



**October 2015**

**Monthly Health Topic:** Preventive Health

**Featured bWell Activities**

- Record preventive screens and flu shot
- Book Club Selection – The Blue Zones by Dan Buettner
- Webinar – Worksite Wellness Circuit Training at Home

**September National Observances**

- Breast cancer awareness
- Dental hygiene
- Depression and mental health screening
- Health literacy
- *A complete list of observances can be viewed at [healthfinder.gov](http://healthfinder.gov)*

**Wellness Activity Point Redemption Center**

- Enhancements have been made to the Redemption Center. To access the Redemption Center:
  - Log into your account at [www.sanfordhealthplan.com](http://www.sanfordhealthplan.com)
  - Go to the NDPERS-Dakota Wellness tab
  - Select Redemption Center in the dropdown menu
- The point fields in the My Account tab have been renamed. The renaming will make it more clear as to what the associated point values represent.
  - Total Points Earned: The total amount of points earned through through bWell online activities, fitness center reimbursements and prior BCBS point redemptions.
  - Pending Transactions: Redemptions that have been ordered and are being processed. Once processed, the points will be removed from Pending Transactions and will be represented in Points Cashed Out.
  - Points Cashed Out (includes Fitness Center Reimbursement): The total amounts of points cashed out/redeemed to include fitness center reimbursements.
  - Refunded: The point value will always be "0."

**Mark Your Calendar**

- October 7: [Wellness Coordinator Monthly Meeting](#)
- October 13: [North Dakota Worksite Wellness Summit](#)
- November 4: [Wellness Coordinator Monthly Meeting](#)
- December 2: [Wellness Coordinator Monthly Meeting](#)

**Quick Links**

[Sanford Health Plan | Dakota Wellness Program](#)

[Home Page for NDPERS - North Dakota Public Employees Retirement System](#)

[North Dakota Worksite Wellness Overview](#)

**Contact Us**

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