

Benefits News Briefing: September 14, 2012

- Blood Drive for State Employees on September 20
- Ameritas and Risty Benefits, Inc. Ready to Assist Members
- Access Flexible Benefits Information Online
- Money Available in Flexible Spending Accounts Until September 15, 2012
- Walgreens Added to State Pharmacy Network Effective September 15, 2012
- Great American Fitness Adventure Winners
- The Big Time Bike Challenge is Underway
- Doctor's Office, Urgent Care Clinic, or Emergency Room
- Runners Invited to Attend the 50th Anniversary of the Jack 15
- Gypsy Days Steps for Shep Road Race
- Contact Information

Blood Drive for State Employees on September 20

Posted: September 14, 2012

Schedule your appointment for the Annual State Employee Blood Drive on Thursday, September 20 at the Capitol Lake Visitors Center. You can schedule your appointment between 9:00 a.m. and 3:00 p.m.

For FY 2013, employees who want to donate blood during the work day may do so on work time without having to work adjust, use annual leave, or leave without pay as long as their work schedule allows and prior approval is obtained from their supervisor. If you have any questions, please contact your Human Resource Manager.

Sign up on-line at <https://www.bloodhero.com/index.cfm?group=op&expand=471653&zc=57501>.

Ameritas and Risty Benefits, Inc. Ready to Assist Members

Posted: September 14, 2012

Wondering who to contact with dental and vision questions? Risty Benefits, Inc. and Ameritas have dedicated customer service representatives for the State of South Dakota dental and vision plans.

If you have questions about coverage, claims, or need help finding a dental provider, please call Risty Benefits, Inc. at 877.573.7347, option 5 or Ameritas at 877.495.5581.

Access Flexible Benefits Information Online

Posted: September 14, 2012

For FY 2013, we made several changes to our flexible benefit plans. To obtain plan information, FAQs, or contact information,

- Visit www.southdakotaflexbenefits.com.
- Choose a Flexible Benefit such as dental, vision, short-term disability, etc.
- Click the drop box for the benefit and choose one of the links provided.

Money Available in Flexible Spending Accounts Until September 15, 2012

Posted: September 14, 2012

FY 12 (07/01/11 to 09/15/12) for Incurring Claims

Don't miss your opportunity for reimbursement! The money in these accounts does not roll over and will be lost if you don't incur claims by September 15, 2012.

Some members currently have a balance in their flexible spending accounts. Members should check the remaining balance on both their dependent care spending account and medical spending account.

Flexible spending account (FSA) holders have until September 15, 2012 to spend or incur claims related to their FSA funds (medical spending and dependent care) for the plan year ending June 30, 2012.

To check your flexible spending account balance visit <http://www.dakotacareflexonline.com> or call DAKOTACARE at 1.800.831.0785.

Walgreens Added to State Pharmacy Network Effective September 15, 2012

Posted: September 14, 2012

Express Scripts and Walgreens announced a multi-year agreement effective Sept. 15, 2012. Walgreens will once again participate in the Express Scripts retail pharmacy network. Members of the South Dakota State Employee Health Plan can fill covered prescriptions at Walgreens pharmacies beginning September 15, 2012.

Great American Fitness Adventure Winners

Posted: September 14, 2012

Thank you to everyone who participated in the Great American Fitness Adventure, a Latitude Program sponsored by the South Dakota State Employee Benefits Program.

Individual Winners

- Karyl Knodel
- June Apaza
- Julia Karlstad
- Kelli Anderson

Team Winner – Mission Impossible

- Alan Vandenburg
- Holly Mathieu
- Kellie Van Gerpen
- Erin Swenson

Each of our winners will receive a \$40 Visa Gift Card in the mail within the next month.

The Big Time Bike Challenge is Underway

Posted: September 14, 2012

Pedal your way to fitness during the Big Time Bike Challenge. The challenge encourages eligible employees and spouses to bike outdoors or indoors on a stationary bike between September 10 and October 5.

- Record your activity and be eligible to win 1 of 2 bike racks, 1 of 10 bike helmets or the grand prize, a Hybrid Bike valued at **\$500**.
- The program runs from September 10, 2012 to October 5, 2012.
- All participants who complete and record activity will earn an exercise band with an exercise suggestion card

Winners will be drawn at random from eligible participants who recorded their activity.

- Complete and record 8 or less days of activity and earn 1 submission into the prize drawings.
- Complete and record 9 – 17 days of activity and earn 2 submissions into the prize drawings.
- Complete and record 18+ days of activity and earn 3 submissions into the prize drawings.

The Big Time Bike Challenge is a Latitude Program sponsored by the South Dakota State Employee Benefits Program.

For more information on The Big Time Bike Challenge, visit the Latitude website at www.liveforlife.net/hfit/sd.

Doctor's Office, Urgent Care Clinic, or Emergency Room?

Posted: September 14, 2012

Submitted by Health Management Partners

Where you go for your care *matters*. For most medical problems, you should go to your regular health care provider first. You get the best care because they know you and your medical history. This is a guide to help you choose the best place to go for health care.

Doctor's Office or Clinic Visit

The best place to get care is a doctor's office or clinic for common illnesses, minor injuries, and routine health exams. Your doctor can also help you manage your health over time. Doctor's office or clinic are usually open during regular business hours may have some extended hours and weekend appointments.

You should make an appointment with your doctor's office for:

- Common illnesses such as colds, the flu, ear aches, sore throats, migraines, fever, or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones, or minor eye injuries
- Regular physicals, prescription refills, vaccinations, and screenings
- A health problem where you need advice

Urgent Care Clinics

When your doctor is not available, urgent care clinics provide attention for non-life threatening medical problems or problems that could become worse if you wait. Urgent care clinics provide walk-in appointments and are often open seven days a week with extended hours.

When your regular doctor or health care provider is not available, you should go to an urgent care clinic for:

- Common illnesses such as colds, the flu, ear aches, sore throats, migraines, fever, or rashes
- Minor injuries such as sprains, back pain, minor cuts, and burns, minor broken bones or minor eye injuries.

Hospital Emergency Rooms

You should use a hospital emergency room for very serious or life threatening problems. Hospital emergency rooms are not the place to go for common illnesses or minor injuries.

If you are experiencing any of the following symptoms, don't wait! Call 911 or get to your nearest hospital emergency room:

- Chest pain
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns
- Deep cuts or bleeding that won't stop
- Sudden blurred vision
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or loss of coordination or balance
- Numbness in the face, arm, or leg
- Sudden severe headache (not migraine)
- Seizures
- High fevers
- Any other condition you believe is life threatening

Hospital emergency rooms are open 24 hours a day, 7 days a week, and 365 days a year.

No matter where you go for care, be sure to bring a list of the current medications.

Runners Invited to Attend the 50th Anniversary of the Jack 15

Posted: September 14, 2012

Attend the 50th running of the Jack 15, oldest road race in the Midwest, which started as an end-of-the-year workout for the South Dakota State University cross-country team, on Saturday, Sept. 29, 2012.

Celebrate the golden anniversary of the 15.2-mile run from White to the Coughlin Campanile on the SDSU campus in Brookings. The 8:30 a.m. race on country roads between White and Brookings has aid stations every three miles. Runners of all abilities are invited to participate. Participants receive a long-sleeve t-shirt and a memorabilia item for the 50th anniversary of the run.

In addition to the race, there is a free Friday night social and program to share past memories of the race. Several members of the inaugural run plan to attend as well as other prominent runners from the past. Purchase a discounted ticket package, which includes tickets, a barbecue, and beverages on the registration website.

The Jack 15 can be run as an individual or in teams of 2, 3, 5, or 15. More information, including registration details, is available at <http://www.prairiestriders.net>.

Gypsy Days Steps for Shep 5k Road Race

Posted: September 14, 2012

Join the Gypsy Days festivities on Saturday, October 6th, 2012 by participating in the Steps for Shep 5K Road Race.

Registration is 7:00-7:30 a.m. in the Barnett Center Lobby with the one mile and 5K races beginning at 8:00 a.m.

NSU Students with valid ID can participate at no charge but there will be a \$10.00 charge for a t-shirt. There is a \$20.00 fee for both the 5k and one mile races (\$15 for AARC Members).

Registration forms and map available at www.aberdeenarearunningclub.com Awards will be presented to those who are "best dressed" to the Gypsy Days theme...Gypsies on Safari!

All proceeds will go towards the Jason Shephard Memorial Scholarship Fund to benefit an NSU track and cross country student-athlete majoring in Health and Physical Education. For more information, email Kevin.Bjerke@northern.edu.

Contact Information

Bureau of Human Resources

PMB 0141-1
Bureau of Human Resources
500 East Capitol Avenue
Pierre, SD 57501
605.773.3148
1.877.573.7347, option 2
Email: benefitswebsite@state.sd.us
<http://benefits.sd.gov>

All benefit related questions.

DAKOTACARE

PO Box 7406
Sioux Falls, SD 57117-7406
1.800.831.0785
605.334-4000
Fax: 605.336.0270
www.dakotacare.com

DAKOTACAREFLEXONLINE.com

www.dakotacareflexonline.com

DAKOTACARE Access

<https://access.dakotacare.com/?Client=DD10028>

DAKOTACARE provides State employees with a system of member doctors and other health care providers as well as serves as third party administrator for the Health and Flexible Benefits Plan.

General Health and Flexible Benefits Plan information, including:

- Eligibility questions (for example, if a child is listed as a covered dependent)
- Questions about claims processing, appeals, coordination of benefits or third party liabilities
- Covered expenses and benefit level information
- Deductible and out-of-pocket expense information
- Plan limitations and exclusions
- "Balance" billing information

Health Plan information, including:

- A list of DAKOTACARE medical providers
- A list of participating Chiropractic Associates LTD of South Dakota (CASD) providers
- Additional I.D. cards

DAKOTACAREFLEXONLINE.com

Access to Dependent Care Spending Account, Medical Expense Spending Account and/or Health Rewards and Wellness Account:

www.dakotacareflexonline.com

DAKOTACARE Access

View your Explanation of Benefits (EOB) information Online. DAKOTACARE Access allows members secure electronic access to their personal DAKOTACARE-related claim information for health, flex, vision, major injury protection and hospital indemnity plans.

<https://access.dakotacare.com/?Client=DD10028>

Risty Benefits, Inc

1.866.237.9411
help@ristybenefits.com
www.southdakotaflexbenefits.com

- Dental
- Vision
- Short Term Disability
- Hospital Indemnity
- Major Injury Protection

HealthFitness

Attn: Customer Service-SOSD
1650 West 82nd Street
Suite 1100
Minneapolis, MN 55431

877.573.7347, option 3

www.liveforlife.net/hfit/sd

- Latitude Wellness Programs
- Health Assessment
- Health Advising
- Empowered Health Coaching

Health Management Partners (HMP)

2301 West Russell Street
Sioux Falls, SD 57105
866.330.9886 or
605.333.9886

www.hmpsd.com

- Pre-authorization for a hospital confinement or other health services requiring pre-authorization and medical case management.
- Condition Management
- Register for Our Healthy Baby www.ourhealthybaby.com or call 1.888.821.2242
- Questions about managed care
- Oncology

Express Scripts

Customer Service:

Phone: 1.866.212.9529
www.express-scripts.com

- Questions about the Prescription Network
- Step Therapy
- Pre-authorization

Private HealthCare Systems (PHCS)

1.888.865.7427
www.phcs.com

- Nationwide Provider Directory

The Benefits Newsletter provides South Dakota State Employee Benefits Program Members with provisions of the benefit plans as well as the changes and updates. Members of the South Dakota State Employee Benefits Program are responsible for staying informed of the changes that may affect their coverage.

Contact the Bureau of Human Resources, Benefits Program at 773.3148 if there is a question or concern about an article in the newsletter.

Note: Please print attached newsletter for anyone without computer access.