



Your Guide to the Dakota Wellness Program



You and your covered spouse are eligible to participate in the Dakota Wellness Program. Each of you can earn a \$250 wellness benefit (\$500 per household).

Step 1: Let's Get Started

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: Take Your Health Assessment

The first time you access the wellness portal, you will take a health assessment. A health assessment is required each year if you wish to redeem your \$250 benefit or receive fitness center reimbursements.

Step 3: Take A Tour

Features

The screenshot displays the Wellness Portal dashboard for a user named Jane Doe. The dashboard is organized into several sections:

- Doc & Coach Chat:** Located in the top left, it shows a profile for Jane Doe (Level 1) and options to chat with her Doctor, Coach, or Community.
- Health Trackers:** A vertical list on the left side showing progress for My Incentive, HIRA 100% Complete, Latest Weight (150 Lbs), and Latest Blood Pressure (105 Systolic / 75 Diastolic).
- Incentive Progress:** A central section titled "MY INCENTIVE PROGRESS" showing a trophy icon, a progress bar at 85% (21350 / 25000 pts), and a message about earning additional points for completing a health assessment.
- Challenge Goals:** A bottom section with four goal cards: MY AWARDS (a grid of 12 locked icons), STEPS (43% progress towards 30,000 / 70,000 steps), STRENGTH (75% progress towards 45 / 60 minutes), and FRUITS & VEGETABLES (37% progress towards 13 / 35 servings).

Navigation tabs at the top include DASHBOARD, SESSIONS, VITALS, CHALLENGES, MY TEAM, MY COMMUNITY, and RESOURCES.

Features

Many features are available to support you on your individual wellness journey. Take a look at the options found in the top menu.



Sessions

Learn about new health and wellness topics each month



Vitals

Monitor changes in your weight, blood pressure, lab results, and more



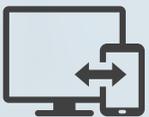
Challenges

Compete against co-workers by logging your steps, strength, and fruits and veggies



My Team & My Community

Support your co-workers on their health journey by sharing encouragement and even some friendly competition



Resources

Find inspiration for new workouts and recipes, plus view important documents related to the Dakota Wellness Program

For questions about the Dakota Wellness Program, contact
(800) 499-3416 or **NDPERSwellness@sanfordhealthplan.com**



Step 4: Earn Your Incentive

>> Online

You can earn points toward your \$250 wellness benefit by completing the following online activities:

- Health Assessment
- Sessions
- 3 Challenges
 - Steps
 - Fruits & Vegetables
 - Strength
- 4 trackers
 - Latest Weight
 - Low Calorie Snacks
 - Cups of Water
 - Aerobic Exercise

>> At Your Doctor

Use the online portal to tell us about your health and dental appointments, and confirm you're a part of the following programs to earn more points:

- Tobacco Cessation
- Healthy Pregnancy
- About the Patient Diabetes Management

>> At Work

Participate in workplace events led by your site's Wellness Coordinator to receive voucher points toward your \$250.

>> At the Gym

The Fitness Center Reimbursement program counts toward your \$250 incentive. Go to the gym 12 times a month and receive reimbursement for your membership fee, up to \$20 a month.

>> On the Move

Sync your wearable fitness device or download the mobile app to earn points while you're on the go. Search "My StayWell" in Google Play or the Apple Store to download.

Step 5: Redeem Points

Redeem your \$250 benefit in the Redemption Center by 11:59 p.m. on December 31. Find this under the Insurance tab, then Portals and Links, in your *mySanfordHealthPlan* account. You can redeem a maximum of 25,000 points (or \$250) each year.