

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

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: liveandworkwell.com (Access code: Indiana)
- App: Download the myLiveandworkwell 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 State of Indiana health benefits. Sign up to receive text alerts about your employee benefits including wellness rewards, insurance updates, open enrollment, wellness resources, and more.

SIGN UP



Helpful Links

- [Employee Benefits](#): Information about state employee health plans.
- InvestInYourHealthIndiana.com: State employee wellness resources.
- [Employee Publications](#): Subscribe to the state employee newsletters for updates about deadlines, events, and more.

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.investinyourhealthindiana.com