

ACT

Member reminders for September:

- [Sign up for a health screening by logging into the beneFIT website at benefit.staywell.com!](http://benefit.staywell.com)
- [Spend your FY16 Flexible Spending Account funds by September 15.](#)

LEARN



This Benefits Bulletin is to provide you with one single communication per month to stay informed and get the most from your benefits.

You can expect to see this communication hitting your inbox the first week of every month and it will include four sections:

- ACT: provides a checklist of anything you might need to do this month.
- LEARN: provides you more information about a current topic or area on which we've received questions.
- ASK: explains frequently asked questions and includes a link to FAQs.
- THRIVE: gives information on the beneFIT well-being program and small steps to help you be healthy, happy and full of life.

One frequently asked question I wanted to cover is why our benefits program is no longer, "sign up and forget it." Yes, that would be simpler, but the old model is no longer sustainable. In recent years, we've managed to control our healthcare costs without sacrificing member services or raising premiums for dependents and spouses. Our continued success depends on you, our members, being engaged and informed about your healthcare options.

Here are some examples to consider:

- If you're informed about your health through assessments and screenings, studies prove you're more likely to take action to improve identified conditions. When you're healthier, everyone wins.
- When you use a flexible spending account you have pretax dollars set aside to cover, for example, prescription medications or an appointment with a specialist. You're less likely to let the cost concerns keep you from following through on doctor's orders. You save money. You're healthier. Everyone wins again.
- You use your preventive medical benefits to identify and treat an underlying health issue before it is an emergency. You've reduced stress for your family and friends, saved money for you and the state, and become healthier. It's another win-win.

Thanks for your on-going engagement in your benefits program,

Laurie Gill

Laurie Gill
Commissioner of the Bureau of Human Resources

THRIVE

Schedule your health screening

Schedule an on-site health screening coming to your area in the next few months. For a complete list of dates and locations, [click here](#).

This fast and easy appointment will give you valuable information to keep you healthy today—and help you prevent serious health problems in the future. [Register today!](#)

Make Every Bite Count



Colorful Choices is the first wellness challenge of FY17. The program will challenge you or your team to increase and track fruits and vegetables in your diet.

The Challenge begins September 12 and the last day you can sign up for this program is September 19, 2016. Log in to benefit.staywell.com and sign up today.

If you have any questions about the wellness activities or the website, contact the StayWell Helpline at 800.721.2749.



be well. work well. live well.

ASK

FAQ's

How does Sanford's announcement that it will withdraw from the DAKOTACARE network effective January 1, 2017 affect me?

Sanford's actions do not require any immediate changes for members of the South Dakota State Employee Health Plan. We will work with our partners to continue to provide services for our members and will keep you informed as new information becomes available.

Why do I have to log into two different websites to schedule a health screening?

StayWell has a subcontractor, Summit Health, who specializes in providing health screenings. You need to create a new username and password on the Summit Health scheduling tool so they have your information.

We are working to have a single login screen to access the screening scheduler at benefit.staywell.com in future years.

Can I still use my flexible spending account (FSA) funds from FY16?

Yes. You have until **September 15, 2016** to **incur** eligible expenses for you or your family members for reimbursement.

Claims must be submitted to DAKOTACARE Administrative Services by October 28, 2016 to be eligible for reimbursement. For more information, visit <http://benefits.sd.gov/fsa>.

You can find a complete list of all benefits FAQs at <http://benefits.sd.gov/FAQ.aspx>.



benefits.sd.gov



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