

## ACT

- [Earn 100 wellness points](#)
- [Complete your online health assessment](#)
- [Review annual compliance documents](#)
- [Learn about video visits](#)

Employee Assistance  
Program Monthly Webinar[Title: The Mind-Body Connection](#)

Keeping the body relatively calm is crucial to optimal health and well-being. Becoming aware of how your body feels when it is under stress is very important to maintaining a relaxed and calm state.

[Help is Always Available](#)

If you are experiencing depression anxiety, or suicidal thoughts, or know someone who is, the [Employee Assistance Program](#) can provide counseling and services.

The National Suicide Prevention Lifeline is always available at 800.273.8255

## Call:

877.573.7347 Option 2

## Email:

BenefitsWebsite@state.sd.us

## Follow us on social media:



## Learn: Smile Smart for Your Health

Our dental insurance vendor, Delta Dental of South Dakota, has a [Smile Smart for Your Health Program](#) that offers enhanced benefits on both the basic and enhanced plans. This program integrates dental and medical assistance by offering additional services to patients with specific health conditions that can be positively affected by additional attention to oral health care.

Through this program, dentists can help reduce the risk of diseases progressing and causing further health issues. Over 120 diseases show early symptoms in the mouth and may be detected early during the dental exam.

Patients with any of the following conditions may be eligible for additional benefits through the Smile Smart Program:

- Periodontal (gum) disease
- Diabetes
- Pregnancy
- High-risk cardiac conditions
- An elevated risk for oral cancer
- Kidney failure or who are undergoing dialysis
- Cancer related radiation and/or chemotherapy
- A suppressed immune system due to stem cell (bone marrow) transplants, organ transplants, or HIV positive status.

Talk with your dentist. If you are eligible for additional benefits, your dentist just needs to make a notation about your condition.

## Your beneFIT well-being program: Take Your Online Health Assessment Today!

By taking a 10 minute [Online Health Assessment](#) you can see how your lifestyle habits affect your health and well-being. After you complete the assessment, the information is used to be recommend programs and resources customized to your needs. Use what you learn to adjust your habits, make healthier choices, and feel your best.

You can complete the Online Health Assessment any time, even if you have not completed your health screening. Your health screening results will be automatically populated into your Health Assessment. Within the Online Health Assessment you can compare this years screening results to last years results.

Your Online Health Assessment and screening data is securely shared with Health Management Partners (HMP), which provides a variety of Conditions Management programs at no cost to you such as asthma, cardiac, diabetes, kidney, and pain among others.

Completion of the Online Health Assessment by March 31, 2018 is one of three wellness qualifications to earn your incentive for FY19. The Online Health Assessment can be completed from any computer or internet-connected device. Log in to [benefit.staywell.com](#) and click on the Health Assessment tab at the top of the page.

If you do not have online access, call the StayWell Help Line at 800.721.2749 for a paper assessment.

*Please be aware that your report is not a substitute for medical care and cannot be used to diagnose health problems.*

## ASK

## If I miss my chance for an on-site health screening, can I still meet this wellness qualification?

You can complete your health screening requirement by visiting your health care provider and having he or she fill our your [Health Care Provider Form](#). After the appointment, you will need to submit the document as indicated at the bottom of the form. Under the health plan, members are eligible for one annual wellness preventive exam each year. Please note that the costs of the screening tests will only be covered if it is part of your annual wellness exam.

The deadline for submitting the Health Care Provider Form is March 31, 2018. Once submitted, your screening results will be available on the My Health Assessment Page within 10 business days.

A limited number of walk-in appointments are available at the remaining screening events. If you are interested having an on-site health screening and want to know if there will be an event near you, please check the [On-site Health Screening Schedule](#).

## What are the Health Savings Account limits for calendar year 2017?

It is important to remember that when you are calculating your Health Savings Account (HSA) contributions for the year that you must include both the money you receive from the State and any contributions you have made through payroll or directly to your account. If you have single coverage, a total of \$3,400 can be placed into your account this year. If you have family coverage, a total of \$6,750 can be placed into your account. If you are 55 or older, you can contribute an additional \$1,000 for this year.

Please visit <http://benefits.sd.gov/hsa/default.aspx> for more information about your Health Savings Account.