20-30 minutes a day with these ideas for getting started.

Need to motivation to get moving? Join the Million Steps Challenge and invite a co-worker for some friendly competition and support. You can sync your tracking device or log your active time manually and earn wellness points for reaching one, two, or three million steps!

ASK

What preventive services are available to members ages 40+?

A number of preventive exams and services are covered by the health plan for members ages 40 and up, including the annual influenza vaccine and smoking cessations medications. Annual type 2 diabetes and cancer screenings are also covered. Women are eligible for one mammogram screening per plan year as well as a well-woman preventive visit or gynecological exam visit and pregnancy care preventive screenings.

Men and women are both eligible for one annual wellness exam per plan year regardless of age.

For a full list of preventive services, please visit **http://benefits.sd.gov/Files/2018/EligiblePreventiveCareFY18.pdf**.

When is the next Lunch and Learn?

The next **Lunch and Learn** presentation is Wednesday, October 10, and will cover the world of Health Savings Accounts. 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 how your Health Savings Account can benefit you.

Is a birth certificate all I need to verify my child for the Spouse and Dependent Eligibility audit?

If a mother is or has been married, a birth certificate for their dependent child from South Dakota or another state that only shows the mother's maiden name may not be enough to prove the relationship. Proof of relationship will be required in addition to birth certificates, such as a marriage certificate that shows the mother's married name or a redacted tax return that lists parents and dependents.

Additional information can be found at **https://benefits.sd.gov/spouseanddependentaudit.aspx**.

What do I do if I'm covered by Medicare because of a disability and need a Part D credible coverage notice?

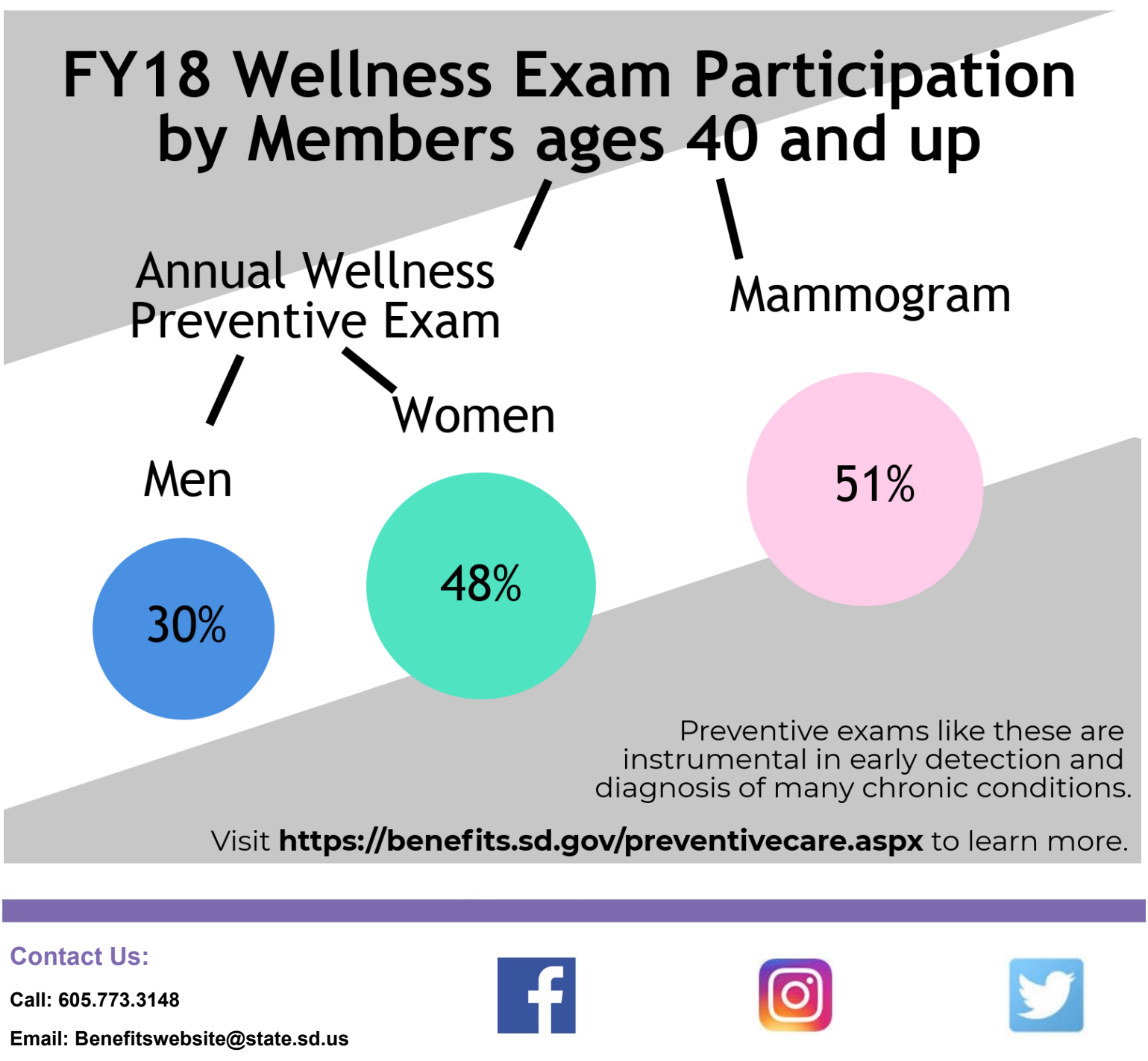
Letters were sent out to individuals who are 65+ and receiving prescription drug coverage under the South Dakota State Employee Health Plan in early October. BHR does not have the necessary information to identify members who are covered by Medicare because of a disability. If you need a letter due to a disability, please contact the South Dakota Employee Benefits office by calling 605.773.3148 to receive a personalized Part D credible coverage notice. This is the only notification you will receive.

How do I submit an EyeMed Out-of-Network claim form?

If you had an eye appointment or purchased contacts or glasses at an out-of-network vision provider, there are two ways to submit your claim form to EyeMed. If you decide to file the form online, click the Green Button "Access Form" button found in the instructions. This will take you to a page to obtain the claim form link. Step-by-step instructions to make sure you are maximizing your benefit are available on the Benefits Vision page.

If you wish to send in the form via mail, you may download it on the Benefits Vision page and mail it to the address listed on the form.

For Your Information...



Contact Us:

Call: 605.773.3148

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