

Welcome to our webinar

We will begin at 10 a.m. CST

Dakota Wellness Program 2023

Online Wellness Portal

Get started today

ON THIS PAGE

- Dashboard
- Take Action
- Explore & Learn

The 2022 Redemption
This can be accessed through yo...
learn more!

Health Assessment
Get more out of your experience by completing your assessment.

NEXT GET YOUR SCORE

Main Navigation
Select the menu icon to easily access all the cool site offerings.
1 / 3 NEXT

- Community
- Daily Habits
- Health Assessment
- Health Record
- Resources
- Rewards
- Sync Devices & Apps
- Policies
- Settings
- Sign Out
- Contact Us

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

SANFORD
HEALTH PLAN

Your Privacy Matters

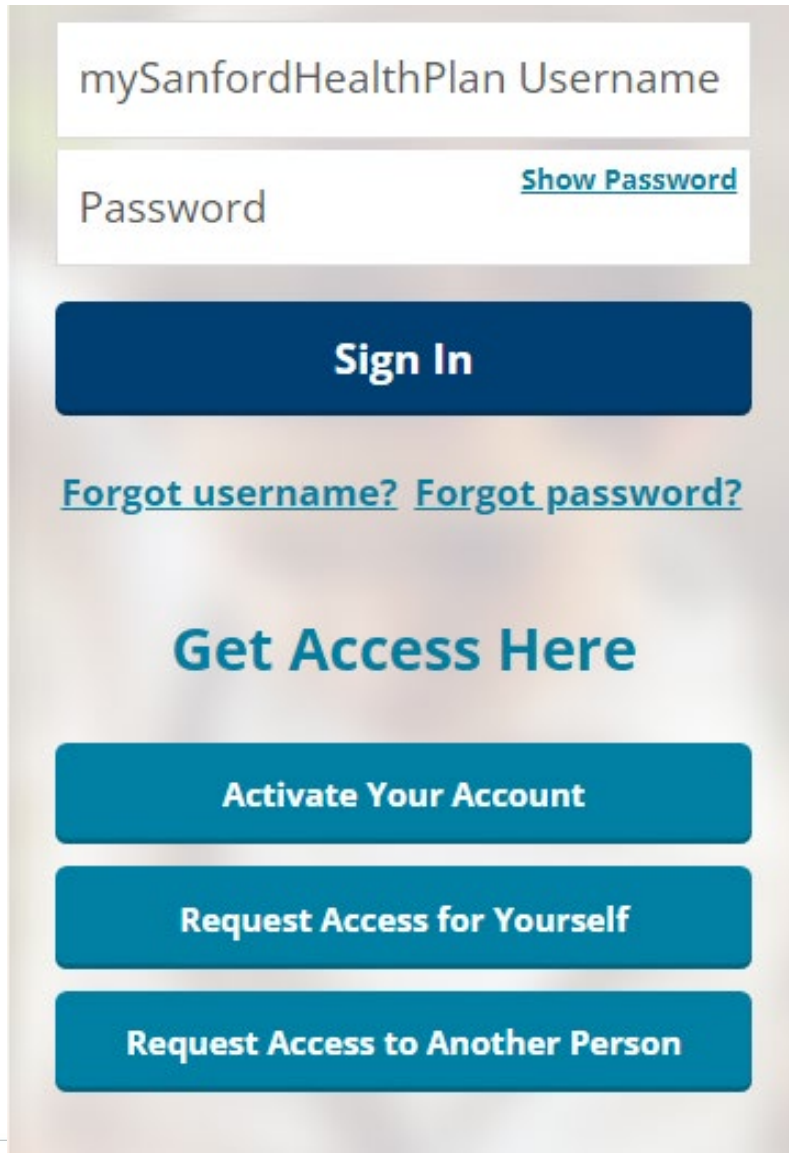
**Information collected as a part of the
Dakota Wellness Program is confidential**



- 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



mySanfordHealthPlan Username

Password [Show Password](#)

Sign In

[Forgot username?](#) [Forgot password?](#)

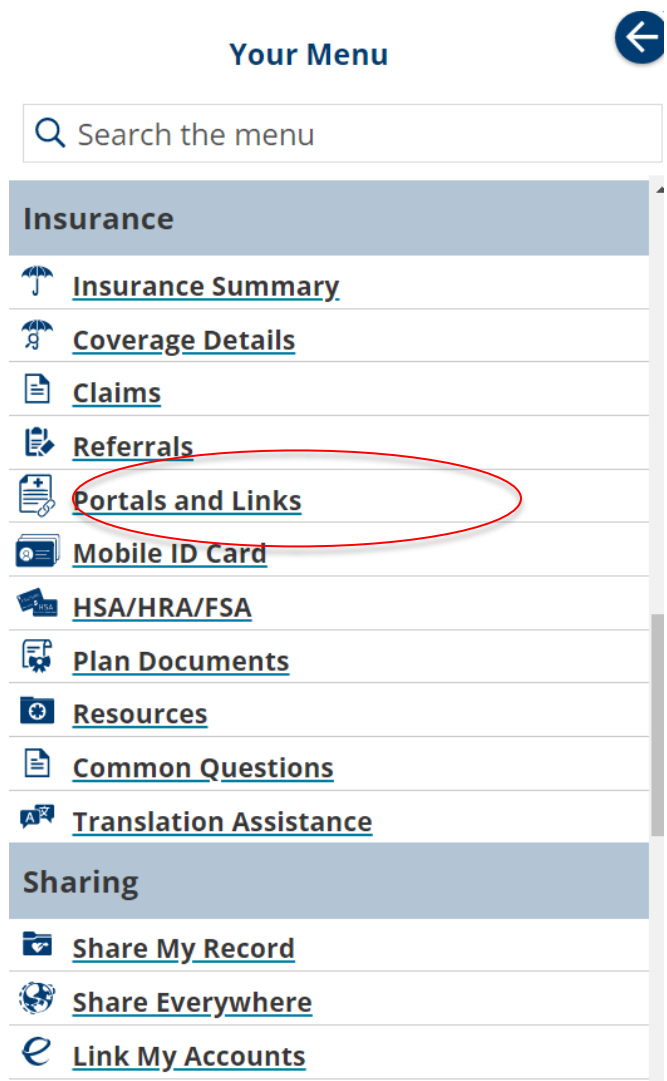
Get Access Here

Activate Your Account

Request Access for Yourself

Request Access to Another Person

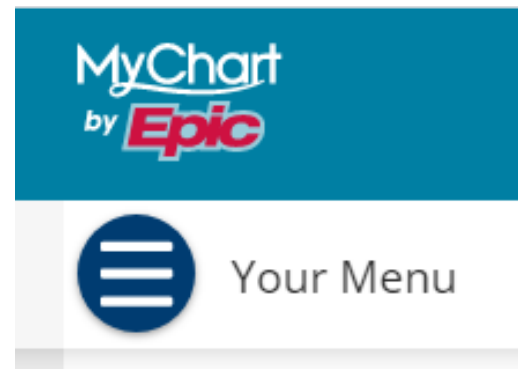
- Log on to your account at Sanfordhealthplan.com/memberlogin
- Use the “Forgot Username and Password” option if needed
- Members who do not have a My Chart account need to create an account click “Request Access for Yourself”



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

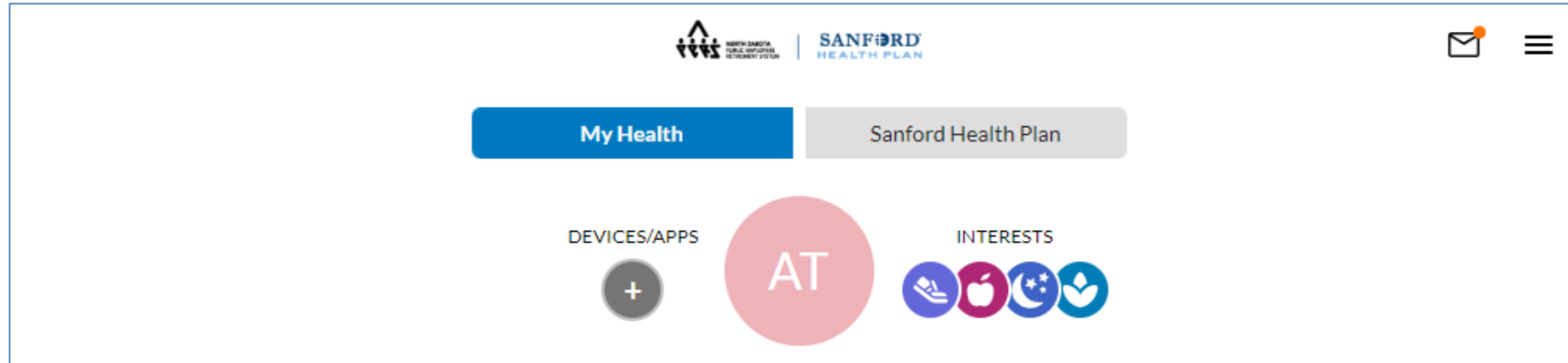
Take Your Health Risk Assessment

Earn \$25 reward

The screenshot shows the Sanford Health Plan website interface. At the top, there are logos for 'VITAS' and 'SANFORD HEALTH PLAN'. Below the logos are two navigation buttons: 'My Health' (highlighted in blue) and 'Sanford Health Plan'. In the top right corner, there are icons for a mail envelope and a hamburger menu. The main content area has a blue background. On the left, there is a sidebar with the heading 'ON THIS PAGE' and three menu items: 'Dashboard', 'Take Action', and 'Explore & Learn'. The central focus is a white card titled 'Health Assessment' with the text 'Get more out of your experience by completing your assessment.' To the right of the card is a photograph of healthy food including avocados, kiwi, blackberries, banana slices, and bread. At the bottom of the card, there are two buttons: 'NEXT' on the left and 'GET YOUR SCORE' on the right.

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

Visit the Features Rewards

EARN POINTS

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

 Preventive Exams/Screenings	Earn up to 13,500 Points	▼
 Health Assessment and Daily Habits	Earn up to 14,500 Points	▼
 Health Trackers	Earn up to 32,685 Points	▼
 Challenges	Earn up to 6,000 Points	▼
 Worksite Vouchers	Earn up to 12,000 Points	▼
 Other Programs	Earn up to 20,000 Points	▼
 Health Coaching	Earn 3,000 Points	▼

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



Welcome to NIHCArewards

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.

MEMBERS Options

FIRST TIME ENROLLMENT

THE NEW MEMBER PORTAL – ALREADY ENROLLED

MEMBER PORTAL INSTRUCTIONS

FAQ

CLUBS Options

PROCESSING AGREEMENT

EXISTING CLUB LOGON

CLIENT PROCEDURES

CLUB FINDER

CLUB FINDER

Go to:
NIHCArewards.org

- New participants click “*First Time Enrollment*”
- Returning participants click “*New Member Portal- Already enrolled*”

Redeem Points

Redeeming Points

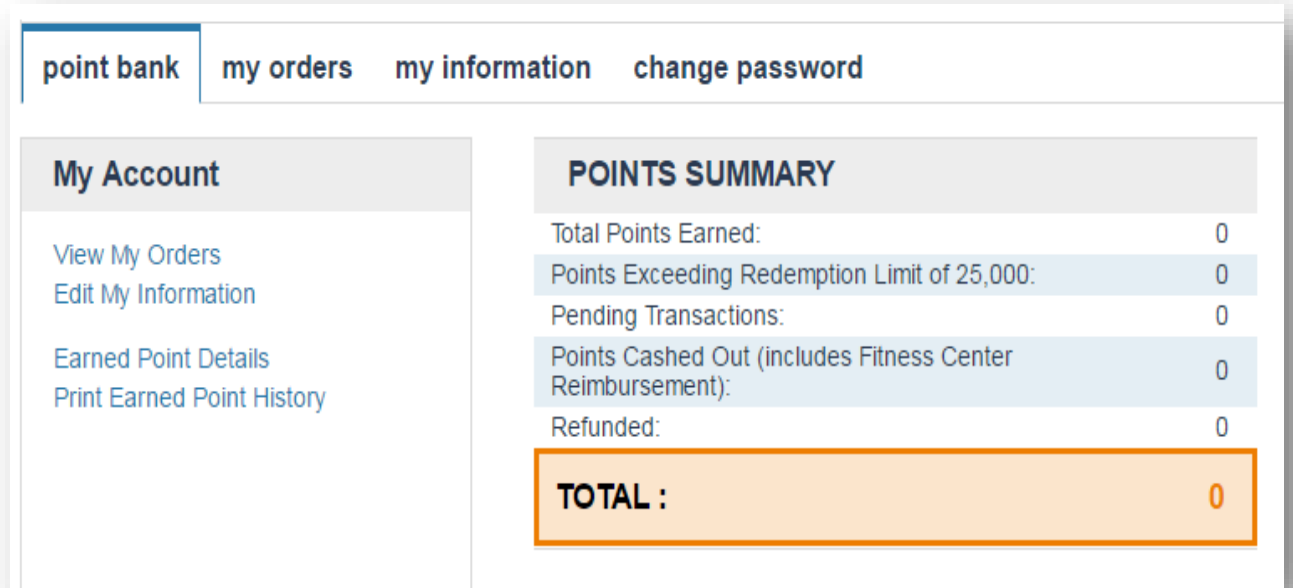
- Login at sanfordhealthplan.com/memberlogin
- Select “Redemption Center” from the Portal and Links option
- Redeem points towards your \$250 benefit



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



The screenshot shows a user interface for a 'point bank' account. At the top, there are navigation tabs: 'point bank' (selected), 'my orders', 'my information', and 'change password'. Below the navigation, the page is divided into two main sections. The left section is titled 'My Account' and contains links for 'View My Orders', 'Edit My Information', 'Earned Point Details', and 'Print Earned Point History'. The right section is titled 'POINTS SUMMARY' and displays a table of account details. The table shows 'Total Points Earned: 0', 'Points Exceeding Redemption Limit of 25,000: 0', 'Pending Transactions: 0', 'Points Cashed Out (includes Fitness Center Reimbursement): 0', and 'Refunded: 0'. A final row, highlighted in orange, shows 'TOTAL : 0'.

POINTS SUMMARY	
Total Points Earned:	0
Points Exceeding Redemption Limit of 25,000:	0
Pending Transactions:	0
Points Cashed Out (includes Fitness Center Reimbursement):	0
Refunded:	0
TOTAL :	0

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 \times 7 \text{ months} = \140
- Worksite voucher activity: 3,000 points = \$30
- Wellness portal preventive exams/screenings, trackers and other activities: 8,000 points = \$80

$$\mathbf{\$140 + \$30 + \$80 = \$250}$$

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

Email: NDPERSWellness@sanfordhealthplan.com

Phone: (800) 499-3416

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