

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 to see a full list of activities and start earning rewards.

Learn more: www.in.gov/investinyourhealth/wellness-rewards

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 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: www.in.gov/investinyourhealth/mental-health/employee-assistance-program



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: cloud.subscription.in.gov/signup?depid=546006241



Learn More

For more information about the Invest In Your Health wellness program, scan the QR code or visit on.in.gov/WellnessResources.



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