



April 2016

## 2016 Dakota Wellness Program

### Featured Wellness Activities

- Webinar: Wellness Portal Welcome Video

### Share with Your Colleagues

- Monthly newsletter
- Monthly well-being theme poster

View and download these items by clicking below:  
Sanford Health Plan Dakota Wellness Program webpage  
*Items will be available through April 30, 2016.*

## Earn your \$250 wellness benefit

How do employees and covered spouses earn their \$250 wellness benefit in 2016?

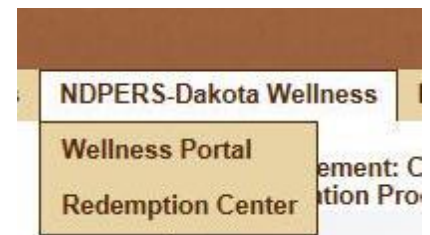
**Step 1:** Log into your *mySanfordHealthPlan* account by visiting [sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin). Having trouble logging into your account? Try the “Forgot Username or Password” option.

**Step 2:** Take your LifeScore (Health Assessment) in the wellness portal.

**Step 3:** Browse the portal to see what features are available to support your wellness goals.

**Step 4:** Earn points toward your benefit by participating in wellness activities at your workplace or by engaging in your health through the wellness portal. You can also receive up to \$20/month when you visit your fitness center 12 times a month.

**Step 5:** Redeem your points by visiting the Redemption Center through your *mySanfordHealthPlan* account. Please note: it can take up to 3 business days for your points to be available in the Redemption Center. Your fitness center reimbursement will be dispersed to you directly.



## Employer based wellness program vouchers

Sanford Health Plan awards points to members for onsite wellness activities through vouchers completed by wellness coordinators. Points earned through onsite activity follow the wellness program year which runs July 1 to June 30. However, please note that points are redeemed using a calendar year. Members can redeem a maximum of 25,000 points from January 1 to December 31.

**Member points:** A member may earn a maximum of 6,000 points through the voucher program during a program year. Members can earn points by attending onsite:

- One day activities (1,500 points)
- Multi-day activities (3,000 points)
- Comprehensive programs (6,000 points)

### Wellness coordinator voucher due dates:

- Vouchers for onsite activities completed during the July 1, 2015 to June 30, 2016 wellness program year are due to Sanford Health Plan by August 31, 2016.
- Voucher points will be awarded to members and be available for redemption by November 1, 2016.

A new voucher form is available. Once completed fax to (605) 312-9016

## Mark Your Calendar

Register for the monthly webinars by clicking on the event

April 6 at 11 a.m. CST - April Wellness Coordinator Monthly Meeting

May 4 at noon CST - May Wellness Coordinator Monthly Meeting

June 1 at 1 p.m. CST- June Wellness Coordinator Monthly Webinar

## Quick Links

Dakota Wellness Program at Sanford Health Plan Home Page

NDPERS Home Page - North Dakota Public Employees Retirement System

## Contact Us

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