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**TO BE FORWARDED TO ELIGIBLE EMPLOYEES:**

## **Complete your personal health assessment**

Eligible employees and spouses covered under the NDPERS health plan can earn up to \$250 per year by using the wellness benefits.

### **Are you a member of a health club?**

Each employee and spouse (18 and older covered under an NDPERS health plan) can earn up to \$20 each month if he/she uses a participating health club 12 days or more per month. The health club reports participation and credit is received the following month.

To get started, complete the Health Assessment on HealthyBlue by following the steps listed below:

- Go to a participating NIHCA\* club and complete an enrollment form. Be sure to bring your BCBSND member ID card.
- Exercise at least 12 days per month. Make sure the club records each visit.
- Notify the club of any changes in health insurance coverage.

*\* NIHCA (National Independent Health Club Association) is an independent company assisting in the administration of Blue Cross Blue Shield of North Dakota's (BCBSND) health and wellness program. BCBSND is an independent licensee of the Blue Cross Blue Shield Association.*

### **Not a member of a health club but exercise on your own?**

Each employee and spouse (18 and older covered under the NDPERS health plan) can earn rewards for using the HealthyBlue online wellness tool. HealthyBlue creates a confidential, personalized wellness plan, tailored to each person's lifestyle and wellness goals. Based on individual preferences, HealthyBlue will provide resources to execute a plan and track success.

You can earn \$20 just for completing the personal Health Assessment on HealthyBlue.

To get started:

- Go to [www.ndpersHealthyBlue.com](http://www.ndpersHealthyBlue.com)
- Click on “Not registered? Sign Up Now”
- Register and record your username and password
- Complete the Health Assessment

- *Information provided by Blue Cross Blue Shield of North Dakota*

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*All Members should consult their personal physician before beginning any exercise or weight loss program. Prior to seeking additional services, please refer to your “Certificate of Insurance & Summary Plan Description” for a list of covered services, limitations, and exclusions.*