



Your Guide to the Dakota Wellness Program



Sanford Health Plan NDPERS members and spouses are eligible to earn up to \$250 each a year (\$500 per household). It is easy as 1-2-3!

Step 1: Take Your Health Assessment

A health assessment is required each year if you wish to redeem your \$250 benefit or receive fitness center reimbursements.

Log into your account at sanfordhealthplan.com/memberlogin. (Forgot username and password options are available, if necessary.) If you do not have an account, select the **"Request Access for Yourself"** button. Under the **Insurance** tab, click **Portals and Links**, then select **Wellness Portal**.

Step 2: Earn Your Incentive

You can earn points toward your \$250 wellness benefit by online tracking, workplace wellness events (employees only), or Fitness Center Reimbursements.

Step 3: Redeem Points

- Redeem your \$250 benefit in the **Redemption Center** by 11:59 p.m. on December 31 (you can cash in your rewards for as little as \$10 (1,000 points) at a time).
- Go to your *mySanfordHealthPlan* account. Click the **Insurance tab**, then **Portals and Links**, then **Redemption Center**.
- The maximum amount you can receive from fitness reimbursements or redemptions is \$250 each year.

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Online Tracking

- **Health Assessment** (\$25)
- **Wellness Requirements:** Annual doctor (\$50) and dental (\$25) visits, Tobacco Cessation (\$15), Healthy Pregnancy (\$15), Diabetes Management (\$15)
- **Monthly Sessions:** Learn about a new wellness topic (\$10 each)
- **Daily trackers:** Steps — Fruits & Vegetables — Strength — Low Calorie Snacks — Cups of Water — Aerobic Exercise — Latest Weight (\$ varies)
 - Sync your wearable fitness device or download the mobile app to automatically earn \$7 a month when you are wearing your device. Click on the top right of your portal.
 - Download the “My StayWell” app in Google Play or the Apple Store. This makes it easy to log points without having to log in. If it is your first time accessing the Wellness Portal, you will need to log on from a computer first. *Note: to redeem your points, you will need to access the Redemption Center by logging into your Sanford Health Plan account.*

Workplace Wellness (employees only) located under the **Wellness Requirements** tab

- Single-day events \$30 each, multi-day events worth \$60 each
- Vouchers are distributed by the wellness coordinator, or event organizer and uploaded in the Wellness Portal. Instructions are on the voucher, upload under the Wellness Requirements tab. Examples:
 - **Workplace wellness events** Organized by your employer.
 - **Monthly webinars by Sanford Health Plan** This series will take you on a journey through total wellness. Each month will present a bite-sized bit of education and an experience designed to help you be the best version of you. All webinars will last for 15 minutes.
 - **Consultations by Sanford Health Plan** Speak with a Certified Health Coach, and specialist in a specific area to assess your barriers, learn techniques, or build a custom plan.

Log High Point Items

The screenshot displays the StayWell Wellness Portal interface. At the top, a navigation bar includes: DASHBOARD, WELLNESS REQUIREMENTS, SESSIONS, VITALS, CHALLENGES, MY TEAM, MY COMMUNITY, and RESOURCES. The main content area is divided into several sections:

- User Profile:** Shows a profile icon, "LEVEL 1 | JANE DOE", and a "Connect with a coach" button with the text "Get the support you need to crush your goals!".
- Wellness Requirements:** A progress bar showing completion status.
- HA 100% Complete:** A green progress bar indicating 100% completion.
- Latest Weight:** 145.02 Lbs.
- Latest Blood Pressure:** 145 Systolic / 92 Diastolic.
- Team Jane D:** Shows a 33% progress bar for Jane D. and "Teams: 1" with a "Start A New Team" button. A "SESSION 12" button is also present.
- Tracking Details:** A table with columns: LEVEL 1, DATE, TIME, and POST SURVEY. The row shows: Pending, Wednesday, Apr 1, 12:00 AM, and Pending.
- Tracking Incentive:** A large orange circle with a footprint icon and text: "There are several tracking options available in the left scroll bar to reach your wellness goals, but only these trackers award points towards your \$250 wellness incentive: hydration, steps, cardio, strength, low-calorie snacks, fruit/veggies consumption, and weight."

A blue callout box at the bottom right contains the text: "Questions on how to log points, contact Staywell via the chat box bottom right of your portal." A blue line labeled "Health Trackers" points to the left sidebar of the interface.

Fitness Center Reimbursements

The Fitness Center Reimbursement program provides up to \$20 monthly reimbursement when you use your fitness center at least 12 days per month. Employees and spouses are eligible to receive up to \$20 each. The reimbursement goes towards your annual \$250 wellness benefit.

How do I get started?

To enroll for the first time, have your Sanford Health Plan member ID card and banking information on hand.

1. Go to NIHCarewards.org and click "First Time Enrollment." Select Sanford Health Plan from the drop down menu.
2. Search for your fitness center location by zip code. Select your center and click "Enroll Online." If your gym does not appear in the search results, try increasing the search radius.
3. Agree to the terms of service, and then enter your contact, health plan and banking information.
4. Click "Submit" and you are enrolled.
5. Employees and spouses must enroll individually.

How and when will I be reimbursed?

You will receive an automatic deposit into a bank account on or around the 21st of the following month.

What if my gym's fees are less than \$20 per month?

You will receive reimbursement for the amount you actually pay for gym membership per month.

What if I was not able to make it to the gym every month?

You can still earn the rest of your \$250 benefit by redeeming points earned online.

My gym has multiple locations. Can I work out at any location and have it counted toward my 12 workouts per month?

Only the location you enrolled with will count toward your monthly credit.

What if I don't receive my reimbursement?

You can view the status of your reimbursement in your account at NIHCarewards.org. If there was an error that needs to be resubmitted, contact your fitness center. For assistance with other errors, contact Sanford Health Plan. All errors must be resolved by February 8 of the following year. It is your responsibility to ensure your gym visits are recorded correctly and payments are received.

What if I terminate my gym membership?

If you voluntarily cancel your fitness center membership or become delinquent in your membership dues, you will not be eligible for reimbursements. If you move your gym membership to a new facility, log on to NIHCarewards.org and select your new gym to continue receiving reimbursements.

We are here to support your wellness goals. Learn more about these resources on the Sanford Health Plan Dakota Wellness Page.

sanfordhealthplan.com/ndpers/dakotawellnessprogram