NDPERS Dakota Wellness Program
at Sanford Health Plan

APRIL 2016

MEMBER NEWSLETTER

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Get healthy with help

Make time for your friends - it promotes wellness. Social support is essential for health and longevity. Social support is feeling cared for, having assistance available from others and belonging to a network. It leads to better outcomes when setting goals and making lifestyle changes. Without support, research shows that feeling isolated can cause a stress response. This can lead to chronic disease over time. Meaningful interactions cause a physiological response that lowers stress hormones. It is the quality, not quantity, of friendships that matter.

Social support may come and go for various reasons, so it is important to be proactive. Just like other healthy habits, it takes time and effort. Consider these ways to build social support:

- Reach out to friends, family or co-workers
- Join a gym, fitness class or work with a personal trainer
- Volunteer
- Take a class
- Attend a support group
- Utilize the Community feature in the new wellness portal

Reaching out to others and providing social support is even better than receiving it!

- Offer help
- Express gratitude
- Be a good listener

MONTHLY OBSERVANCES

Alcohol Awareness

Autism Awareness

Donate Life Month

Cancer Control Month

4/7—World Health Day

Find a complete list of observances at healthfinder.gov/NHO

SANFORD HEALTH PLAN

Give it a try

Wellness Portal
If you already have a secure *my*SanfordHealthPlan member account, you do not need to make a new username or password. Your existing account will work. Use the "Forgot Username or Password" option, if necessary.

If you do not have an existing account, follow these steps:

1. Go to sanfordhealthplan.com/memberlogin
2. Click Create an Account.
3. Click Agree to License Agreement.
4. Enter required information on member ID card. Click Next.
5. Create your username/password. Click Next.
6. Click Continue to receive insurance Explanation of Benefits (EOB) online.
7. Click Agree to Online Terms.

Now you are ready to start earning points. Move your mouse to the NDPERS Dakota Wellness tab. Select Wellness Portal. When you are ready to redeem points, select Redemption Center under this tab. It may take up to three business days for earned points to appear in the Redemption Center, so you will not be able to redeem points immediately. You can redeem a maximum of 25,000 points (or $250) each year.

CONTACT US AT
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QUICK LINKS:
sanfordhealthplan.com/ndpers/dakotawellnessprogram

Connect with the community

It's often easier to stick to a new eating or exercise plan if you have a support system on board. Your new wellness portal's community feature allows you to build a network of friends and co-workers to support you on your wellness journey.

In the community, you can add buddies and join groups.

Buddies

Add buddies to grow your support system in the wellness portal. Buddies are your friends, family, and co-workers that also use the wellness portal. You will earn points every time you add a new buddy.

Groups

Join groups that match your interests. There are many groups to choose from, but you can also create your own. Make your group open to the public to meet new people in the wellness portal, or make your group private to control who is able to join.

Important: Your wellness portal account will be automatically set to private. This means that your name will not appear in search results, so your friends and co-workers will not be able to find you on the portal. To get the most out of the community feature, and build your support system, change your privacy settings.

To change your privacy settings:

1. Click your name in the upper right corner.
2. Click gear symbol below your profile picture.
3. Click Privacy tab.
4. Select preferred option. Click Save.

Wellness portal points

5,000 Complete the LifeScore	500 Start a program	5 to 40 Check in to a challenge
1,000 Annual health and dental exams	100 Correct trivia answer	
1,000 Complete profile	1,500 Essential Care • Healthy Pregnancy • Tobacco Cessation • Diabetes Program	
25 Check in "Yes" to a program	20 Add a buddy	10 Daily login