

Qualifying for the Lowest Deductible Health Plan

The South Dakota State Employee Benefits Program offers you and your covered spouse a free:

- Health Screening
- Health Assessment
- Latitude Wellness Program

Get Started.

- 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.
- Choose either Health Screening, Health Assessment, or Latitude Wellness Program from the right side of your screen.

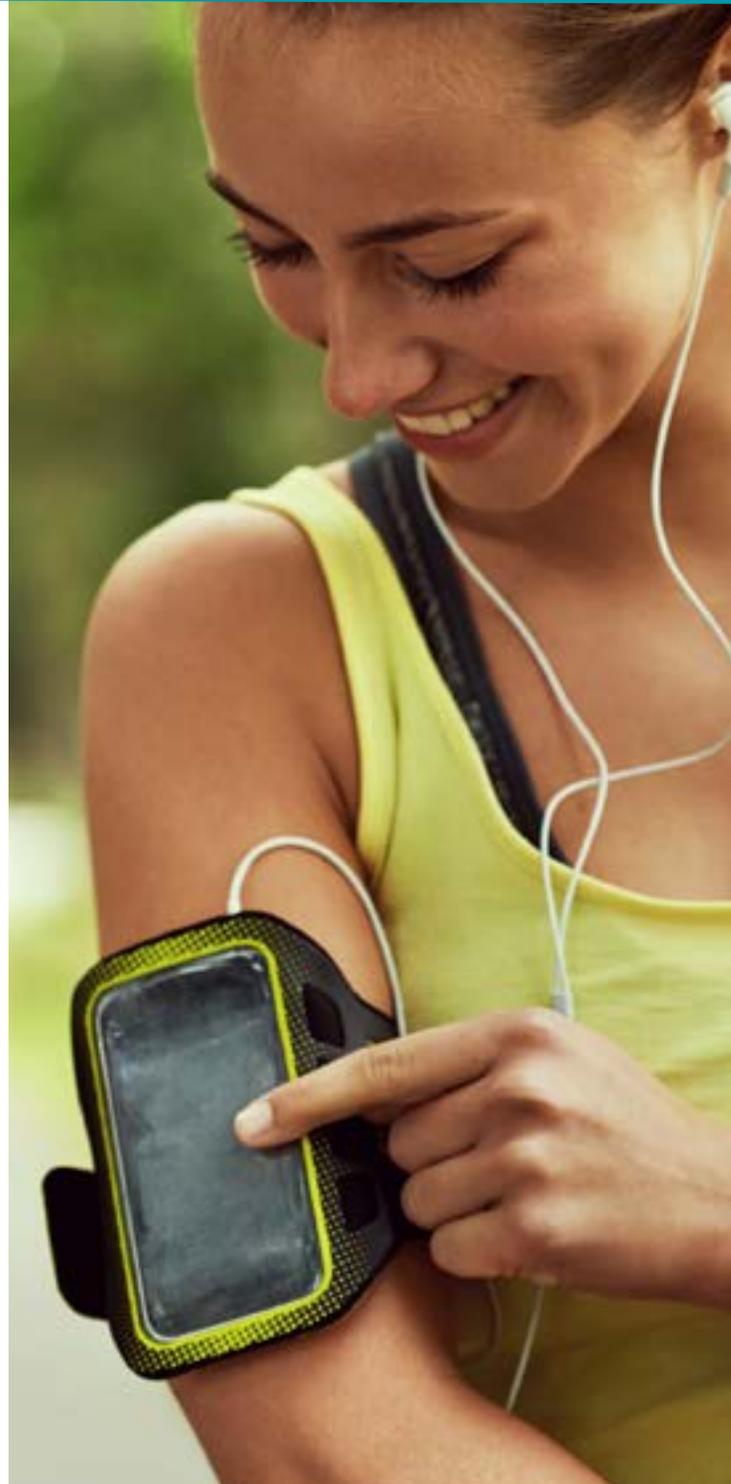
It's Convenient.

- Employees are encouraged to participate during normal work hours.
- Access the Latitude website 24/7 at <http://benefits.sd.gov> by choosing Latitude Wellness Portal.

It's Your Choice.

Everyone has a choice -- a choice between becoming healthier or maintaining your current state of health.

- **To qualify for the lowest deductible health plan offered in FY16, you and your covered spouse must complete a Health Screening, online Health Assessment, and each earn 75 Latitude Wellness Program Points.**
- If you choose to complete the three wellness qualifications, you are choosing to qualify for the lowest deductible health plan.



Lowest Deductible Health Plan = **Health Screening**
Health Assessment
75 Latitude Wellness Program points

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 December 31, 2014*.

Health Screenings are now available. Your free Health Screening will include measuring:

- Cholesterol (Total, HDL, LDL, Triglycerides, TC/HDL Ratio)
- Blood pressure
- Body mass index

Step 2: Complete Your Online Health Assessment between January 1, 2015 and March 31, 2015*.

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.

- Answer questions about your health and daily habits.
- Review your personalized report with actions you can take to get healthier.

Step 3: Earn 75 Latitude Wellness Program Points by March 31, 2015*.

The time frame for completion is **April 1, 2014 to March 31, 2015**. This means, you can track items you completed in the past. You can do any combination of Latitude Wellness Programs to earn points. Each program is assigned a specific point value shown on the website. To get started, log in, and click on Choose a Latitude Wellness Program.

There are a variety of different programs you can choose from, including:

- Participatory (individual) Programs include things you can complete on an individual basis. It may be something you are already doing or an activity or testing required for your job. These programs require online tracking or proof of completion.
- Worksite Wellness Challenges are group and individual challenges created to engage members in areas of physical activity, nutrition, sleep, resilience, stress management and promote positive behaviors.
- HMP Enrollment Programs target certain health conditions. Members are asked to participate in enrollment programs based on individual Health Screening results, Health Assessment results, or medical and pharmacy claims. Members with one or more of these conditions may also self enroll in a program.

Visit <http://benefits.sd.gov>, choose Latitude Wellness Portal, log in, and choose either Health Screening, Health Assessment, or Latitude Wellness Program.

*Employees hired or spouses added after July 1, 2014 do not need to complete these requirements during FY15 (July 1, 2014-June 30, 2015) to be eligible for the lowest deductible health plan in FY16.

One website. Easy access. Convenience.

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

Earn 75 Latitude Wellness Program Points between April 1, 2014 and March 31, 2015

Participatory Programs (points noted below)

Participatory Programs include things you can complete on an individual basis. It may be something you are already doing or an activity or testing required for your job. These programs require online tracking or proof of completion.

- Community education class related to wellness (25 points)
- Complete a Marathon, ½ marathon, Olympic triathlon or higher (75 points)
- Lead/Participate in 4 walking meetings (25 points)
- Other wellness related activities that are not listed (25 points)
- LEAP Online Webinar/Skill Builder (25 points)
- Participate in a fun/timed run, walk or bike race (25 points)
- Participate in a Parks and Recreation Sports Team (25 points)
- Participate in a Substance Abuse Program (25 points)
- Preventive Care-Medical, Dental, and Vision (25 points)
- Required Physical Fitness Test (25 points)
- Track exercise for 3 consecutive weeks via paper or other electronic method (25 points)
- Track nutrition for 3 consecutive weeks via paper or other electronic method (25 points)
- Track standing hours at work via paper or other electronic method (25 points)
- Visit local gym 10 times per month (25 points)
- Wellness walk break via paper or other electronic method (25 points)

Worksite Wellness Challenges (25 points each)

Worksite Wellness Challenges are group and individual challenges created to engage members in areas of physical activity, nutrition, sleep, resilience, stress management and promote positive behaviors.

- There are three challenges available each quarter.
- To join a challenge, click the blue join/begin button.
- Most challenges are worth 25 points each and require online tracking.
- ***The Get Movin' Take 125 Miles for Health Challenge is worth 75 points.***

HMP Enrollment Programs (75 points each)

HMP Enrollment Programs target certain health conditions. Members are asked to participate in enrollment programs based on individual Health Screening results, Health Assessment results, or medical and pharmacy claims. Members with one or more of these conditions may also self enroll in a program.

- Condition Management
 - Asthma
 - Cardiac
 - Chronic Pain
 - Kidney
 - Diabetes
- Our Healthy Baby
- Bariatric Management
- Latitude Step-by-Step Weight Management Wellness Coaching (Intense 12 week wellness coaching program)

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