Your Guide to the Dakota Wellness Program
You and your covered spouse are eligible to participate in the Dakota Wellness Program. Each of you can earn a $250 wellness benefit ($500 per household).

Step 1: Let’s Get Started
Log on to your account at sanfordhealthplan.com/memberlogin. Use your current username and password. (A “Forgot Username and Password” option is available, if necessary.) If you do not have an account, have your medical ID card available and click Create an Account.

Select the Wellness tab, then click Wellness Portal from the Quick Links menu. The first time you access the new wellness portal, you need to agree to the Terms and Conditions.

You will be asked to set up a profile. If you plan to participate in group activities, such as challenges, keep in mind there is a leaderboard. If you do not want your real name to appear on the leaderboard, be sure to use a nickname in your profile. You can go back and change your profile name at any time.

Step 2: Take Your Health Assessment
Your health assessment is called a LifeScore. You will find it under the Essential Care tab. If you wish to redeem your $250 benefit or receive fitness center reimbursements, you must complete this step first. A new LifeScore is required every calendar year.

Step 3: Take A Tour
Features
Message Center
Home Button
To-Do List
Check your to-do list for reminders on important tasks.
Community
See highlights from your buddies, groups and events.

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### Programs
Programs are educational step-by-step plans that guide you toward new and improved healthy habits. Sign up for programs like Sleep Health, Stress and Nutrition.

### Challenges
You will be invited to a variety of challenges in the Message Center. Challenges are opportunities to track specific daily activity while competing with others. You will receive points each day you log into the portal and track activity.

### Points
Review the running total of the points you’ve earned through the wellness portal. See Step 5 for instructions on redeeming points.

### Essential Care
Keep track of your scheduled preventive health and dental appointments. Participate in special programs like Tobacco Cessation*, Healthy Pregnancy, or About the Patient Diabetes Management Program. You can earn the most points by participating in Essential Care activities.

### Community
Interact with others, engage in friendly competition, or support co-workers. Your account will be automatically set to private. To get the most out of this feature, get involved in the community. Like other social media, you must allow others to find you by changing your privacy settings.

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**How to change your privacy settings:**

1. Click your name in upper right corner.
2. Click gear symbol below profile photo.
3. Click Privacy tab.
4. Select preferred option. Click Save.

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*The North Dakota Public Employees Retirement System received a grant to help eligible covered employees, and their dependents who are 18 and older, quit smoking or chewing tobacco. Eligible employees include current employees of the state of North Dakota, the North Dakota University system, district health units and the Garrison Diversion Conservation District. The grant pays for up to $700 every six months for approved tobacco cessation counseling, medications, health care provider visits and co-pays. This program is administered by Sanford Health Plan.*
Step 4: Earn Points

At Work
- Participate in workplace events led by Sanford Health Plan’s Wellness Educators or your site’s Wellness Coordinator
- Topics include stress management, mindful eating and preventive health

At Your Health Care Provider
- Schedule your preventive health and dental appointments
- Participate in special programs including:
  - Tobacco Cessation
  - Healthy Pregnancy
  - About the Patient Diabetes Management Program

Online and On the Move
- Get rewarded for your daily health habits
- Automatically earn points for your daily activity when you sync your personal fitness device such as Fitbit® or Jawbone®

Step 5: Redeem Points
Redeem points by simply selecting the Redemption Center under the Wellness tab in your mySanfordHealthPlan member account. It may take up to three business days for earned points to appear in the Redemption Center, so you will not be able to redeem points immediately. You can redeem a maximum of 25,000 points (or $250) each year.

Remember:
You can combine your fitness center reimbursement dollars with onsite wellness and online portal points to earn your $250 wellness incentive. Whether you’re at work, the gym, your health care provider, online, or on the move, the Dakota Wellness Program will work for you.

For questions about the Dakota Wellness Program, contact (844) 742-0014 or NDPERSwellness@sanfordhealthplan.com