

It BENEFITS YOU!

Now that open enrollment has come and gone, what's next?

Although open enrollment is once a year in October, there are several things that you can do yourself on Peba's (Public Employee Benefit Authority) website throughout the year.

- Change your beneficiaries throughout the year
- Contact information (address, number, email address)
- Newborn child *
- Divorce *
- Adoption*
- Marriage *
- Beneficiary

*Must provide further documentation



What's New in 2019?



- Take advantage of an adult well visit in 2019. Well visits may be a key part of preventive care. They can reassure you that you are as healthy as you feel, or prompt you to ask questions about your health. For more information, please visit <https://www.peba.sc.gov/wellvisits.html>.
- Now that the holidays have passed (and our pockets are thinner and our waistline wider), it's time to check out the Naturally Slim program that

PEBA offers its State Health Plan members. This is a free ten-week, online weight loss program that teaches behavioral skills necessary to lose weight and keep it off long-term. Visit www.naturallyslim.com/PEBA to apply.

For class start dates, application open and close dates, visit: <https://www.peba.sc.gov/naturallyslim.html>.

- Good news for MoneyPlus program participants! You can now carry up to \$500 of unused Medical Spending Account funds into 2020. There is also no fee to participate in the Pretax Group Insurance Premium feature. Please note that you must re-enroll in flexible spending accounts each year by completing a Notice of Election (NOE) form at enrollment time.



New Year, New YOU!

Take advantage of PEBA perks. These value-based benefits are available to you at no cost. PEBA Perks are available to State Health Plan primary members at network providers and pharmacies. These benefits can help make it easier for you and your family to stay healthy. Some Perks include:

- Preventive screenings
- Flu vaccine
- Adult vaccinations
- Well child benefits (exams and immunizations)
- Colorectal cancer screening
- Cervical cancer screening
- No-Pay Copay
- Mammography
- Diabetes Education
- Tobacco cessation
- Breast pump



For detailed information about these specific Perks, visit: <https://www.peba.sc.gov/pebaperks.html>.

Healthcare doesn't have to be complicated. For more in depth information, please visit SCDNR's intranet or contact Brittany Caldwell in Human Resources at caldwellb@dnr.sc.gov if you have additional questions. After all, It BENEFITS You to take interest in your healthcare options and do what's best for you and your family.