



The Torch

The official newsletter for State of Indiana employees

April 2026

Are your dependents eligible to be covered on your health insurance?

Article by the Indiana State Personnel Department

The State of Indiana has an annual process to verify that dependents enrolled (or previously enrolled) in the State's medical, dental, and vision plan(s) are eligible for coverage according to plan rules, ensuring that only qualified dependents receive benefits and helping to maintain healthcare costs.

This spring, randomly selected employees will be contacted by the Indiana State Personnel Department's (INSPD) Benefits



Division by email and mail to verify their enrolled dependent's eligibility. If you receive an email and letter regarding this audit, you are required to respond by the deadline. Please ensure that dependents enrolled on your medical, dental, and/or vision plan(s) are eligible for coverage, per the guidelines in the [Benefits Handbook](#).

Please notify the Benefits Hotline immediately if you know your covered dependent is no longer eligible for coverage (ex: divorce). It is your responsibility to remove ineligible dependents from your plan coverage within a timely manner, even if it is beyond the 30-day qualifying event notification window, to minimize recovery of ineligible claims.

New in 2026:
Spousal Surcharge

Greetings from the Governor



Watch Governor Braun's latest [video message](#) to State of Indiana employees.

Waivers will be audited as part of the dependent eligibility audit. It is your responsibility to notify the INSPD Benefits Division within 30 days if you and your spouse's eligibility for the waiver has changed.

Visit the [Dependent Eligibility Verification Audit webpage](#) for more information. For questions, contact the INSPD Benefits Hotline at 317-232-1167 or 877-248-0007 (toll free).

The Torch is published monthly by the Indiana State Personnel Department and is available online at on.in.gov/TheTorch.

Want more content?

Check out the State of Indiana on LinkedIn and Facebook and @WorkForIndiana on X and Instagram.

Have a story?

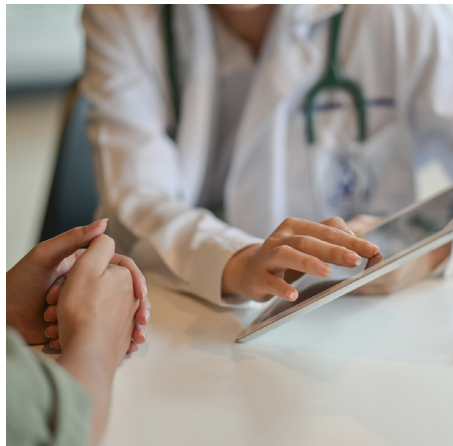
Submit your story ideas to: spdcommunications@spd.in.gov

Make time for your health - Schedule your annual physical today

Article by the Indiana State
Personnel Department

It's easy to get caught up in the daily routine and put off taking care of our health. But remember, our health is the foundation for everything else in our lives. That's why completing an [annual physical](#) earns the highest reward in the [Wellness Rewards Program](#)—\$200 for eligible employees and spouses.

During an annual physical, your provider will collect measurements such as blood pressure and cholesterol, which provide valuable information about your current health and can help identify potential health risks. To earn your \$200 in wellness rewards, download the [annual](#)



[physical results form](#) and bring it with you to your annual physical appointment, then submit the completed form through the [Mobile Health Consumer portal](#).

For full details, visit www.in.gov/investinyourhealth/preventive-care/annual-physical.

1 in 3 Americans have prediabetes. Do you?

Article by the Indiana State
Personnel Department

Prediabetes is when your blood glucose levels are higher than normal but are not high enough to be diagnosed as type 2 diabetes. If you have prediabetes, you are at high risk of developing type 2 diabetes. One in three Americans have prediabetes, and 90% don't know it. Within the next five years, 15-30% of people with prediabetes will develop type 2 diabetes. Take the CDC's [prediabetes risk test](#) to check your status.

Having prediabetes increases your risk of heart disease, stroke, and

developing diabetes. You can cut that risk in half by losing weight and increasing your activity. Managing prediabetes and risk factors associated with diabetes can be challenging, which is why the State employee wellness program, Invest in Your Health, offers several [programs to help](#).

Over 40 million Americans are living with diabetes. [Check out the resources](#) available to help explain diabetes treatment options, understand your care plan, connect with resources, and guide you toward healthy lifestyle changes.

Electronics Collection Event at IN Gov't Center

Article by Indiana Department of
Environmental Management

To help keep electronics out of landfills, the Indiana Department of Environmental Management (IDEM) is partnering with Technology Recyclers to host an E-Waste collection event at the **Indiana Government Center (Robert D. Orr Plaza) on Wed., April 15, from 8 a.m. to noon.** State employees can drive or walk their unwanted electronic items to Robert Orr Plaza where staff from Technology Recyclers will collect these items.

Electronics contain hazardous materials such as lead, cadmium, and mercury which are harmful to human health and the environment. If electronics are not handled properly at the end of their life cycle, these toxic materials can find their way into Indiana's water, soil, or air, potentially causing detrimental impacts to human health and the environment.

Items that will be accepted: all cables and wiring, all televisions, batteries (any size, any kind), camcorders/cameras, cellphones, circuit boards, computer monitors, computer towers, computers (including desktops, laptops, and tablets), copiers, digital media players, digital photo frames, DVD players, DVR/TiVo devices (including cable boxes and satellites boxes), e-readers, fax machines, game systems, iPods/MP3 players, microwaves and handheld appliances, pagers and palm pilots, peripherals (including keyboards, mice, external hard drives, projectors), personal digital assists (PDAs), portable GPS, navigation systems, printers, routers, scanners, VCRs, video equipment.

For additional questions, please email E-Cycle@idem.IN.gov.

Efficiency & Excellence

April is Financial Literacy Month— an ideal time to check in on your financial wellness.

Article by Office of State Comptroller
Elise Nieshalla

[Hoosier START](#) offers tools and support for every stage of your career to help you build confidence and prepare for the future. Take a moment to explore what's available and consider one small step you can take today toward improving your financial wellness and retirement readiness.

Early career

- State employees are automatically enrolled in Hoosier START. Make sure to set up your [Hoosier START account](#) to see your savings and get access to financial wellness tools to save today!
- Explore [tools and calculators](#) to estimate contributions and compare investment options.
- [Meet with a Retirement Specialist](#) to create a strategy

that supports your goals.

Midcareer

- Use the [My Income & Retirement Planner](#)[®] regularly to track progress and test scenarios.
- Review your budget and consider increasing your contributions.
- Take steps to manage and reduce [debt](#).

Nearing retirement

- If you're 50 or older, you may be eligible to make [catchup contributions](#).
- [Meet with a Retirement Specialist](#) to create a withdrawal strategy that supports long-term goals.

Learn more and explore resources for [Financial Literacy Month](#) today.

Data Day 2026 set for April 30

Article by Indiana Management Performance Hub

Join in on **Data Day 2026**, a full day event hosted by the Indiana Management Performance Hub. The day features a keynote, breakout sessions, hands on learning opportunities, and a networking lunch where you can connect with data professionals across State government who are tackling similar challenges and building Indiana's data driven future.



Agencies interested in showcasing their work can find the agency booth submission form on the Data Day website.

- **Cost:** Free for State employees & Indiana data community members
- **Location:** Indiana Gov't Center-South, Auditorium, Indianapolis

Learn more and register at in.gov/mpg/mpg-data-day.

Records & Information Management Month

Article by the Indiana Archives and Records Administration

Join the Indiana Archives and Records Administration to celebrate Records and Information Management (RIM) month! Each April is designated as RIM Month, and it is a time for information governance professionals to showcase their profession through tips, guidance, and educational materials. This month, we have a variety of activities planned - something for everyone. Our 2026 theme is "Spring Cleaning" - what better time to organize your records than during a spring clean! Check our website as we will add resources each week: www.in.gov/iara

RIM month resources to look for in April

- **Records Cleanup Checklist:** Check the IARA website for a handy checklist to help you get started.
- **Records Health Check: Self Assessment:** Explore how healthy your, or your agency's, records are with this easy, 8-question self assessment. At the end, you'll have a score to help guide you.
- **Spring Clean Mini-Webinar Series:** Join IARA for these 15 min. webinars!
 - Understanding Retention Schedules
 - Top 5 Records Cleanup Tips
 - Email Management Made Simple
 - Disaster Preparedness for Public Records
- Look for IARA's booth at [Data Day](#) on April 30 at Indiana Government Center South!

Questions? Let IARA know!
rmd@iara.in.gov