

May 2014



# The Torch

The official newsletter for Indiana state employees

## Upgrade your health, upgrade your plan

A letter from the State Personnel Department Director

In 2013, the State Personnel Department (SPD) began rolling out health and wellness programs through Invest In Your Health. Healthy Lifestyles equips you with the ability to track eating habits, exercise and other healthy activities. Castlight allows you to become a better consumer for healthcare services you are already using.

Feedback from employees has been overwhelmingly positive and we have heard time and again that you want more of these programs. In response to this feedback, SPD is taking health and wellness to the next level in 2014.

Starting this month, the State of Indiana is offering a way to upgrade your health plan during Open Enrollment this fall. Though the details are still being finalized, the new Wellness Consumer Driven Health Plan (CDHP) will offer lower premiums to those who qualify. To qualify for the Wellness CDHP upgrade, employees must currently be enrolled in state medical benefits by May 1, as well as complete three easy steps before August 31, 2014.

These steps help you to take control of your health and improve your overall well-being. By upgrading your health, you have the opportunity to upgrade your plan.

- 1 Step One** is completing the Well-Being Assessment (WBA) at MyHealthyLifestyles.com. This confidential assessment helps you to identify health risks, as well as giving you the opportunity to create a plan to address potential risks.
- 2 Step Two** is completing a biometric screening with your primary care physician or attending one of many free screening events happening around the state in May, June and July. These numbers are reported to IU Health and kept confidential from your employer.
- 3 Step Three** is completing the Healthy Lifestyles Steps Challenge in July or earning 2,500 points in MyHealthyLifestyles.com. To qualify for the Wellness CDHP upgrade, employees must log at least 200,000 steps in the Steps Challenge during July. The 2,500 points earned in Healthy Lifestyles does not include the points earned for completing your WBA and the points must be earned between June 1 and Aug. 31.

Keep in mind that all information gathered in these steps is kept confidential and not shared with your employer. Our goal is to provide you with tools and programs that assist you in improving your overall health and well-being.

Over the next few months, additional information is coming out through *The Torch* and *Invest In Your Health* newsletter about upgrading to the new Wellness CDHP and the qualification steps. To find current updates about the Upgrade program or any other programs offered through *Invest In Your Health*, visit [www.investinyourhealthindiana.com/Upgrade](http://www.investinyourhealthindiana.com/Upgrade).

Anita Samuel, Director  
State Personnel Department