Your Guide to the Dakota Wellness Program

NORTH DAKOTA PUBLIC EMPLOYEES RETIREMENT SYSTEM

SANFORD HEALTH PLAN

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 on to your account at sanfordhealthplan.com/memberlogin. Use your current username and password. (A "Forgot Username and Password" option is available, if necessary.) If you do not have an account, have your medical ID card available and click Create an Account.

Select the Wellness tab, then click Wellness Portal from the Quick Links menu.

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

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
  - Strength
  - Fruits & Vegetables
- 4 trackers
  - Latest Weight
  - Cups of Water
  - Low Calorie Snacks
  - 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 Wellness tab in your *my*SanfordHealthPlan account. You can redeem a maximum of 25,000 points (or $250) each year.

We appreciate your patience. It can take up to three business days for your online points to appear in the Redemption Center. Your voucher points will be available after November 1 each year.