

Dakota Wellness Program



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits



**Whether you're at work,
home, your fitness center, the
community or online,** you can
build points toward your
\$250 WELLNESS INCENTIVE.

Dakota Wellness Program at Sanford Health Plan

We all need different solutions to be successful in our individual wellness pursuit. The Dakota Wellness Program for NDPERS members at Sanford Health Plan does just that – offering a broad mix of tools and a variety of education to encourage and support you in your wellness journey, where ever you are.

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NDPERS Dakota Plan Health Benefits members and their covered spouses are eligible to participate in the Dakota Wellness Program, offering up to \$250 in incentives (\$500 total per household).

At Work

Sanford Health Plan's dynamic team of Wellness Educators are not only passionate about wellness, but are also experts at what they do. They bring an interactive education experience to the workplace, covering diverse topics including nutrition, physical activity, physical and emotional health, and leading for wellness. They also incorporate wellness challenges to encourage engagement in healthy lifestyle activities.

Covered NDPERS employees can accrue points by participating in these workplace events, in addition to a variety of other activities such as taking active transportation to and from work, including walking, running or biking.

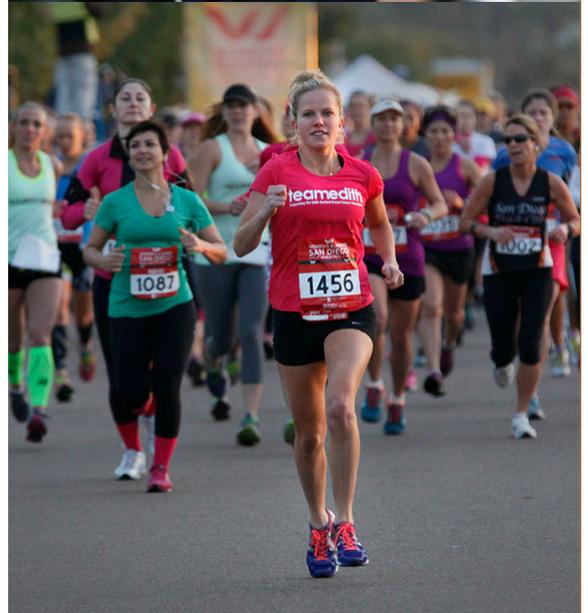
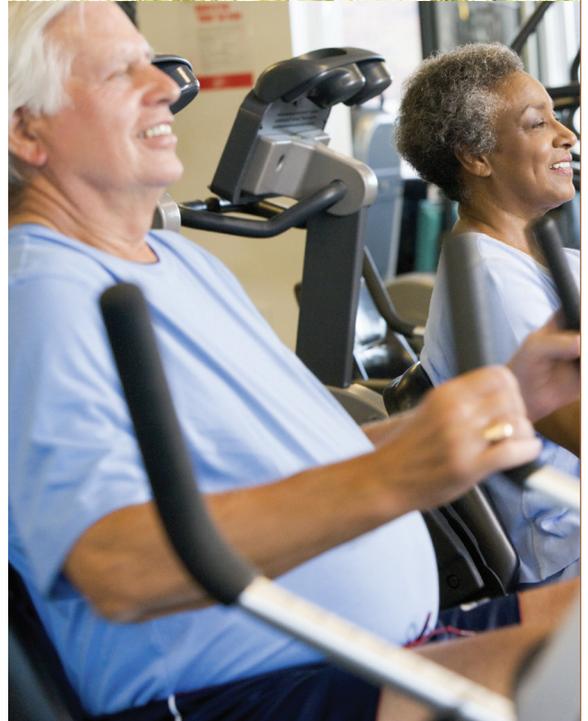
At Home

Staying on top of scheduling preventative health exams also accrues points, including annual physicals, mammograms, colonoscopies, prostate screenings, as well as preventive vision and dental appointments.

In addition to physical exercise and eating right, look for additional items on the bWell portal that you can do at home that contribute to your overall wellbeing.

At Your Fitness Center

For each month you visit your fitness center or gym at least 12 days, you will receive up to \$20/month toward your \$250 annual incentive. Be sure to fill out a Sanford Health Plan fitness center reimbursement form at your local fitness center or gym.



Online

When Sanford Health Plan's Wellness Educators are not busy delivering on-site workplace education, they are behind the scenes creating and developing interactive solutions to engage and support you in your wellness pursuit, including a video library, through the bWell portal.

Because the wellness device market is always innovating with something new, we encourage you to choose a personal wellness device that fits your lifestyle and budget best – whether it's a Fit Bit, Jawbone or Apple Watch – and use their apps to track your daily activity.

If you want to be able to review your activity over a period of time, you can enter your information into the physical activity tracker in the bWell portal. The portal also offers tracking tools for weight, calories, blood pressure and a variety of other health metrics.

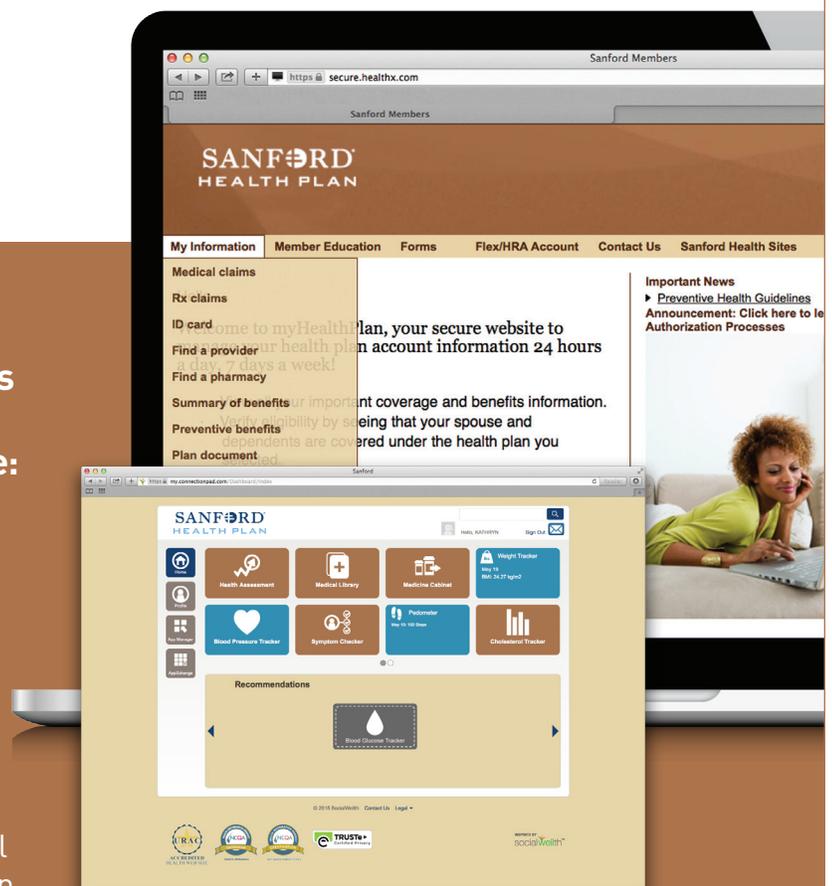
In the Community

You can accrue points by participating in community wellness events, including organized walks, 5Ks, marathons, etc.

To participate in the Dakota Wellness Program and begin accruing points toward your \$250 wellness incentive:

1. Create a Sanford Health Plan member account at sanfordhealthplan.com/memberlogin. All you need is a couple minutes and your Sanford Health Plan member ID card.
2. Log into the bWell portal. (Instructions are provided on the next page).
3. Complete a health assessment. You will need to do this annually for participation in the Dakota Wellness Program.
4. Fill out a Sanford Health Plan fitness center reimbursement form at your local fitness center or gym if you want to be eligible for the reimbursement. Note, if you are currently receiving the Health Club Credit you need to re-enroll as Sanford Health Plan is now administering this member benefit as your new insurance carrier.

Questions about the Dakota Wellness Program at Sanford Health Plan can be sent to NDPERSWellness@sanfordhealthplan.com.



More about bWell

Your online personal Health Management Tool and Rewards Platform

With bWell, you can:

- Complete a [Health Assessment](#) and gain a better understanding of your health
- Learn about preventive care and wellness in our [Medical Library](#)
- Set personal health goals and improve health habits with various [Trackers](#)

Know your real health age?

We encourage you to take a Health Assessment, which gives you the opportunity to evaluate and manage your health. It is also required in order to earn points toward your \$250 incentive. It only takes 10 minutes to complete and the results are available immediately.

The Health Assessment will calculate your health age and determine your risk levels for serious conditions. You'll also learn what you are doing well and how you can improve your health habits.

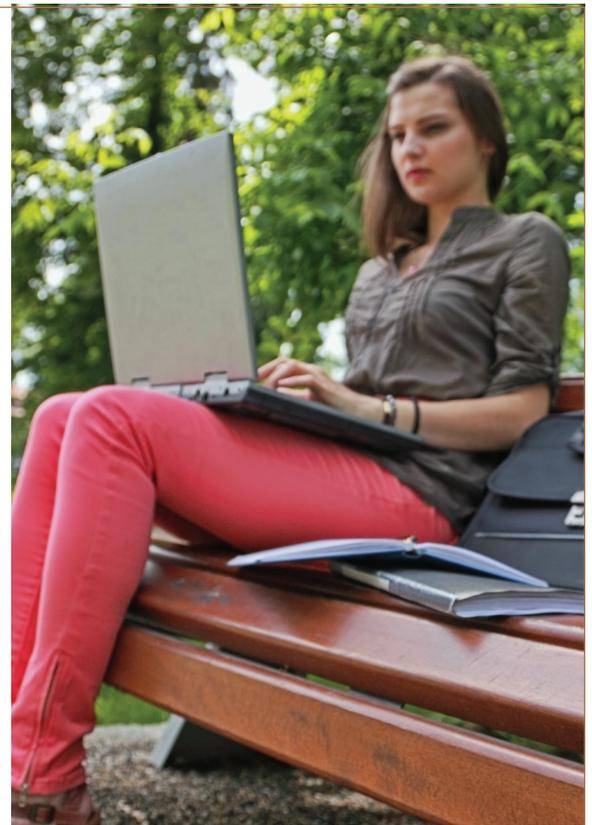
How do I log on?

1. Go to sanfordhealthplan.com/memberlogin.
2. Click *Create an Account*.
3. Click *Agree* to the License Agreement.
4. Enter the required information from your member ID card and click *Next*.
5. Create your username and password and click *Next*.
6. Click *Continue* if you wish to receive your Explanation of Benefits (EOB) online.
7. Click *Agree* to the Online Terms.

To access bWell and take your online Health Assessment:

Sanford Health Plan automatically imports your name and contact information into bWell for online registration.

1. Move your cursor over the *My Information* tab toward the top of the page and choose *bWell Health Management Tool* in the drop-down box.
2. Access the Health Assessment from the bWell home page by clicking the box that says *Health Assessment*.



bWell Points and Rewards:

1. Click on the *Wellness Point Activities* tile.
2. Click on the *Earn Points Now* button.
3. View the list of available activities.
4. Complete the activities that you are interested in.
5. View the total points earned through the completion of the online activities.
6. Redeem your earned points through the *Redemption Center*.

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