



# Your Guide to the Dakota Wellness Program

Sanford Health Plan NDPERS members and spouses are eligible to earn up to \$250 each a year



It is easy as 1-2-3! Complete the Health Assessment (required). Earn points online or fitness reimbursements. Redeem points by December 31, 11:59 PM.

## Step 1: Get Started by Completing an Online Health Assessment

A health assessment is required each year to redeem your \$250 benefit or receive fitness center reimbursements. It is confidential and provides customized resources for you.

- Log into your account at [sanfordhealthplan.com/memberlogin](https://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.
- From the top left menu icon, scroll down to Insurance, click "Portals and Links", then select "Wellness Portal".
- The Health Assessment is located under the "My Health" tab.

## 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. Be sure to check your Rewards tab.

- **Preventive Care:** Health Assessment (\$25), Annual doctor (\$50) and dental (\$25) visits, Colorectal Cancer Screen (\$15), Mammogram (\$15), Cervical Cancer Screen (\$15), Prostate-Specific Antigen (PSA) Test [\$15].
- **Daily Habits:** (\$30 each, max \$120/year) Turn small, attainable goals into long-term behavior change. The program's digital coaching was developed with physicians, clinicians and a clinical advisory board. There are 28-day lifestyle and 84-day chronic condition programs.
- **Workplace Voucher:** (worksite voucher) employees only up to \$120 per year.
- **Daily trackers:** Diet, Mood, Stress, Exercise, Sleep, and Blood Pressure (\$ varies, about \$10/month if all are tracked).
- **Fitness Center Reimbursement:** Earn up to \$20 a month via direct deposit for attending a gym at least 12 times a month. See final page for details.

## 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. If you are signed up for Fitness Reimbursements, they are paid out automatically as a direct deposit.
- Go to your [mySanfordHealthPlan](https://mySanfordHealthPlan) account. From the top left menu icon, scroll down to Insurance, click "Portals and Links", then select "Redemption Center".
- The maximum amount you can receive from fitness reimbursements or redemptions is \$250 each year.

NDPERSwellness@sanfordhealth.org  
(800) 499-3416

## Wellness on the Go!

mySanford Health Plan, Wellness Portal, and Redemption Center are all mobile optimized. Complete the health assessment, make progress on your recommended action plan and earn rewards — all from your iPhone or Android device. It's an easy and secure way to personalize your path to better health, even when you're on the go.

### **Have a smart watch? Sync your device to automatically earn points for exercise.**

If you achieve the recommended 150 minutes a week of moderate exercise, you will earn \$50 by the end of the year. Points accrue weekly. In the Wellness Portal, go to the My Health tab; click "How to Connect Your Device" tile.

### **Combine wellness activities to reach your maximum \$250 per year**

#### **Example:**

- Fitness center reimbursements:  $\$20 \times 6 \text{ months} = \$120$
- Wellness portal: 13,000 points = \$130
- $\$120 + \$130 = \$250$

The Redemption Center displays your complete point bank.

**The Wellness Portal has more than just rewards.  
There are many resources available!**



# 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 go 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. Complete the Health Assessment by following step 1 on page 2. Must be completed each calendar year.
2. Go to [NIHCarewards.org](https://NIHCarewards.org) and click "First Time Enrollment." Select "Sanford Health Plan" from the drop down menu.
3. 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.
4. Agree to the terms of service, and then enter your contact, health plan and banking information.
5. Click "Submit" and you are enrolled.
6. 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 a [NIHCarewards.org](https://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](https://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](https://sanfordhealthplan.com/ndpers/dakotawellnessprogram)