

Did You Know?

- The South Dakota State Employee Benefits Program offers you a **free** health assessment, health screening, and wellness coaching?
- Health screenings are part of your benefits?
- You have access to innovative wellness programs to improve your health and fitness?
- By participating, you can save money?

Our Latitude Wellness Program – a free, voluntary, and confidential personalized wellness program – is designed to promote a culture of health for all of our employees and their families.

Now You Know.

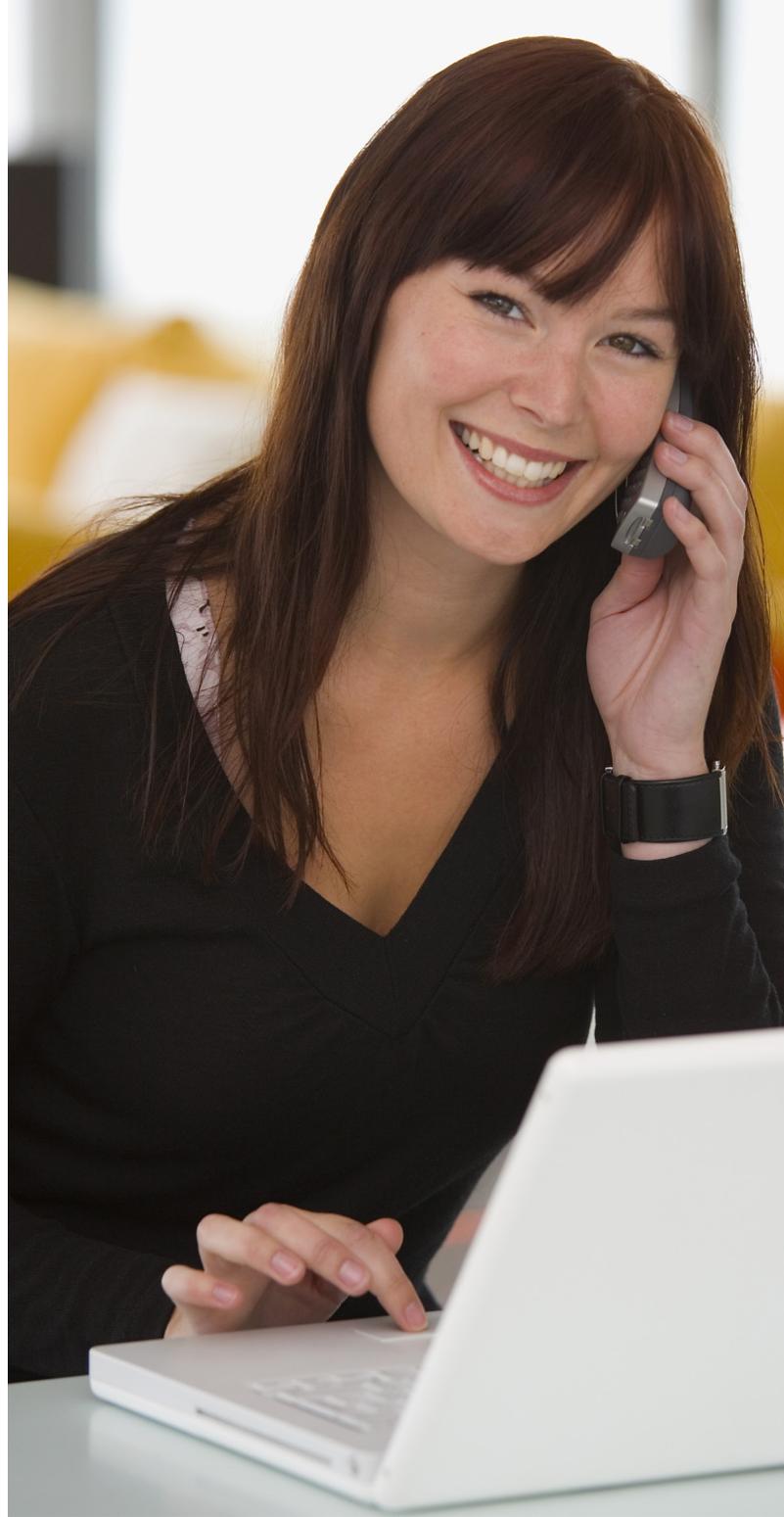
Latitude Wellness Program

You know the old adage – an ounce of prevention is worth a pound of cure? Well it's a proven fact that by improving healthy habits, attitudes, behaviors, increasing physical activity, and making positive and healthy lifestyle choices, you can stop health problems before they start.

The Latitude Wellness Program can help you reduce stress, stop smoking, even lose weight – all the things to help you feel better now, and stay that way in the future.

Start Now – and Save Money!

To be eligible for the lowest deductible plan offered in FY15, employees and covered spouses must complete a Health Screening, an online Health Assessment – and enroll in the Latitude Wellness Program. Follow three easy steps to get started.



**New
wellness portal.**

Latitude Wellness Programs are **FREE** to members.

One website.
Easy access.
Convenience.

24/7 access to wellness tools, resources, and educational materials.

**SOUTH DAKOTA
state employee
benefits program**

learn. act. thrive.

Remember...it's *your* health.

We give you the Latitude to manage it.

Step 1: Complete Your Health Screening by January 31, 2014*.

If you have not completed your Health Screening, visit <http://benefits.sd.gov>, choose Latitude Wellness Portal, log in, and choose Request a clinic Health Screening. The deadline has been extended to January 31, 2014.

Step 2: Complete Your Online Health Assessment by March 31, 2014*.

The best way to understand your current health and what risks you might face in the future is to take 15 minutes and complete the Health Assessment. By answering questions about your general health and daily habits, you get a personalized report with actions you can take to get healthier. Adding the numbers from your Health Screening makes the results even more valuable.

It's confidential – and it's free! Visit <http://benefits.sd.gov>, choose Latitude Wellness Portal, log in, and choose Health Assessment.

Step 3: Complete a Latitude Wellness Program by March 31, 2014*.

Enrolling is quick and easy! There are three types of programs you can choose from, including participatory (individual) programs, worksite wellness challenges and HMP enrollment programs to target certain health conditions. You and your covered spouse need to complete **one** of these programs by March 31, 2014, to be eligible for the lowest deductible plan in FY15.

A list of Latitude Wellness Programs is available at <http://benefits.sd.gov>, choose Latitude Wellness Portal, log in and choose Latitude Wellness Program. Then, create an account to view available Latitude Wellness Programs.

If you and your covered spouse complete all three steps, you will be eligible for the lowest deductible plan in FY15.

*Employees hired after July 1, 2013 do not need to complete these requirements during FY14 (July 1, 2013-June 30, 2014).



It's Easy

- Go to <http://benefits.sd.gov> and choose Latitude Wellness Portal.
- Enter your DAKOTACARE ID # (9 digits) + the two digit number before your name (written as 01, 02, etc.) in the user name box.
- Enter your birth date (YYYYMMDD) in the password box.



It's Convenient

Employees are encouraged to participate in the Health Screening and a Health Assessment – and enroll in the Latitude Wellness Program during normal work hours. We all know, you're busy at work and at home-but you can access the Latitude website 24/7 at <http://benefits.sd.gov> by choosing Latitude Wellness Portal.



It's for You

Everyone has a reason -- a reason why they want to make a change in their life to become healthier. Find your reason and take the first step on your fitness journey with us. No one ever complains about being too healthy, feeling too good, or being too physically fit.

+ One website. Easy access. Convenience.

Register for your Health Screening, complete your Health Assessment, and enroll in a Latitude Wellness Program in one place...your Latitude Wellness Portal. The Latitude Wellness Portal also offers physical activity tracking, nutrition tracking, journal entry, instant progress feedback graphs, evidence based education materials, and integrated referrals.

Visit <http://benefits.sd.gov> and choose Latitude Wellness Portal or call 866.330.9886

