

# 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 insurance plan can each earn up to \$500 (\$1000 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.myactivehealth.com/stateofindiana](http://www.myactivehealth.com/stateofindiana) to see a full list of activities and start earning 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: [www.liveandworkwell.com](http://www.liveandworkwell.com) Access code: Indiana
- App: Download the Optum Assist app Available in the App Store and Google Play. Log into the app and enter access code: Indiana.

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.
- [InvestInYourHealthIndiana.com](http://InvestInYourHealthIndiana.com): 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](mailto:SPDBenefits@spd.in.gov)

Websites: [in.gov/spd/benefits](http://in.gov/spd/benefits)  
[www.in.gov/investinyourhealth](http://www.in.gov/investinyourhealth)