

# NDPERS Dakota Wellness Program Voucher

Last Name:

*As it appears on your  
Sanford Health Plan ID Card*

First Name:

*As it appears on your  
Sanford Health Plan ID Card*


Birth Date:

-  /  -   
 M M D D C C Y Y


Member ID Number:

(found on Sanford Health Plan ID Card)

Underwritten by:



**SANFORD**  
HEALTH PLAN




**NORTH DAKOTA**  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

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**Insured:**  
Z1003000101 JOHN C DOE  
 Z1003000101 JANE M DOE  
 Z1003000101 JOHNNY C DOE  
 Z1003000101 JANIE C DOE

**Grp:** ND01000101

**RxBIN:** 003858  
**RxPCN:** A4  
**RxGrp:** NDPA

**Administered by:**  
 EXPRESS SCRIPTS

**Copays:** \$25 PPO; \$30 Basic; \$50 ER

**Members:** For urgent or emergency care when you are out of the local service area, seek treatment at the nearest medical facility or call 911. Notify Sanford Health Plan of an admission as soon as it is reasonably possible and no later than 48 hours after physically or mentally able to do so. This card is for identification purposes only. It does not constitute proof of eligibility.

20141215 SVHP-1313 Rev. 5/17

**Failure to complete form with information as it appears on your card may result in forfeited points.  
Please note: Points will be credited to your account in the Sanford Health Plan online redemption center.**

## Event Code & Point Value (to be completed by Wellness Coordinator)

One-Day  
Wellness Program  
(Program 1)  
3000 points

Multi-Day  
Wellness Program  
(Program 2)  
6000 points

Comprehensive  
Wellness Program  
(Program 4)  
12000 points

Event Date:

-  /  -   
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Event Title: \_\_\_\_\_

Print Coordinator Name: \_\_\_\_\_

Print Coordinator Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Agency Name: \_\_\_\_\_ Organization Number: \_\_\_\_\_

Completed vouchers can be submitted  
to: Dakota Wellness Fax: (605) 312-9016



## UND/NDPERS Voucher Program (July 1, 2019 - June 30, 2020)

Benefited employees earn 12,000 points in Sanford online system. This is the equivalent of \$120 in prizes or gift cards.

**Directions:**

- Add name, department and email below.
- Click the box by 4 activities you completed between July 1, 2019-June 30, 2020 and click the verification box.
- Complete the top portion of the other side of this voucher.
- Submit to Work Well at [und.workwell@und.edu](mailto:und.workwell@und.edu) or Mail Stop 8365 anytime between now and **AUGUST 15, 2020**. Contact 701-777-0210 with any questions.

Name: \_\_\_\_\_ Department: \_\_\_\_\_

Email: \_\_\_\_\_

**Add a checkmark next to ANY 4 ACTIVITIES completed between July 1, 2019 – June 30, 2020.**

<b>1</b>	<input type="checkbox"/> Get your flu vaccination at UND or elsewhere (occupational wellness)
<b>2</b>	<input type="checkbox"/> Check your blood pressure
<b>3</b>	<input type="checkbox"/> Participate in a health screening at UND or other preventative screening elsewhere
<b>4</b>	<input type="checkbox"/> Complete the back safety and slips, trips and falls on-line programs (through SafeColleges)
<b>5</b>	<input type="checkbox"/> Give to the UND or larger community (time, gifts, financial, etc. Examples include Denim Day, United Way campaign, etc.)
<b>6</b>	<input type="checkbox"/> Walk to a bathroom/water fountain in another building (physical wellness)
<b>7</b>	<input type="checkbox"/> Write a nice note/email to a co-worker
<b>8</b>	<input type="checkbox"/> Bring fruit/vegetables to share with others (physical wellness- nutrition)
<b>9</b>	<input type="checkbox"/> Attend a State Employee Recognition Week event (fall)
<b>10</b>	<input type="checkbox"/> Attend Spring Fling (Spring)
<b>11</b>	<input type="checkbox"/> Get your resting metabolic rate test which includes a visit with a dietitian (\$30)
<b>12</b>	<input type="checkbox"/> Participate in Zen in 10
<b>13</b>	<input type="checkbox"/> Participate in a campus-wide walk
<b>14</b>	<input type="checkbox"/> Participate in the Get Moving Challenge (physical and social wellness)
<b>15</b>	<input type="checkbox"/> Participate in a leadership-led activity, such as a Deans for Wellness activity
<b>16</b>	<input type="checkbox"/> Wear tennis shoes on Denim Day and go for a walk
<b>17</b>	<input type="checkbox"/> Participate in a Work Well Ambassador activity or department activity (potluck, walk, etc.)
<b>18</b>	<input type="checkbox"/> Attend a campus/community diversity event (intellectual wellness)
<b>19</b>	<input type="checkbox"/> Take the campus shuttle to a meeting or do another eco-friendly activity (environmental wellness)
<b>20</b>	<input type="checkbox"/> Practice spiritual wellness (yoga, meditation, massage, attend a spiritual service; spiritual wellness)
<b>21</b>	<input type="checkbox"/> Take a class: TTaDA, adult education, UND/other university class (tuition assistance available) or attend some type of professional development.
<b>22</b>	<input type="checkbox"/> Get a free ergonomic assessment (Office of Safety: 7-6232; occupational wellness)
<b>23</b>	<input type="checkbox"/> Try the Village Employee Assistance Program (counseling, financial help, legal aid, wellness program). This is free to you and your household members (emotional wellness)

By clicking this box, you are verifying that information above is truthful and that the activities above occurred between **July 1, 2019 – June 30, 2020**.