



September 2015

Monthly Health Topic: Paint Your Plate

Featured bWell Activities

- Paint Your Plate one-week challenge
- Book Club Selection – Eating In Color by Frances Largeman-Roth
- Webinar – Healthy Substitutions

September National Observances

- Fruit and Veggies More Matters
- Food Safety and Prevention
- National Yoga Month
- Ovarian Cancer Awareness
- Prostate Cancer Awareness
- World Alzheimer's Month

Four-Week Online Promotional Campaign

- The promotion begins September 1 and is available to all NDPERS policyholders.
- Complete the activities below at www.sanfordhealthplan.com/memberlogin and become entered for your chance to win a Fitbit®.
 - Create an online account
 - Elect to receive your Explanation of Benefits (EOBs) electronically
 - Complete your Health Risk Assessment
- Sanford Health Plan will draw and contact a winner at random each week on the dates noted below.
 - Monday, September 7
 - Monday, September 14
 - Monday, September 21
 - Monday, September 28
- NDPERS policyholders who have already met the requirements of this promotion will automatically be eligible for the drawings.
- NDPERS members will receive the attached September Online Promotion information in the mail within the next few days.

Wellness Activity Point Redemption Center

- The wellness activity point Redemption Center is available for use. To access the Redemption Center:
 - Log into your account at www.sanfordhealthplan.com
 - Go to the NDPERS-Dakota Wellness tab
 - Select Redemption Center in the dropdown menu
- Redemption Center information can be accessed by navigating the site.
 - View available items and gift cards in the Rewards tab
 - View account details in the My Account tab
 - View rules and information specific to the Dakota Wellness Program in the Rules tab
 - View frequently asked questions regarding the site and orders in the FAQ tab

Fitness Center Reimbursement

- We have processed the July Fitness Center Reimbursements. Approved reimbursements were distributed at the end of August.
- Criteria for approving Fitness Center Reimbursements include:
 - Be enrolled as an employee or spouse in the North Dakota Public Employees Retirement System Dakota Plan Health Benefits program through Sanford Health Plan,
 - Be 18 years of age or older,
 - Complete the on line Health Assessment located at www.sanfordhealthplan.com, and
 - Attend a NIHCA-participating fitness center a minimum of 12 times during the month. To view if your fitness center partners with NIHCA or to nominate your fitness center, please go to www.nihca.org.

Mark Your Calendar

- September 1: Four-week online promotional campaign begins
- September 2: [Wellness Coordinator Monthly Meeting](#)
- 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](#)

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