

NDPERS Dakota Wellness Program

at Sanford Health Plan



North Dakota
Public Employees
Retirement System
Dakota Plan Health Benefits

New online wellness portal to launch in 2016!

Sanford Health Plan is pleased to announce that we are working on a new and improved online wellness portal. This new portal will be ready for you on April 1, 2016.

It will be worth the wait...

- Want a personal trainer you can take with you anywhere? Check - it will have it.
- Have a fitness device? Check - it will connect to it.
- Want to compete with your co-workers online in worksite challenges? Check – got that too.

What does this mean now? We are turning off the current online wellness program.

Can you still earn your \$250 wellness benefit? YES!

- **At work:** You can still participate in worksite education and wellness activities. The wellness coordinators will continue to have vouchers to record this activity.
- **At the gym:** You can still receive up to \$20/month if you go to the gym 12 times per month through the Fitness Center Reimbursement Program.
- **Online:** This will be disabled from January 1, 2016 to March 31, 2016.

Take your health assessment starting April 1, 2016.

Haven't taken your health assessment yet? No worries – we are temporarily waiving that requirement. You do **not** need to take your health assessment in January to receive your monthly gym reimbursement. However, once the new portal is available in April, you will need to take the health assessment to continue to receive your wellness benefits and redeem points for the remainder of 2016.

Keep watching your email and mailbox for more information.

JANUARY 2016
MEMBER NEWSLETTER

Inside

this issue...

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MONTHLY OBSERVANCES

Cervical Health Awareness
National Birth Defects
Prevention

National Blood Donor
18-King Day of Service

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

WELLNESS ACTIVITIES

Monthly book club: *Getting Things Done: The Art of Stress Free Productivity*

By David Allen

January activity: Organize my life worksheet

Webinar: Organize my life

Web Tool: Evernote

SANFORD
HEALTH PLAN

Give it a try

Web tool: Evernote

The Evernote app and website, Evernote.com can organize your life in many ways. It can work as a digital file cabinet, a word processor or a task manager. Evernote works on your computer, tablet and smartphone, letting you be productive anywhere, anytime. You can also set reminders, upload pictures or present documents at meetings. Other features of Evernote include:

- Create notes, to-do lists or checklists of the tasks you would like to complete.
- Organize your favorite web articles, personal photos and documents.
- Share your lists, pictures or documents with family, friends or co-workers.

CONTACT US AT
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SETTING UP A
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Organize my life

Have you ever been in the middle of a conversation and your to-do list is floating through your mind? Things left undone take up space in our brain, preventing us from being present. Author David Allen sums up the flaw of a wandering mind as “In whatever you’re doing, you’d probably like to be more relaxed, confident in that whatever you’re doing at the moment is just what you need to be doing.”

Creating a plan to get things off your mind can help you feel less overwhelmed. Be more strategic about how you get work done by creating lists with these tips in mind:

- Plan **how** you are going to get it done. Go into detail on the specific tasks that need to be finished to complete the entire project.
- Organize your lists into categories such as day, week, current projects and future projects.
- Keep your lists in a place you will see often and check them frequently.

To organize your life, create and maintain a system that works for you. Remember your system should keep track of the things you need and want to do, but most important, the system should be easy to maintain. Organizing your life will help you to be more productive, feel less cluttered and enjoy the moment.

We can help you quit smoking

Want to quit tobacco? We’re here for you with the financial support you need. Sign up for our tobacco cessation program and get \$700 to pay for quitting-related expenses.

How does it work?

Once you’ve signed up, you will get a debit card loaded with \$700. You have six months to use the funds for these expenses:

- Up to \$200 for your office visit and copays. If you receive counseling services, it must be a best practice tobacco cessation counseling service according to the North Dakota Department of Health.
- Up to \$500 for the FDA-approved stop smoking aids:
 - Over-the-counter: nicotine gum, nicotine patch, nicotine lozenge
 - Prescription: Bupropion, Chantix, nicotine nasal spray and nicotine inhaler

At the end of six months, you have the option to re-enroll in the program and get another \$700.

Who can enroll?

The tobacco cessation program is open to all current employees and their dependents 18 and older with NDPERS health coverage of:

- The State of North Dakota
- The North Dakota University system
- District health units
- Garrison Diversion Conservation District

County, city and other NDPERS groups not listed are not eligible for this program; however, tobacco cessation funds may be available at the local level.

How do I enroll?

Call us at (877) 737-7730. We will send you a debit card and more information on the program. We can also answer any of your questions.