Welcome to our webinar

We will begin at 10 a.m. CST
Dakota Wellness Program
2023
Online Wellness Portal
Get started today

Log on to your account at
sanfordhealthplan.com/memberlogin

NDPERS employees and their covered spouses are each eligible to earn $250 per year in wellness benefits ($500 per household)
Dakota Wellness Program
How to earn your $250 incentive

• There are 3 ways to earn your $250
  1. Fitness center reimbursement
  2. Online wellness portal
  3. Participate in worksite-based wellness programming

• You are required to take the annual health risk assessment in the wellness portal in order to redeem points or receive fitness payments

• Taxability
  • Administered by payroll
Get Started
Your Privacy Matters

Information collected as a part of the Dakota Wellness Program is confidential

- Health risk assessment health information is not used by Sanford Health Plan to increase your premiums
- Your individual health information and wellness program activities are never shared with your employer
Online Wellness Portal
Get started today

- Log on to your account at Sanfordhealthplan.com/memberlogin
- Use the “Forgot Username and Password” option if needed
- Members who do not have a My Chart account need to create an account click “Request Access for Yourself”
Online Wellness Portal
Get started today

- Click on the “Your Menu” icon
- Scroll to or type in “Portals and Links” to search
- Click “Wellness Portal” inside the Portals and Links page
Wellness Portal Preview
Take Your Health Risk Assessment

Earn $25 reward
Visit the Features
Quick links to manage your account

• **My Health** Customized home page
• **Sanford Health Plan** Member resources and programming
• **Menu Icon** Rewards, Coaching, and more
**EARN POINTS**

Complete the following by December 29, 2023, unless otherwise noted.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Points</th>
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<tr>
<td>Preventive Exams/Screenings</td>
<td>Earn up to 13,500 Points</td>
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<tr>
<td>Health Assessment and Daily Habits</td>
<td>Earn up to 14,500 Points</td>
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<td>Health Trackers</td>
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<td>Challenges</td>
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<td>Worksite Vouchers</td>
<td>Earn up to 12,000 Points</td>
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<td>Other Programs</td>
<td>Earn up to 20,000 Points</td>
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<tr>
<td>Health Coaching</td>
<td>Earn 3,000 Points</td>
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Earn Your Wellness Benefit Online

**Preventive Care**
- 5,000 points – Annual Dr. Visit
- 2,500 points – Annual Dental Visit
- 1,500 points – Cervical, Colorectal, Mammogram, Prostate-Specific Antigen (PSA)

**Daily Habit: 3,000 points (Up to 4x)**
- Lifestyle and health condition management

**Health trackers**
- 105 points per week
  - Exercise
  - 15 points per day
  - Diet, Mood, Stress, Blood Pressure, Sleep

**Worksite Vouchers: 3,000 points (Up to 4x)**
- One-day activity
- Multi-day activity
- Spouses do not qualify
 Earn Your Wellness Benefit Online

Challenges: 1,500 points
• Financial – February
• Marathon in a Month – May
• Hydration – August
• Adventure – October

Health Coaching: 3,000 points
• Lifestyle and health condition management

Other Programs: 5,000 points
• Better Choices Better Health
• Change Your Weigh (Diabetes Prevention Program)
• Exercise is Medicine
• Positively Me (Weight Management) Coaching Sessions
Fitness Center Reimbursement
Fitness Center Reimbursement

Overview

• Visit your local gym or fitness center a minimum of 12 days per month
• Receive reimbursement for your monthly membership fee, up to $20 per month
• Direct deposits are made on the 21st of the month following workout month
  • Example: June workouts paid on July 21st
Fitness Center Reimbursement

Overview

- You may only register with one gym to complete your visits
- A health risk assessment is required in order to receive a reimbursement
- Spouses may register for the program
NIHCArewards is the headquarters for insurance and employer-sponsored fitness incentive programs. NIHCArewards links workout data from the fitness center level to provide a monthly reimbursement back to the member. By managing these programs at the fitness center level, we are able to collect the most accurate data to complete the ultimate online solution for wellness reimbursement programs nationwide.

Go to: NIHCArewards.org

- New participants click “First Time Enrollment”
- Returning participants click “New Member Portal- Already enrolled”
Redeem Points
Redeeming Points

• Login at *sanfordhealthplan.com/memberlogin*
• Select “Redemption Center” from the Portal and Links option
• Redeem points towards your $250 benefit
Take Note

Point delay

• It may take up to three business days for points earned through the wellness portal to appear in the Redemption Center.
• You can view all of your earning and redeeming activity from all wellness activities in the Redemption Center.
Combine Points and Reimbursements

Combine your fitness center reimbursements with worksite events and wellness portal points to earn a maximum of $250.

Example

- Fitness center reimbursements: $20 x 7 months = $140
- Worksite voucher activity: 3,000 points = $30
- Wellness portal preventive exams/screenings, trackers and other activities: 8,000 points = $80

$140 + $30 + $80 = $250
Get Started Today!

Earn your benefit

1. Log on or create a mySanfordHealthPlan account
2. Take your Health Assessment in the wellness portal
3. Engage in wellness activities that fit your health and lifestyle:
   • Verify or enroll in fitness center reimbursements, then visit your gym 12 times per month
   • Participate in wellness events in the workplace
   • Earn points for preventive care, challenges and programs in the online wellness portal
4. Redeem your benefit by 11:59 p.m., Dec. 31, 2023 for up to $250
Questions?

sanfordhealthplan.com/ndpers/dakotawellnessprogram

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Phone: (800) 499-3416