

# WE BE Well



## Our company participates with BCBSND's MyHealthCenter and Health Club Credit Programs.

If you and your spouse participate in our group health plan through Blue Cross Blue Shield of North Dakota (BCBSND), you are both eligible to earn up to \$250 in incentives through these programs.

MyHealthCenter is an online health tool to help you reach your goals, whether you want to lose weight, quit smoking or simply eat healthier.

Health Club Credit offers up to a \$20 credit toward your monthly health club membership.

**Learn more about these programs and additional wellness programs at [NDWellnessCenter.com](http://NDWellnessCenter.com).**



**BlueCross BlueShield  
of North Dakota**

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