

Invest In Your Health

Wellness Resources for State of Indiana Employees

Invest In Your Health is a wellness program organized by the Indiana State Personnel Department (INSPD). Through the Invest In Your Health wellness program, you have access to tools and resources designed to help you make lifestyle changes to prevent disease and improve your health and wellness.

Wellness Rewards Program

Complete wellness activities to earn up to \$500 in gift card rewards!

Employees and spouses enrolled in the state health plan can each earn up to \$500 (\$1,000 total) in gift card rewards for completing wellness activities.

Choose from a variety of wellness activities, such as completing an annual physical, eye exam, cancer screenings, a health assessment, physical activity tracking, & more!



Wellness Rewards Program


Get Rewarded for What Matters

▶ GET STARTED

Create an account www.mobilehealthconsumer.com/web/#/auth/login and complete activities to earn rewards.

LEARN MORE

Employee Assistance Program

The Optum Employee Assistance Program (EAP) is a free service available to all full-time state employees and their household. 

Each household member can access eight free face-to-face counseling sessions with a licensed therapist per issue, per year.

These tools and resources are available 24/7 and are completely confidential.

▶ CONTACT OPTUM EAP

- Phone: (800) 886-9747 (24/7 support)
- Web: <https://supportfinder.optum.com/Indiana> (Sign in or register with an anonymous username.) Access all the Optum EAP online tools and resources.

LEARN MORE



Text Alerts

Stay informed about your health benefits. Sign up to receive text alerts about your employee health benefits including wellness rewards, open enrollment and more. Click the link below, enter your mobile number & check the SMS box for "State Employee Benefits Updates."

SIGN UP



Helpful Links

- [Employee Benefits](#): Information about state employee health plans.
- www.in.gov/InvestInYourHealth: State employee wellness resources.
- [Employee Publications](#): Subscribe to the state employee newsletters for updates about deadlines, events, and more.
- [9amHealth](#): Diabetes management program.

Questions?



INSPD Benefits Hotline

Mon. - Fri., 7:30 a.m. - 5 p.m. ET

Phone: (317) 232-1167
or toll-free: (877) 248-0007

Email: SPDBenefits@spd.in.gov

Websites: in.gov/spd/benefits
www.in.gov/investinyourhealth