

[myHealth: Get your Health in Tune & Win an iPod](#)

Take a few minutes out of your day to learn more about your health and automatically be entered for your chance to win an iPod!

We are excited to announce that NDPERS has a promotion to encourage active employees and their eligible dependents age 18 or older who are covered on the NDPERS group health plan to complete the Health Survey available on the myhealthconnection website at www.thedialogcenter.com/bcbsnd.

If you electronically complete the health survey during the month of March 2007, you will automatically be enrolled in the pool for the iPod give-away. If you have already completed the survey but want to be eligible for the drawing, then you must re-complete the survey during the month of March 2007.

You will need to register for a secure log-in ID if you have not already done so in the past. To begin, please select the "How's Your Health?" link below. You will be provided details about the survey and how to get started.

The winner will be notified by NDPERS no sooner than May 1, 2007. The winner will also be announced and published in our active employee newsletter. Thanks to Blue Cross Blue Shield ND for their donation of the iPod.

Please note that if you were not enrolled on the NDPERS health insurance as of January 1, 2007, you may not be set-up on the Health Dialog database and therefore, will not be eligible to enter.

If you do not want to be entered in the pool for the drawing, please do not complete the health survey online during the month of March as it is automatic enrollment upon completion. If you would like to complete the survey but not be entered, you can request and complete a paper survey available through Health Dialog.



[How's Your Health?](#)