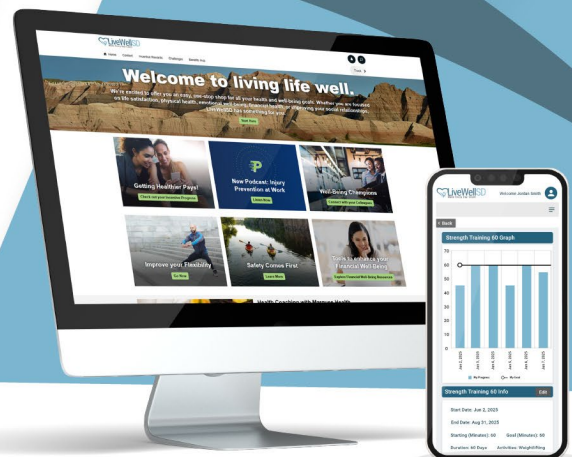




PROGRAM GUIDE



The State of South Dakota is excited to offer a comprehensive well-being program to all benefit-eligible employees and spouses!

You can register for the LiveWellSD Well-Being Portal now using any device (computer, mobile phone or tablet) by going to <https://livewellsd.sd.gov>.

You do not have to be enrolled in a State health plan to access the portal.

Through the Well-Being Portal, you have access to:

- Incentive Program and Progress Dashboard**
- Unlimited Private and State-wide Challenges**
- Activity Tracking and Goal Setting**
- Personal Well-Being Programs**
- Guided Fitness Videos**
- Mental Health Tools and Resources**
- Virtual Recipe Library**
- One-Stop-Shop Benefits Hub, and more!**

EXPLORE THIS GUIDE TO LEARN MORE ABOUT THE PROGRAM!

HOW TO REGISTER

Creating your account is easy! Follow the simple steps below to register for the LiveWellSD Well-Being Portal. It takes seconds!

STEP ONE

Go to <https://livewellsd.sd.gov> from your computer, mobile phone or tablet.

STEP TWO

On the login screen, select the registration option that applies to you under **“Don’t have an account?”**

Option 1: State Employees with Work Email (Non–Board of Regents Employees)

Choose this option if *any* of the following apply to you:

- You are a state employee with a work email
- You are *not* employed by the Board of Regents or a university

Option 2: All Board of Regents Employees, All Spouses, or Employees without work email.

Choose this option if *any* of the following apply to you:

- You are a Board of Regents employee with a work email
- You are a spouse
- You do not have a work email

Note:

If you are a Board of Regents employee and have a work email, *you must select Option 2* to avoid disabling your account.

STEP THREE

Complete the registration process by entering the requested information on the next screen. Be sure to enter your name as it appears in the State's system.

That's it! Once you have successfully entered your information, you are ready to log into the portal anytime.

Need Help?

If you have any trouble registering or accessing the Portal, you can contact Portal Support at 1.888.339.4131, or send an email message to support@propelwellness.zendesk.com. If you are already on the Portal and would like support, you can also use the chat feature to chat with a support specialist. Portal support is available by chat, email or phone Monday - Friday from 8:00am – 5:00pm CST.



GET TO KNOW YOUR INCENTIVE PROGRAM

Employees and spouses that are enrolled in the State health plan can participate in the 2026-2027 Incentive Program by completing two requirements to earn the incentive reward. The primary policyholder and covered spouse must complete both requirements to earn the incentive reward.

Incentive Activities:

1. **A Health Assessment** that can be completed any time during the program year – between 5/18/2026 and 4/1/2027.
2. **Annual Wellness Exam.** Submit the FY27 Biometric Screening Form between 4/2/2026 and 4/1/2027.

Complete both activities to earn a contribution toward your HSA or HRA.

Getting Your Rewards:

- Incentive dollars earned between 4/2/2026 – 4/1/2027 will be awarded in FY28 into either an HSA or HRA.
- The primary policyholder can earn up to \$1,000 depending on the coverage level as of 4/1/2027 and health plan elected during FY28 open enrollment.
- You must be the primary policyholder in FY27 while earning the reward and enroll as the primary policyholder in for the year.

How to Participate and View Your Progress:

A primary policyholder can view their progress by going to the homepage of the LiveWellSD Portal and selecting the [“Incentive Rewards”](#) tab from the main menu. You can view all incentive details and easily keep track of your progress (*and your spouse’s progress if they are enrolled in the medical plan*) through the incentive progress dashboard that shows your completion status in real-time.



ACTIVITY TRACKING & GOAL SETTING

You can sync your activity tracking device or health app to the Portal, as well as manually enter your activity in the Tracker. Just select the **“Sync Your Device”** link on the Portal.



IMPROVE YOUR WELL-BEING WITH THE TRACKER:

1. **Use the Tracker to log your healthy actions.** Between exercising, doing daily tasks, reading, sleeping, eating healthy, staying hydrated, and working on mindfulness, you can log all the ways you're working on your well-being in one place.
2. **Join state-wide challenges.** The LiveWellSD Portal will be running a variety of challenges over different topics throughout the year to help you continue to strengthen your well-being and have fun doing it!
3. **Create or join an unlimited number of private teams.** Then, create a custom team challenge across any category of well-being, and invite another team to compete against.
4. **Set an unlimited number of private goals.** Hold yourself accountable by creating a custom goal for yourself and measure your progress.
5. **Create or join an unlimited number of private challenges.** Customize a challenge over your choice of activities; then, invite your colleagues to join and compete with you. Only those who accept the invitation will see the leaderboard.
6. **Send and receive messages** to colleagues who are registered on the Portal to motivate and encourage healthy habits.



WELL-BEING EDUCATION & RESOURCES

The LiveWellSD Well-Being Portal offers hundreds of evidence-based resources in multiple formats across a range of well-being topics for you to find the well-being tools and education that meets *your* needs! Examples include:

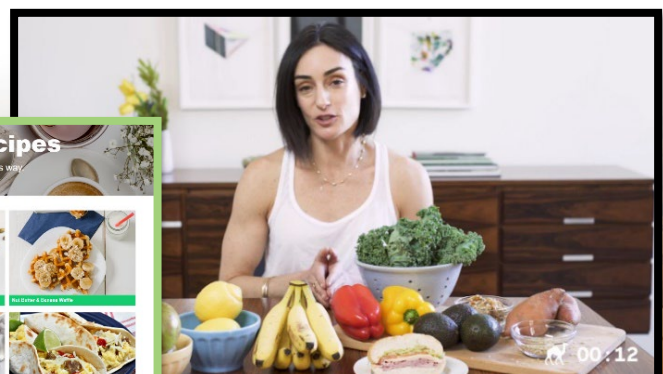
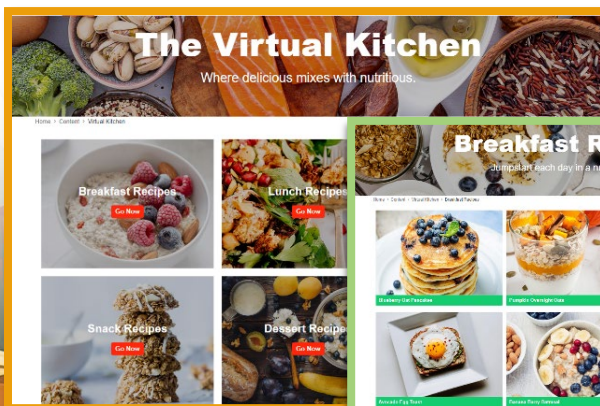
GUIDED FITNESS VIDEOS



MENTAL HEALTH TOOLS



HEALTHY NUTRITION LIBRARY



PERSONAL WELL-BEING PROGRAMS

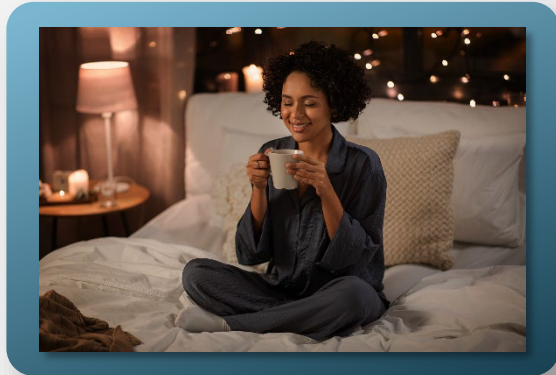
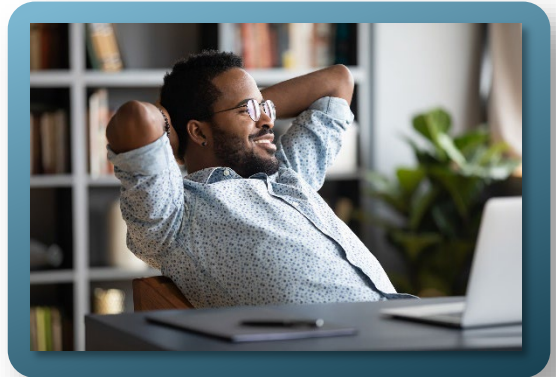
Go deeper into well-being at your own pace. These self-paced Personal Programs take you through multiple modules of learning and practical behavior change techniques that you can immediately put into practice.

Examples of Available Personal Programs:

Stress Management Program

Topics covered:

- Identify how you currently handle stress.
- Understand how stress works in your brain, how it affects you in different ways, and how to identify different types of stress you experience.
- Learn how to calm your stress most effectively.
- Introduce a healthier stress response.



Sleep Management Program

Topics covered:

- Understand the factors that influence better sleep.
- Learn how sleep works and when it's most effective.
- Learn practical ways you can improve your sleep quality.

Resilience Program

Topics covered:

- Gain a clearer view of how you see yourself and how others see you to gain a stronger sense of self-awareness.
- Learn effective techniques to help improve your self-regulation in ways that will improve your resiliency.
- Learn how to build strong relationships with people in your personal and professional life.
- Learn how to counter negative thoughts and identify the poor habits that keep you from being your best.



Head to the “Content” tab from the Portal’s main menu to view all available Personal Well-Being Programs.

TIPS FOR GETTING STARTED

From the Portal's homepage banner, click the "[Start Here](#)" button to learn about the Portal's popular tools and resources and ways you can start engaging with everything available to you.

Follow easy steps to [get the Portal on your phone](#) in 60 seconds, and have access to the entire LiveWellSD Portal anywhere you go.

[Connect your activity tracking device or health app](#) to the Portal if you have one for faster tracking.

Explore the [Benefits Hub](#) from the Portal's main menu to access all your benefit resources in one place!

[Create a private goal](#) in the Tracker to start tracking your habits and measuring your personal progress.

[Create a private team](#) in the Tracker and invite your colleagues to join! Then, [customize your first team challenge](#) over any well-being activity in the Tracker! Note: Only those who are registered for the Portal can be invited to join a team.

Refer to the [Help section](#) for video tutorials and helpful FAQs.

For additional help, contact Portal Support via chat, email, or phone at 1.888.339.4131 or support@propelwellness.zendesk.com.

