

NDPERS Dakota Wellness Program

at Sanford Health Plan



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits



Introducing the Dakota Wellness Program

Whether you're at work, home, your fitness center, the community, or online, you and your covered spouse can build points toward your \$250 wellness incentive (\$500 per household).

We all need different solutions to be successful in our individual wellness pursuit. The Dakota Wellness Program for NDPERS members at Sanford Health Plan does just that – offering a broad mix of tools and a variety of education to encourage and support you in your wellness journey, where ever you are.

Let's Get Started

Beginning July 1, you officially become a Sanford Health Plan member and can start taking steps to participate in the NDPERS Dakota Wellness Program. Your \$250 incentive benefit is based on a calendar year (January-December); therefore, points already redeemed in 2015 will be applied toward your \$250 through December 31, 2015.

JULY 2015

MEMBER NEWSLETTER

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Steps to Get Started

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1. Create a *mySanfordHealthPlan* online member account and take the health assessment.

2. Fill out a fitness center reimbursement form at your gym if you would like to receive this as part of your \$250 wellness benefit.

3. Participate in wellness activities and log your activity in bWell.

4. Redeem points online for rewards.

Go to sanfordhealthplan.com/NDPERS/DakotaWellnessProgram to learn more about the Sanford Health Plan fitness center reimbursement.

SANFORD
HEALTH PLAN

Your Personal bWell Dashboard

Step 1: Take your Health Assessment

Take your health assessment to qualify for your \$250 in annual wellness incentives through Sanford Health Plan. The health assessment will reveal your real “health age,” include your health risk factors, and show how you compare to other bWell users.



Step 2: Participate in Activities

Earn points by participating in the activities on your dashboard. Your bWell portal will be automatically loaded with the following applications to earn up to 25,000 points annually:

Medical Library

You can earn points by using the Medical Library to learn more about health symptoms and treatments.

Medicine Cabinet

You can earn points by visiting the Medicine Cabinet to record your medications and become more familiar with any prescriptions and medications you are taking.

Wellness Activities

Your Dakota Wellness Program team will offer activities that you can complete daily, weekly, monthly and annually to learn new healthy habits and earn points. Below are examples of just a few of the activities; however note, only your health assessment will appear initially. After completing your health assessment, additional activities will appear to earn points.

• ON-SITE OR VIRTUAL EDUCATION

Your Dakota Wellness Program team is available to offer on-site workplace education in addition to virtual education opportunities. Each month a new wellbeing theme will be featured.

• BOOK CLUB

Your Dakota Wellness team will assign a monthly book based on the wellbeing theme featured in the on-site and virtual education opportunities.

• COMMUNITY EVENTS

Earn points when you get involved in community wellness initiatives, including charity walks and runs.

• HEALTHY HABITS

Receive points for adopting healthy habits surrounding water intake, sound sleep, physical activity, actively managing your mood and more. With each month, new opportunities to earn points will appear based on the wellbeing theme.

Step 3: What's your Focus?

After taking the health assessment, think about what you need to focus on in your wellness pursuit. Based on your goals, you can load additional applications to your bWell dashboard. Tracking behaviors – both short term and long term – can help you maintain focus and hold yourself accountable.

Calorie Tracker

Use your favorite calorie-tracking app, such as MyFitnessPal, to calculate your calories before entering them into the bWell portal.

Steps Tracker

Use your favorite steps tracking device – whether it's a Fit Bit, Jawbone, Garmin, or Apple Watch – then receive points for entering your steps into bWell.

Other bWell Applications

You can also receive points using the Blood Pressure, Cholesterol or Weight Trackers within bWell. You will also receive points for using health care responsibly by first checking your symptoms before scheduling doctor's visits.



Fitness Center Reimbursement

If you are currently signed up for the Health Club Credit offered through BCBSND at your fitness center or gym, there are a couple things you need to do in order to begin receiving this reimbursement by Sanford Health Plan.

1. Fill out a Sanford Health Plan reimbursement form at your fitness center.

Your fitness center will have Sanford Health Plan fitness center reimbursement forms on hand. If you would like for your fitness



center reimbursement to be effective in July, be sure to fill out a reimbursement form during the month of July and have your fitness center photocopy your new Sanford Health Plan member ID card.

2. Create a *mysanfordhealthplan* member account.

On July 1, 2015, you officially become a Sanford Health Plan member and can set up a *mySanfordHealthPlan* online member account. Grab your new Sanford Health Plan member ID card and go to sanfordhealthplan.com/memberlogin to set up your account during the month of July.

Reminder for members with covered spouses: Your workouts will be credited toward your insured number and your covered spouse's workouts will be credited toward their insured number, with a maximum monthly reimbursement of \$40. Both you and your spouse will need your own *mySanfordHealthPlan* account and will need to take the health assessment.

3. Complete a health assessment.

Having a *mySanfordHealthPlan* account allows you to complete your required health assessment. Select bWell Health Management Tool in the Dakota Wellness Program drop-down menu and complete the assessment during the month of July. The assessment only takes 10 minutes and provides you with your health age and risk factors. You will receive points toward your \$250 wellness incentive for filling out the assessment.

4. Keep going to your fitness center.

Keep going to your fitness center just as you do today. In order to receive your monthly \$20, you must visit your fitness center a minimum of 12 days per month. If you are not currently receiving the fitness center reimbursement as part of your \$250 wellness incentive, you can start today by following these same four steps!

If you would like assistance setting up your *mysanfordhealthplan* account or taking the health assessment, we're here to help. Call our member services team at (800) 499-3416 beginning July 1.

CONTACT US AT
NDPERSWellness@
sanfordhealthplan.com

QUICK LINKS:
sanfordhealthplan.com/ndpers/dakotawellnessprogram

**SETTING UP A
MYSANFORDHEALTHPLAN
ONLINE ACCOUNT**
[sanfordhealthplan.com/
memberlogin](http://sanfordhealthplan.com/memberlogin)