Step by step – Sanford Wellness Portal

1. Go to: https://member.sanfordhealthplan.org/portal/
2. Either Sign In (current user) or Get Access (new user) or Activate Your Account (finished the 3 day wait period and have your code via......)

3. After signing in, you have access to your Sanford Health Plan information. To find the Wellness Portal, hover over the Insurance Tab:

4. While hovering over the Insurance Tab, click on Portals and Links:

5. You will then see the following links, click on the Wellness Portal:
6. If you have already created your Wellness Portal, it will take you to your Dashboard. If not, you will need to register. Follow steps below:

   a. Read and click “I agree” to the Non-Discrimination Act:

   ![Non-Discrimination Act](image1)

   b. Scroll through, read and click “I agree” to the Privacy Policy:

   ![Privacy Policy](image2)

   c. You will need to take your Health Assessment next (you do have the option to take later). This takes around 15-20 minutes and earns you 5,000 points:

   ![Health Assessment](image3)
d. After you finish the Health Assessment, you will see your personalized results:

My Results

Date Range: December 1st, 2019 - December 31, 2019

Below you will find areas of concern as well as recommendations to develop a personalized plan to help improve your health and prevent the onset of potential diseases.

Scroll below to see your health stats, disease risk, and recommendations for each category on how to improve your health.

PRINT

Overall Health

- General Health
  - Low
  - Moderate
  - High

- Diet
  - Low
  - Moderate
  - High

e. Click “DONE” or the right arrow and you will be taken to your Dashboard:

7. To see all the capabilities of the Dakota Wellness Program Wellness Portal, here is a link to their brochure: [https://ndpers.nd.gov/image/cache/dakota-wellness-brochure.pdf](https://ndpers.nd.gov/image/cache/dakota-wellness-brochure.pdf)

8. Don’t forget to check out the “My Incentive” tab for earning points.

9. You can access all the features on the online platform in the MyStayWell app: