

Benefits Lunch & Learn Series

Enjoy your lunch break while tuning into sd.net to learn more about your benefits right from your desk. You will see a live presentation and be able to email in questions to be answered by the presenters.

August 8 – Take charge of your health and well-being today!

Get the most out of your benefit well-being program! We will explore the benefit.staywell.com portal, discuss free coaching services, and share information about upcoming challenges. You will learn about ways you can earn your 100 wellness points and earn your incentive for FY20.

September 12 – Benefits Program Freebies

Learn about programs available at no cost to you. We will talk about preventive care, cancer screenings, counseling and financial and legal advice through the Employee Assistance Program, Our Healthy Baby incentives, and EyeMed savings for all employees.

October 10 – Health Savings Accounts

Health Savings Accounts (HSAs) are the hottest trend in health care. A representative from Discovery Benefits will give you an overview on how to use your account, save money, invest for your future healthcare needs, and prepare for retirement .

November 14 – Decoding flexible benefit insurance options

Are you confused by hospital indemnity, short-term disability, accident, accidental death and dismemberment, and supplemental life options? You will learn more about each kind of coverage, including costs and tips to determine your needs.

December 12 – Managing chronic & complex medical conditions

Learn about complimentary services available to help you navigate complex medical issues. A licensed case manager is available to help in many situations – like before a transplant, during active treatment of cancer or NICU admissions, or after a traumatic injury. Plus, there are programs and incentives available to help members dealing with pain, asthma, diabetes, kidney care, and cardiovascular conditions.

SOUTH DAKOTA
state employee
benefits program
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Visit sd.net and select Benefits Lunch & Learn from the list of currently streaming or upcoming events to view the presentation.

Download the sd.net app for easier access on your phone or tablet.

For more information, visit benefits.sd.gov/lunchandlearns.