Wellmark | IOWA Department of Administrative Services

Feel good
with benefits for physical health

Practicing a few healthy habits can have outsized benefits for your body. How can you start small and make progress at your own pace? Here's how to use covered benefits from your State of Iowa health plan to support a healthier, happier you.

Get personal health insights.

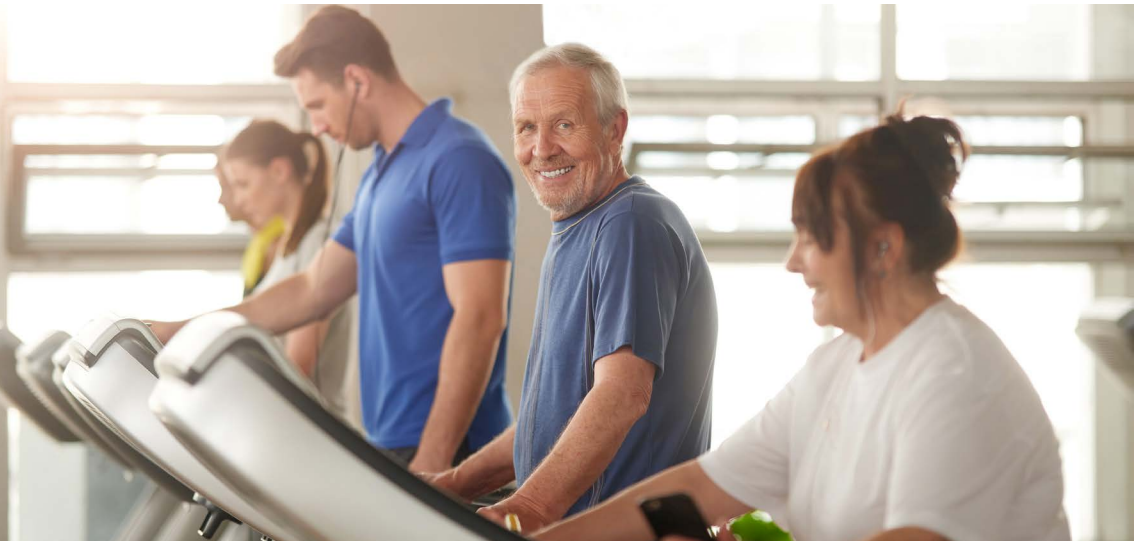
Wellmark Connect powered by WebMD® uses science-backed behavioral tools and information-rich resources to help you identify health needs and set realistic goals in areas like movement, nutrition, sleep and stress. Here's how it works:

Take a confidential Wellness Assessment
Tell Wellmark Connect a little about your health background and interests to get your personal health score and see recommended next steps in areas most impactful to you.

Pick your path to well-being
Work to improve your score with free tools and resources including digital health coaching plans, steps and active minutes trackers, or the extensive library of subject-specific guides, videos, articles and podcasts.

Stay motivated for stronger results
As the platform learns your interests over time, it curates your content to match so there's always something new and relevant to keep you going.

Get started with Wellmark Connect in myWellmark® under the *Well-being* tab.



See more ways to feel good.



Make a deal with yourself.

Check out a great way to save money while supporting an active lifestyle: Blue365® is Wellmark's members-only site for premier discounts on everything from gym memberships and nutrition to wearable devices and more. It's easy to search and free to join using your Wellmark® Blue Cross® and Blue Shield® member ID.

Prevent or manage diabetes.

More than a quarter of U.S. adults with diabetes don't know they have it.[1] To help prevent or manage diabetes, State of Iowa employees and covered dependents 18+ have access to no-cost diabetes prevention and management programs from Teladoc Health® (formerly Livongo®).

Once you sign up, you can start reducing your risk or controlling symptoms right away with access to:

- **Unlimited health coaching** with personalized nutrition and weight management plans, and
- **Free monitoring tech** like smart scales, smart glucose meters and unlimited test strips for those who qualify.

New and existing members can call 1-800-835-2362 or log in online.

Learn how to reduce your risk and manage symptoms with the *Diabetes Awareness* webinar from WebMD.



Connect with what your body needs

Visit the Health and Well-Being page to review all of your physical health benefits and resources.

[1] Centers for Disease Control and Prevention. (2026, March 11). National diabetes statistics report. https://usdss.cdc.gov/diabetes/report.html

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