

How's your Health?

The following program is available to active employees and their dependents, employees and dependents on COBRA continuation, and pre-Medicare employees and their dependents.

Welcome! As an NDPERS Group Health Plan member, you have been invited to take part in MyHealthConnection program to help you improve your personal health management. This program offers many handy tools.

The first step is to take the “How’s Your Health” health survey. Upon completion, you’ll receive a Personal Health Status report. This personalized report gives valuable insights into your overall health and highlights any potential risk factors. In it you will discover:

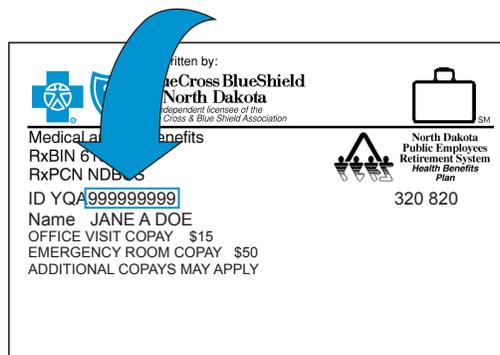
- What you are doing well to manage your health
- Indications of possible health issues you might be having
- Areas of your health that you may want to share with your doctor
- Resources that may help you better manage your own health

How do I get started with my health survey?

1. Login to the Blue Cross Blue Shield of North Dakota Dialog CenterSM Web site at www.thedialogcenter.com/bcbsnd.

If you have not previously done so, you must first activate your account by clicking on the “Go to Registration Page” and following the registration instructions. Have your NDPERS member ID card in hand as you will need to provide your member ID and name exactly as they appear on your NDPERS member ID card. If you experience any difficulty, click on the “Click for Help” link from the registration page.

Your member ID should be a total of 9 digits (leave off “ID” and “YQA” or any other characters before you see your member ID)



2. Take the health survey. To begin, click on the “Health Tools” tab, then “Health Survey” and “Take a New Survey.” There, you will find the “How’s Your Health” survey.
 - Be sure to select the “Save my results” option before clicking “Begin.”
 - You must complete the entire survey. **You will not be credited with completing the survey until you click the “Continue” button on the last question asking for your zip code.**
3. Review your generated Personal Health Status report. We suggest you print it and discuss it with your doctor on your next visit. Often, that helps people to better communicate with their health care providers and to improve their doctor visits.

Remember as an NDPERS member, you have access to a “MyHealthConnection” Health Coach 24 hours a day, 7 days a week, to answer your health questions or concerns. To contact a Health Coach, dial toll free 1-800-658-2750, or send a secure message by clicking on the “Dialog Room” tab in the Dialog CenterSM Web site.

Thank you for your participation in this valuable program!