BE Well

New Wellness Programs

- Health Club Credit
- My Health Center

Why Focus on Wellness?

- Like you, we are concerned about the rising costs of health care.
- Research proves that wellness programs work and can ultimately reduce health care costs.
- We believe everyone has personal responsibility for their health.

What is in it for me?

Up to $250!!!

- **There are several ways to earn your $250**.
  - **Health Club Credit Program**
    - Earn up to $20/month for exercising 12 days a month.
  - **MyHealthCenter**
    - Earn points and redeem for prizes!!
  - **Combination of the two programs**

BE Well

Health Club Credit

Health Club Credit

Who is eligible?

- Subscriber
- Subscriber's enrolled spouse
- Must be at least 18 and older
- Exercise at least 12 days per month

What can participants earn?

- Up to $20 per month

Health Club Credit

How do I start?

- Bring your BCBSND ID card to a participating health club
- Complete enrollment form at the health club
- Read the online Authorization for Release of Information & complete the Health Risk Assessment online at NDWellnessCenter.com

Health Club Credit

How and when will I be credited?

- Health club account is credited
- 2 months after meeting requirements

Monthly requirement met (12 days per month*)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Eligibility verified And submitted	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Credit posted to member's fitness Center account	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb

Health Club Credit

What if my clubs fees are less than $20 per month?

- Your credit will reflect the amount you pay per month

Why does the health center need my BCBSND ID number?

- The health center needs a unique number, so your workouts get credited to you.

Health Club Credit

I belong to a health center with multiple locations. Can I work out at any location and still have it count toward my 12 days per month requirement?

- Only workouts that take place in the location where you first enroll will count toward your monthly credit.

Health Club Credit

What if I transfer my health center membership or cease to be a BCBSND member?

- You need to be a current member of the health center and BCBSND when the credit is applied—which is two months after you complete your workouts. So if you terminate your health center membership or your BCBSND eligibility status changes before the credit has been applied, you will give up that credit.

Health Club Credit

Am I eligible even if I am already a member of a participating health center?

- Yes. Just complete an enrollment form at the health club so your health club can ensure that you receive your credit. Be sure to provide your member welcome letter that signals your eligibility for the program.

Health Club Credit

When is the best time to sign up?

- As early in the month as possible.

Health Club Credit

If I miss one or two workouts one month, can I make them up the next month and still get reimbursement for the month I did not meet the requirement?

- No. The program only provides credits for months where you work out 12 days during that particular month.

How will I receive reimbursement?

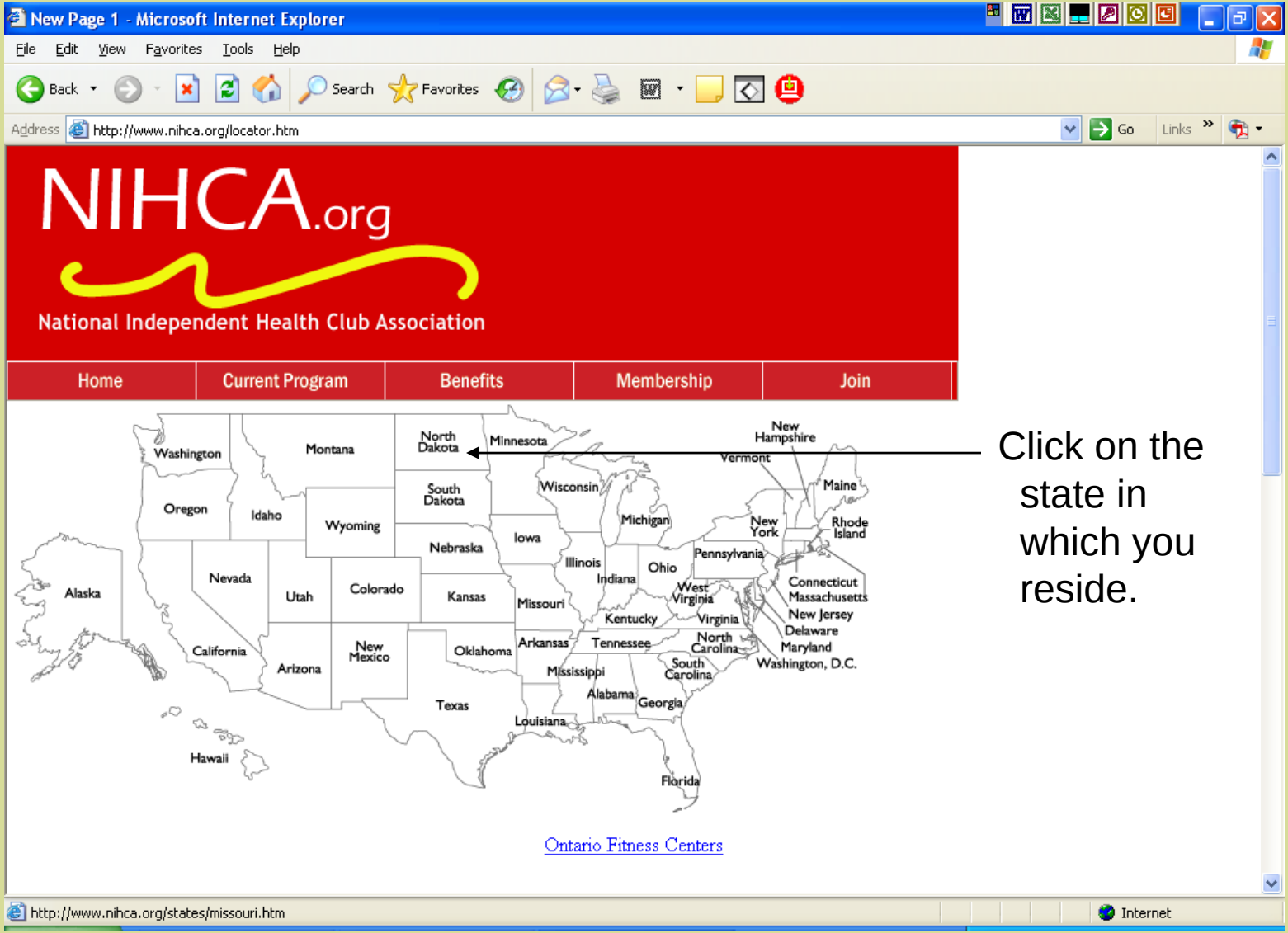
- If your membership dues are deducted from your banking account, the health club can send the credit to your banking account.
- If you pay your membership dues in advance for the entire year, your credits will accrue and will be applied on next year's balance.

Health Club Credit

Which health clubs participate?

- Visit www.nihca.org

Health Club Credit



Click on the state in which you reside.

Health Club Credit

Participating clubs - North Dakota - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.nihca.org/states/northdakota.htm

NIHCA.org

National Independent Health Club Association

Home | Current Program | Benefits | File Processing | Membership | Join

North Dakota Active Members

Alphabetical by city

Anytime Fitness - Bismarck	141 Ivy Ave	Bismarck	ND	58504
Anytime Fitness - Bismarck	2945 N 11th St	Bismarck	ND	58503
Capital Racquet and Fitness Center	3200 N 10th St	Bismarck	ND	58501
Curves - Bismarck	545 S. 7th St.	Bismarck	ND	58504
Gold's Gym - Bismarck	517 S. 5th St.	Bismarck	ND	58504
Healthways	1033 Basin Ave	Bismarck	ND	58504
Missouri Valley Family YMCA	1608 N. Washington	Bismarck	ND	58501
Optimum Fitness - Bismarck	408 E. Bowen Ave.	Bismarck	ND	58504
Snap Fitness - Bismarck	809 W Interstate Ave Suite E	Bismarck	ND	58503
St. Alexius Human Performance Center	310 N 9th St	Bismarck	ND	58501
Tan Express	101 E. Front Ave	Bismarck	ND	58504

Done Internet

Start Walking Works_2008.ppt... ND Wellness.ppt [Compa... Participating clubs - N... 81% 2:34 PM

Questions??

BE Well

My Health Center

BE Well

Welcome to the North Dakota Wellness Center - Blue Cross Blue Shield North Dakota Wellness Prog - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address http://www.ndwellnesscenter.com/ Go Links

NDWellnessCenter.com

Tips & Resources | Wellness Programs | MyHealthCenter | Health Club Credit Program | Contact Us | For Employers

IT PAYS TO Stay Well.

We believe that helping all North Dakotans improve and maintain good health will help hold down rising health care costs. Find out how healthy you are with our Free Health Risk Assessment.

New to MyHealthCenter?

Take a moment to create an account, and you'll be able to:

- Earn credit for visiting your health club
- Earn points and redeem for rewards

Create MyHealthCenter Account

Wellness members.

Login to MyHealthCenter

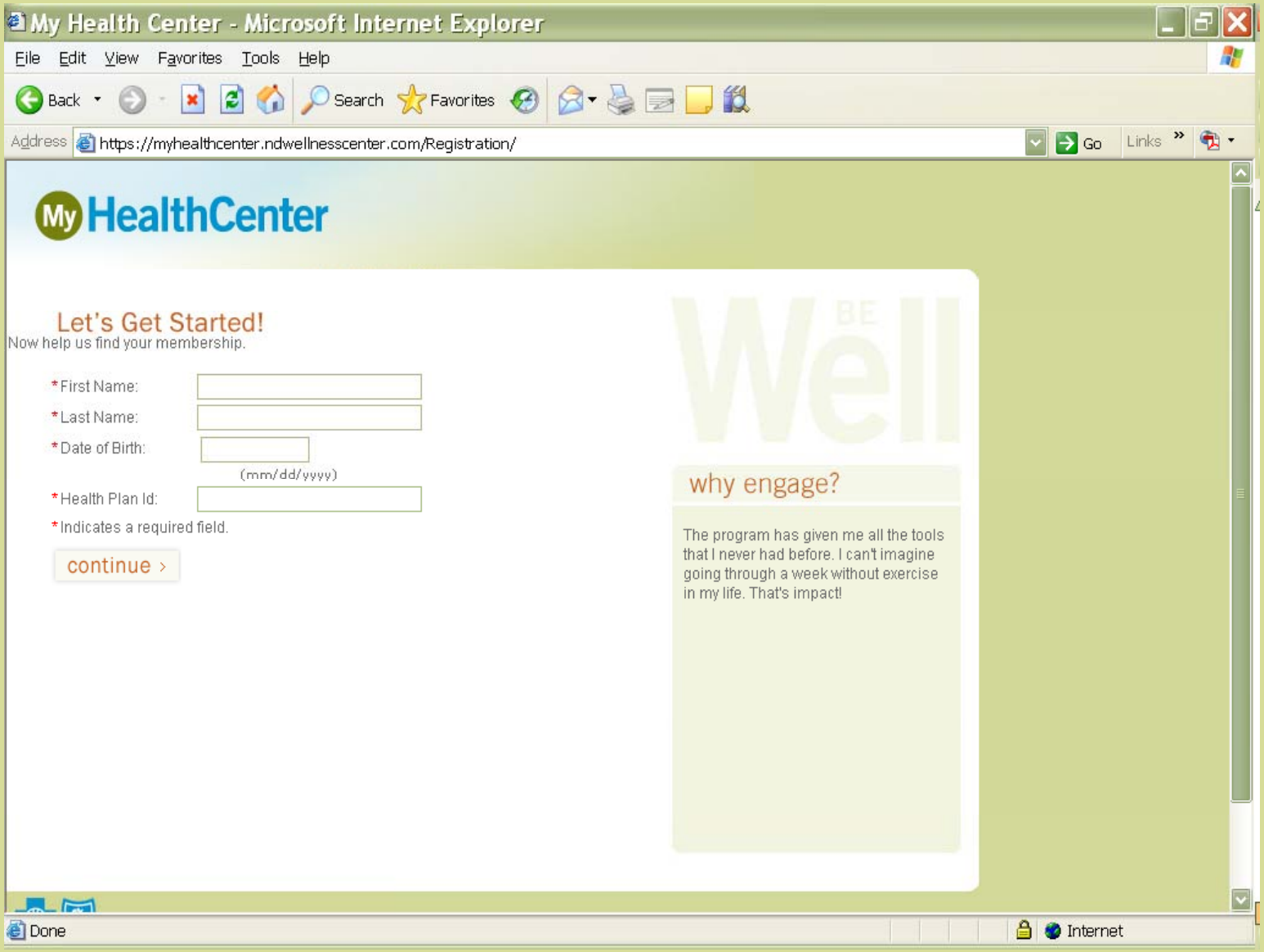
Username ••••••••• Login

Forgot Password? | Not a Member?

Done Internet

Start Microsoft PowerPoint - [... Inbox - Microsoft Outlook Welcome to the North... 100% 8:45 AM

Information Page



Authorization

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

My HealthCenter

Terms Contact Phone Profile Username

Instruction to Members:

By checking the box below, I authorize Blue Cross BlueShield of North Dakota (BCBSND) to disclose my health plan eligibility information to wellness vendors to be used for enrollment in and/or for reimbursement for wellness programs. If I am insured under an employer group health plan, I also authorize BCBSND to disclose my wellness program participation information to my employer.

I understand that this authorization is voluntary. My refusal to authorize disclosure of information to wellness vendors will have no effect on my enrollment in BCBSND health plans.

I understand that if the recipient of this information is not a health care provider or health plan covered by federal privacy regulations, this information may be re-disclosed and no longer protected by these federal regulations. BCBSND is subject to federal privacy regulations and will not re-disclose this information except as allowed by law.

I understand that I have the right to revoke or end this authorization at any time. I understand that in order to revoke this authorization I must do so in writing to BCBSND. I understand that my revocation of this authorization will not affect any action that has been taken, or any information that has already been used or disclosed, based upon this authorization before BCBSND actually received my revocation.

This authorization will remain in effect until 12/31/2008.

I have had full opportunity to read and consider the contents of this authorization.

☑ I understand that, by checking this box, I am authorizing the use and/or disclosure of information as described above.

Done Internet

Start Wellness Rewards and I... My Health Center - Mi... 100% 8:40 AM

Contact Information Page

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

My HealthCenter

Terms Contact Phone Profile Username

To help you along your way to better health, we need to know how to reach you. So please provide your contact information with your personal e-mail address.

Your E-mail Address

*Email:

*Re-enter Email:

Your Mailing Address

*Address 1:

Address 2:

*City:

*State/Province: Select one...

*ZIP/Postal Code:

*Indicates a required field.

continue ›

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.

Done Internet

Profile Page

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

My HealthCenter

Terms Contact Phone Profile Username

Your Profile

You're almost ready to go. We just need you to provide the following information so we can custom tailor an action plan just for you.
All the information you provide and everything you choose to do at My Health Center is completely confidential, so please feel free to share—the more you do the more we can help.

*Gender: Male Female

Race: Select one...

Education: Select one...

*Indicates a required field.

continue ›

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Done Internet

Create A Username

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

My HealthCenter

Terms Contact Phone Profile Username

Username

Choose the username you will use to sign in to My Health Center. Keep in mind, My Health Center uses community features where your username will be visible to others. Your username **CANNOT** be changed.

*Username: (Must be at least 4 characters long)

continue ›

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Done Internet

Password

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

My HealthCenter

Terms Contact Phone Profile Username

Password

Choose a unique password.

*Password: (Password must be at least 5 characters long)

*Re-enter Password:

Secret Question & Answer

A secret question & answer is required whenever you contact customer service to reset your password or for help on other system level issues.

*Secret Question: Select a question...

*Secret Answer:

*Indicates a required field.

continue ›

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Done Internet

Congratulations Screen

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Registration/Default.aspx Go Links

Logout

My HealthCenter

Congratulations!

You've completed registration.

Welcome to your personalized health improvement plan.

My Health Center can guide you on your way to better health based on the goals you set for yourself, such as losing weight, eating healthier, quitting smoking, reducing stress, or just feeling better.

Assess My Health

Start by completing the wellness questionnaire, and My Health Center will recommend the best goals and plans for you.

▸ Click here to begin your Health Assessment

BlueCross BlueShield of North Dakota

Done Internet

Click here to begin your Health Assessment

My Plan – Getting Started

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 26 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Let's Get Started!

Our expert system will guide you through the goal-setting process and create a tailored plan to fit your needs. You can start by completing a health assessment questionnaire to identify areas for improvement, or you can skip right to setting up your goals.

Your Health

Because health concerns can be inter-related, we encourage you to start here by assessing your health. This comprehensive approach ensures you're able to find the source of a health concern - and not just treat its symptoms.

Start Here

Your Goals

If you have already decided what it will take to improve your health, you can start here by choosing your goals.

Choose Goals

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.

Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Internet

Click on the "Start Here" to begin your Health Assessment

Information Needed:

- Height, weight, waist size
- Blood Pressure Levels (systolic/diastolic)
- Cholesterol Level (HDL/LDL)
- Blood Sugar

Choose Your Goals

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 20 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Choose Your Goals

We recommend starting out with 2 to 4 practical goals, but you're free to change them at anytime.

Goals For Areas In Which You Are Doing Well

- [ ] Lose Weight

Optional Goals

- [ ] Stop Smoking
- [ ] Eat Better
- [ ] Manage a Health Condition
- [ ] Prevent Heart Disease
- [ ] Maintain Health
- [ ] Lower My Blood Pressure
- [ ] Lower My Cholesterol
- [ ] Exercise More
- [ ] Lower My Stress

CONTINUE

Helpful Tips

Your Risk Factors

You don't have any Risk Factors that you need to work on.

Done Internet

Choose the goals that you want to focus on.

Select Your Plans & Tools

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx Go Links

My Plans | Community | Resources | Coaching | My Account

My Plans

- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 25 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Select Your Plans & Tools

We recommend the following action plans to help you achieve your goals.

Exercise Habits

- Get Fit Exercise Plan
- Get Fit Exercise Plan (Weight Loss)
- Track My Exercise

Nutrition Habits

- Eat Fit Nutrition Plan
- Eat Fit Nutrition Plan (Weight Loss)
- Track My Nutrition

Stress

- Track My Stress with the Live Fit Life Skills Plan
- Track My Stress

Smoking

- QuitNet
- Track My Smoking

Health Conditions

- My Health Condition Links

Body Weight

- Track My Weight

Blood Pressure

- Track My Blood Pressure

Helpful Tips

Your Goals

- Stop Smoking
- Eat Better
- Manage a Health Condition
- Prevent Heart Disease
- Maintain Health
- Lower My Blood Pressure
- Lower My Cholesterol
- Exercise More
- Lower My Stress
- Lose Weight

Done Internet

My Goals

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Default.aspx Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Manage My Conditions
- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 25 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Goals

- Stop Smoking
- Eat Better
- Manage a Health Condition
- Prevent Heart Disease
- Maintain Health
- Lower My Blood Pressure
- Lower My Cholesterol
- Exercise More
- Lower My Stress
- Lose Weight

My Exercise Plan

Edit

- Get Fit Exercise Plan (Weight Loss)
- Find a Fitness Center

My Nutrition Plan

Edit

- Eat Fit Nutrition Plan (Weight Loss)
- Easy, Healthy Recipes

Helpful Tips

Healthy Snack Ideas

In today's world, we gravitate toward convenience when we're hungry, not always considering our healthier options. That's why it's important to plan ahead and make snack time count toward good nutrition. Make a healthy snack ingredient list and bring it with you to the grocery store. Once you've stocked up on easy-to-prepare, healthy foods, it's more likely you'll make healthier snack decisions. Stash a granola bar or dried fruit and nut mix in your bag or your car for snacking emergencies. Not only will these nutritious foods satisfy your hunger, they'll keep you energized and able to perform at your best!

Internet

Customized Plans

Customized Plans

Get FIT: Customized fitness plan

- Virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

Build a Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1 Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Manage My Conditions
- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 27 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Let's Get Started!

Get Fit: Build a Plan

Building a customized Get Fit plan is quick and virtually effortless. Simply select a fitness plan from the list below and take the next step towards achieving your health and wellness goal!

Choose a Plan

- First Time Fitness
- General Fitness
- Do-It-Yourself
- Body Zone
- Athletic Training

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.

Internet

BE Well

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://bcbsnd.myhealthways.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1 Go Links

- Screenings
- My Family
- NIHCA

Quick Links

- 51 Online
- 1 Messages
- 6450 Points

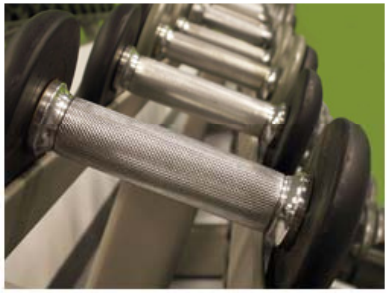
Choose a Plan

First Time Fitness

- Beginning Flexibility
- Beginning Strength
- Beginning Aerobic
- Beginning Combined
- Be Active

General Fitness

- Weight Loss
- Shape & Tone



Do-It-Yourself

Internet

Start | Microsoft PowerPoint - [... | Inbox - Microsoft Outlook | My Health Center - Mi... | 100% | 8:51 AM

Get Fit Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 45 Online
- 0 Messages
- 3925 Points

Let's Get Started!

« Prev Day | April 09, 2008 | Next Day »

Get Fit Plan
Standard Weight Loss

Report Activity

Warm Up Light cardio activity for 5 - 10 minutes

Cardiovascular

(modify)

Activity	Time	Target Heart Zone	Speed
Elliptical Trainer	20 min	123 - 136	Slow to Medium

Flexibility

(modify)

Activity	Repetitions	Hold Time
Chest:Straight-arm behind back	3 stretches	5 sec
Groin:Straddle	3 stretches	5 sec

My Tools

- Modify Plan
- Add Optional Activities
- View Weekly Plan
- View Virtual Exercises
- Create New Plan

My Workout Calendar

April 2008

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Indicates Today
Indicates Selected Date

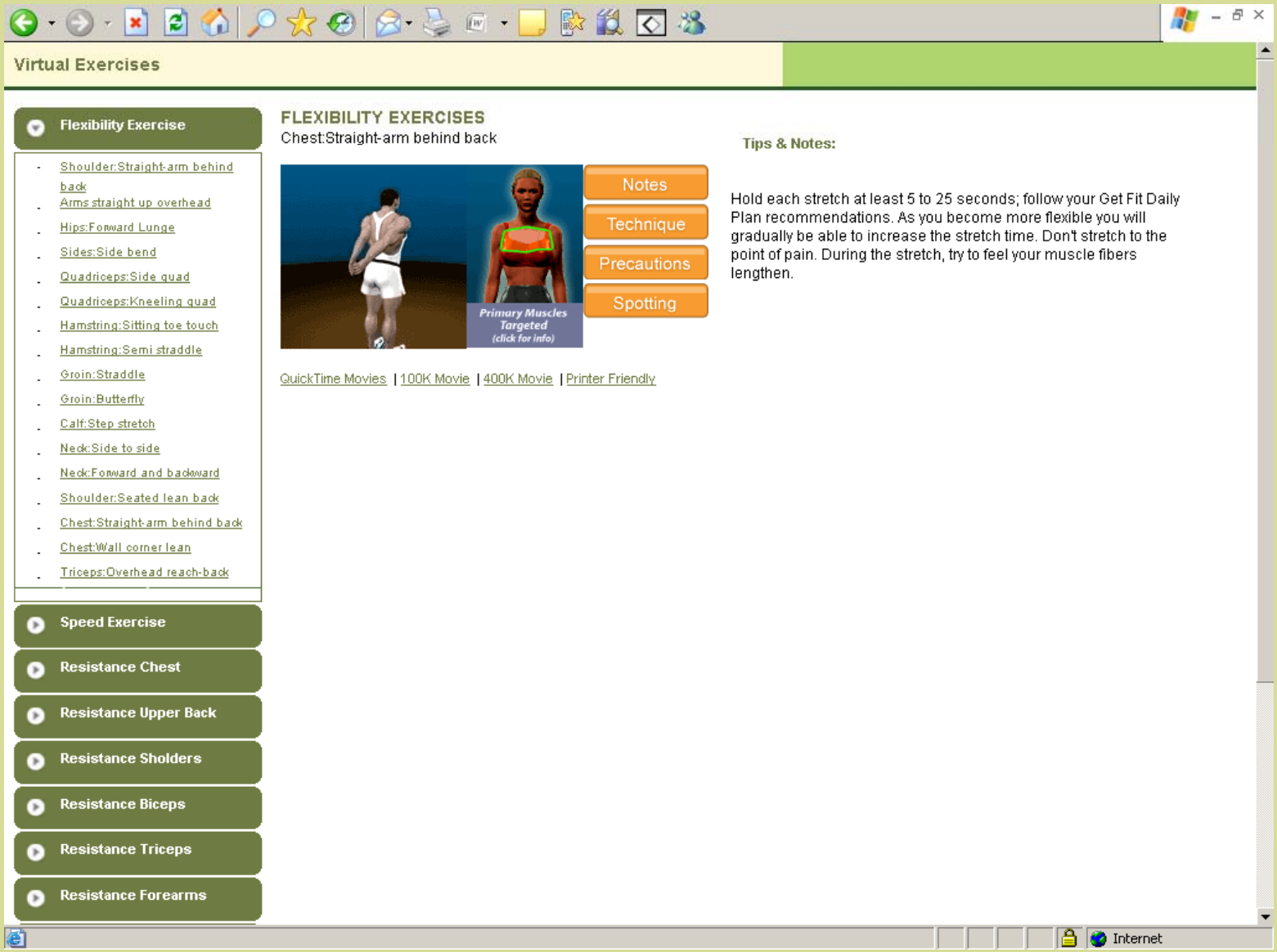
Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:20 AM

Virtual Trainer

- How to properly execute exercise
- Cardio, strength and flexibility exercises
- Motivation, support and encouragement

Virtual Trainer



Submit Activity

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1 Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 45 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Return To Plan | Wednesday, April 09, 2008 | Submit Week

Thursday Friday Saturday Sunday Monday Tuesday Wednesday

Submit Day | Reset

Cardiovascular

Activity	Time	Target Heart Zone	Speed
☑ Elliptical Trainer	20 / 20 min	123 - 136	Slow to Medium

Flexibility

Activity	Repetitions	Hold Time
☑ Chest:Straight-arm behind back	3 / 3	5 / 5
☑ Groin:Straddle	3 / 3	5 / 5
☑ Hamstring:Semi straddle	3 / 3	5 / 5
☑ Shoulder:Seated lean back	3 / 3	5 / 5

Recreational Activities

Return To Plan | Submit Day

My Tools

- Modify Plan
- Add Optional Activities
- View Weekly Plan
- View Virtual Exercises
- Create New Plan

My Workout Calendar

April 2008

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

☐ Indicates Today
☐ Indicates Selected Date

Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:24 AM

Customized Plans

Eat FIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows members to create their own
- Presents daily menus and shopping lists

Building Your Nutrition Plan

Welcome hfrd2*

Logout FAQs Help Home

My HealthCenter

IMPORTANT UPDATE: Scheduled site maintenance May 15-18. Click here for more information.

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

56 Online
0 Messages
950 Points

Let's Get Started!

According to your personal profile, the nutrition program you have chosen is not optimal for your health. To avoid potential risks, please select another.

For more information and to find out how to become eligible please click here.

Great work!

Begin building your personalized nutrition plan by first answering the following questions. This information will help us design the program that is right for you!

I would rate my daily activity level as:

- Sedentary – Little or no exercise, desk job.
- Lightly Active - Light exercise or sports 1-3 days a week.
- Moderately Active - Moderate exercise or sports 3-5 days a week.
- Very Active - Hard exercise or sports 6-7 days a week.
- Hard daily exercise or sports with a physical job or training twice a day (i.e. marathon, contest, etc.)

Return | Submit

BlueCross BlueShield of North Dakota

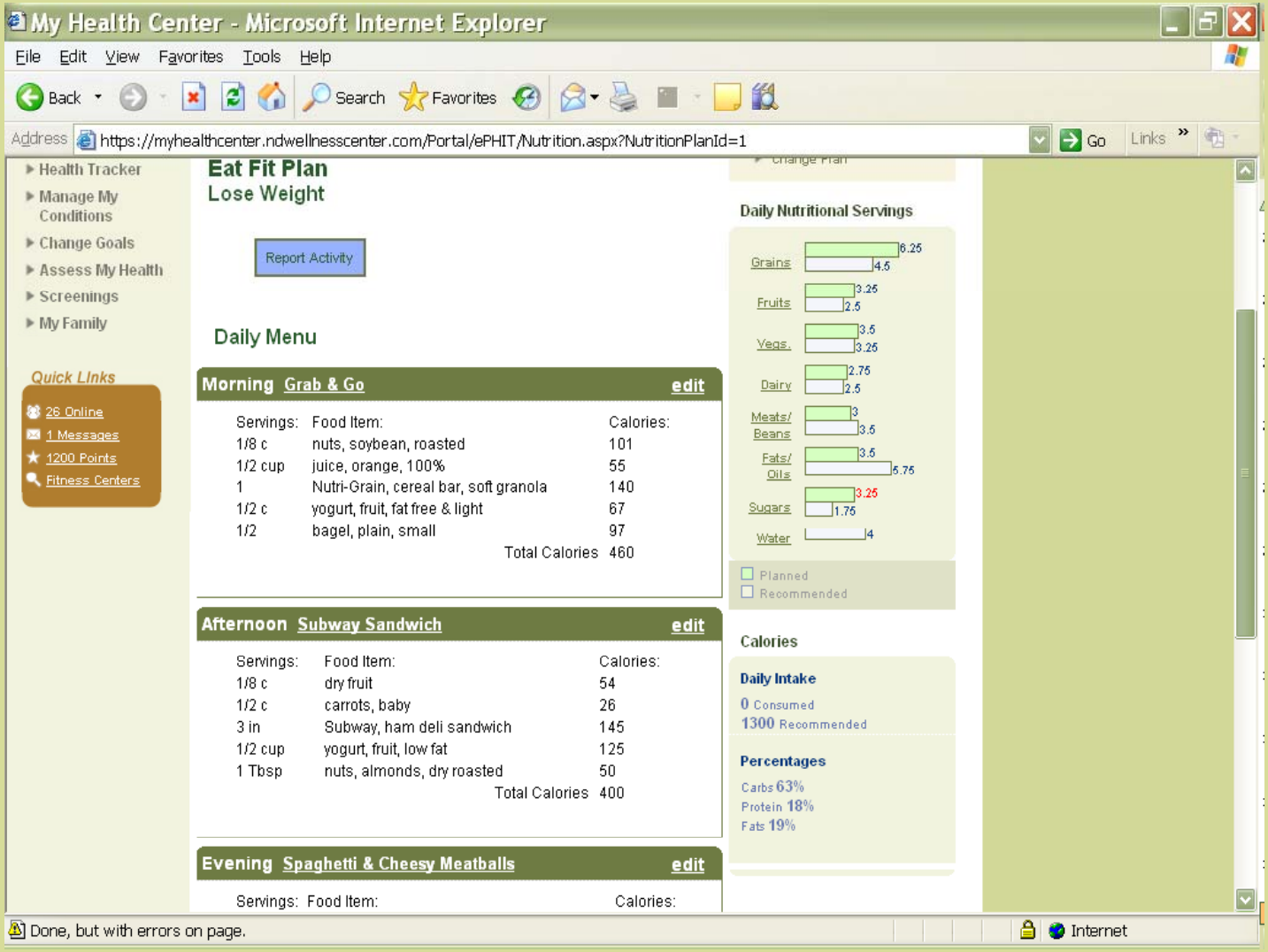
Privacy & Terms of Use © 2006-2007 Healthways, Inc.

Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. For additional wellness program information, please visit www.ndwellnesscenter.com.

If you need assistance, please contact 1-866-300-6949.

Done | Internet

Eat Fit Plan


My Health Center - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites
Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1
Go Links
Health Tracker
Manage My Conditions
Change Goals
Assess My Health
Screenings
My Family
Quick Links
26 Online
1 Messages
1200 Points
Fitness Centers
Eat Fit Plan
Lose Weight
Report Activity
Daily Menu
Morning Grab & Go edit
Servings: Food Item: Calories:
1/8 c nuts, soybean, roasted 101
1/2 cup juice, orange, 100% 55
1 Nutri-Grain, cereal bar, soft granola 140
1/2 c yogurt, fruit, fat free & light 67
1/2 bagel, plain, small 97
Total Calories 460
Afternoon Subway Sandwich edit
Servings: Food Item: Calories:
1/8 c dry fruit 54
1/2 c carrots, baby 26
3 in Subway, ham deli sandwich 145
1/2 cup yogurt, fruit, low fat 125
1 Tbsp nuts, almonds, dry roasted 50
Total Calories 400
Evening Spaghetti & Cheesy Meatballs edit
Servings: Food Item: Calories:
Daily Nutritional Servings
Grains 6.25 4.5
Fruits 3.25 2.5
Veqs. 3.5 3.25
Dairy 2.75 2.5
Meats/ Beans 3 3.5
Fats/ Oils 3.5 5.75
Sugars 3.25 1.75
Water 4
Planned
Recommended
Calories
Daily Intake
0 Consumed
1300 Recommended
Percentages
Carbs 63%
Protein 18%
Fats 19%
Done, but with errors on page.
Internet

Create Favorites

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1 Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 43 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Create Favorites Return

Favorite Foods Add New Favorite Food Morning

Food Item	Calories	
egg roll	66	Edit Delete

Favorite Meals Add New Favorite Meal Morning

Meal Title	Calories	
Weekday Break	250	Edit Delete

Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:26 AM

Create a Shopping List

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

43 Online
0 Messages
3925 Points

Let's Get Started!

Shopping List

Calendar
Which day(s) do you want a shopping list built for?

Select Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3 ☐	4 ☐	5 ☐
6 ☐	7 ☐	8 ☐	9 ☑	10 ☑	11 ☑	12 ☑
13 ☑	14 ☑	15 ☑	16	17	18	19

Return Continue

Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:27 AM

Create a Shopping List

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1 Go Links

- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

43 Online
0 Messages
3925 Points

Groceries

My shopping list for:

Today 4/9/2008 - Thursday 4/10/2008 - Friday 4/11/2008 - Saturday 4/12/2008 - Sunday 4/13/2008 - Monday 4/14/2008 - Tuesday 4/15/2008

Return Print

Seafood

halibut
shrimp

Beverages

cola, diet
juice, orange, 100%
juice, orange-peach-mango, 100%, Dole®
milk, soy, non fat
V8, 100%, low sodium

Eggs & Dairy

cheese, cheddar
cheese, cheddar, shredded
cheese, chedder, low fat
cheese, cottage, 2%
cheese, mozzarella, part skim
Dannon, yogurt
Dannon, yogurt

Done Internet

start Inbox - Microso... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent... 11:28 AM

Customized Plans

Live FIT: Self-improvement plan

- Instills a positive sense of life balance
- Helps effectively deal with life’s challenges
- Provides stress and anxiety management

Live Fit Assessment

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Stress.aspx Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 44 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Live Fit Assessment:

Start building your personal, 6-week Live Fit plan by choosing the area of your life that you feel most compelled to work on. If you would like help in determining which plan is right for you, take the Live Fit Assessment, a brief questionnaire that analyzes your strengths and weaknesses in relation to Self, Community, Values and Others.

How well are you treating your SELF?	Never	A Little	Some	A Lot	Very Much
1. Are you an **optimistic person**?					
2. Do you **pursue interests outside of work**?					
3. Have you had **success in managing your money**?					
4. How often **do you experience joy** in your life?					
5. Can you **relax away your bodily tensions**?					

How are your connections with your Community?	Never	A Little	Some	A Lot	Very Much
1. Are you **a good neighbor**?					

Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:31 AM

Build a Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Stress.aspx

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

44 Online
0 Messages
3925 Points

Let's Get Started!

Live Fit: Build a Plan

You have completed the Live Fit Assessment. Your scores can be found by expanding the various plan categories below

Choose a Plan

- Self
- Community
- Values
- Others

BlueCross BlueShield of North Dakota

Privacy & Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. For additional wellness program information, please visit www.ndwellnesscenter.com

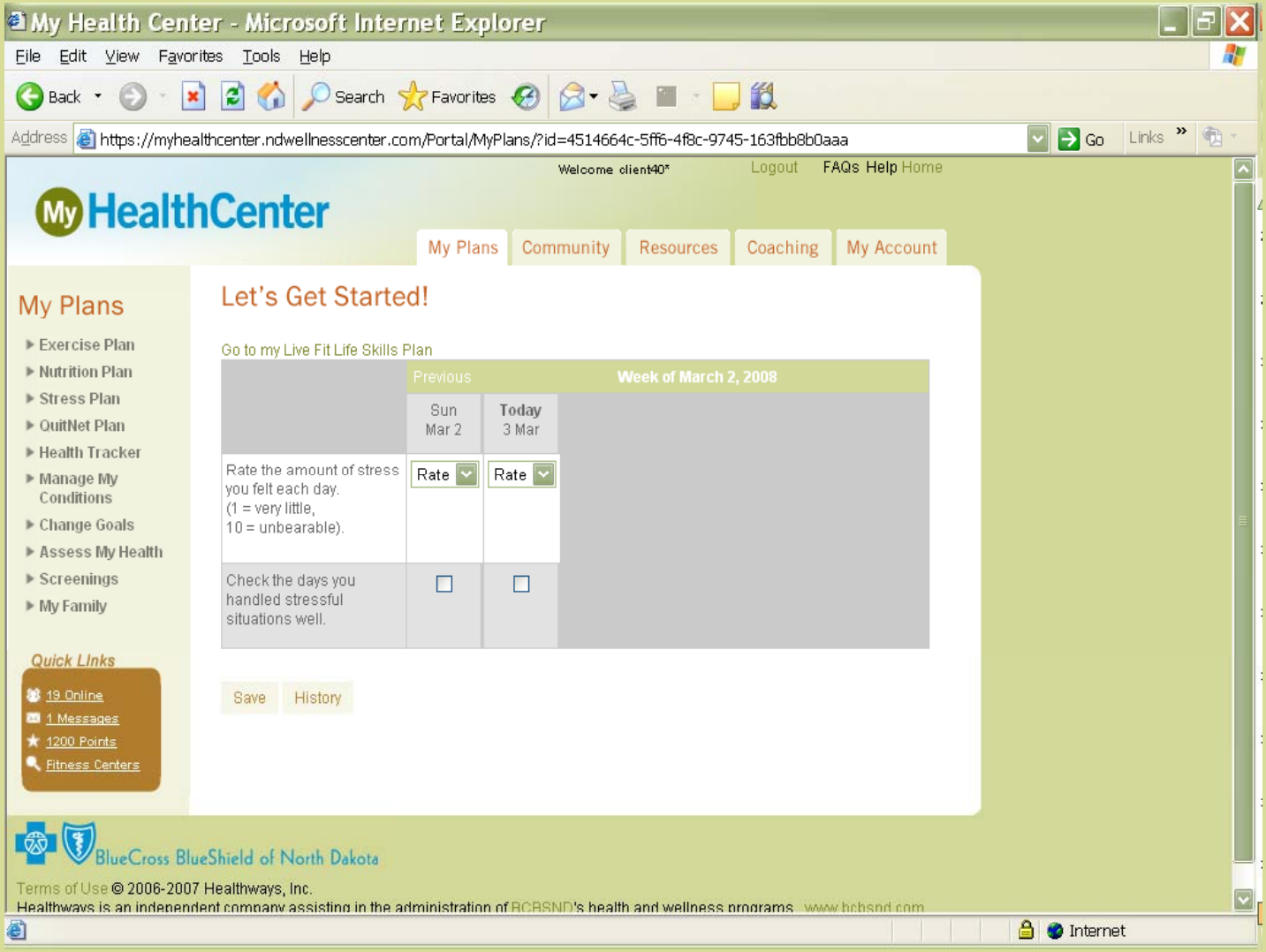
Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:33 AM

Choose a Plan

Self	Community	Values	Others
Optimism	Service	Open Minded	Listening
Financial	Nature	Faith	Best Friends
Relaxation	The Arts	Forgiveness	Honesty
New Interests	Proud Citizen	Generosity	Networking
Joy	Good Neighbor	Exploring Ideas	Family

Stress Plan


My Health Center - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites
Address https://myhealthcenter.ndwellnesscenter.com/Portal/MyPlans/?id=4514664c-5ff6-4f8c-9745-163fbb8b0aaa
Go Links
Welcome client40* Logout FAQs Help Home
My HealthCenter
My Plans Community Resources Coaching My Account
My Plans
Exercise Plan
Nutrition Plan
Stress Plan
QuitNet Plan
Health Tracker
Manage My Conditions
Change Goals
Assess My Health
Screenings
My Family
Quick Links
19 Online
1 Messages
1200 Points
Fitness Centers
Let's Get Started!
Go to my Live Fit Life Skills Plan
Previous
Week of March 2, 2008
Sun Mar 2
Today 3 Mar
Rate the amount of stress you felt each day. (1 = very little, 10 = unbearable).
Rate
Rate
Check the days you handled stressful situations well.
Save
History
BlueCross BlueShield of North Dakota
Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com
Internet

QuitNet

- Tobacco cessation Internet support program
- Evidence-based treatment methods
- 24/7 support from others trying to quit
- Access to cessation counselors

QuitNet Registration

- Visit www.NDWellnessCenter.com
- Log on to MyHealthCenter
- Click on QuitNet

QuitNet

Welcome ammizell ! - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address https://secure.quitnet.com/qn_welcome.jtml?Login=1&890750

QUITNET®

DON'T QUIT ALONE

Welcome back, ammizell!

MY QUIT | COMMUNITY | RESOURCES | EXPERT SUPPORT | QUIT MED SUPPORT | SHOP | Q Mail | Buddies

MY QUIT

- Quit Date Wizard
- Profile
- Calendar
- Journal
- Certificates
- Order Manager

STATS

Who's online right now?

999 People
278 Members
7700 Anniversaries today

Help
Site Map
Privacy Policy
Acceptable Use Policy
About QuitNet
Logout

My Quit

My Stats:

No **Quit Date** set. Use the Quit Date Wizard to set one!

Email me daily stats

Visits to QuitNet: 25

Forum Messages Posted: 0

Q-Features you haven't used yet:

Quit Date Wizard
My Profile
Buddies
Forums
Q-Clubs
Chat
Q-Mail
My Quitting Guide
Why do you smoke?
How addicted are you?

Email Support

Upgrade Membership Now!

- Expert Counselors
- Journal, FAQs, Q-mail upgrade...

& more!

TESTIMONIALS I did it

hulk43204 says:

"Just one won't hurt"- don't believe it! Just one is enough to send you plummeting back to the bottom of the mountain that you have worked so hard to climb.

read more

MY QUITTING GUIDE

- Health Risks of Smoking
- The Big Three Health Benefits Of Quitting
- Reasons For Quitting
- Stress, Weight Gain

Internet

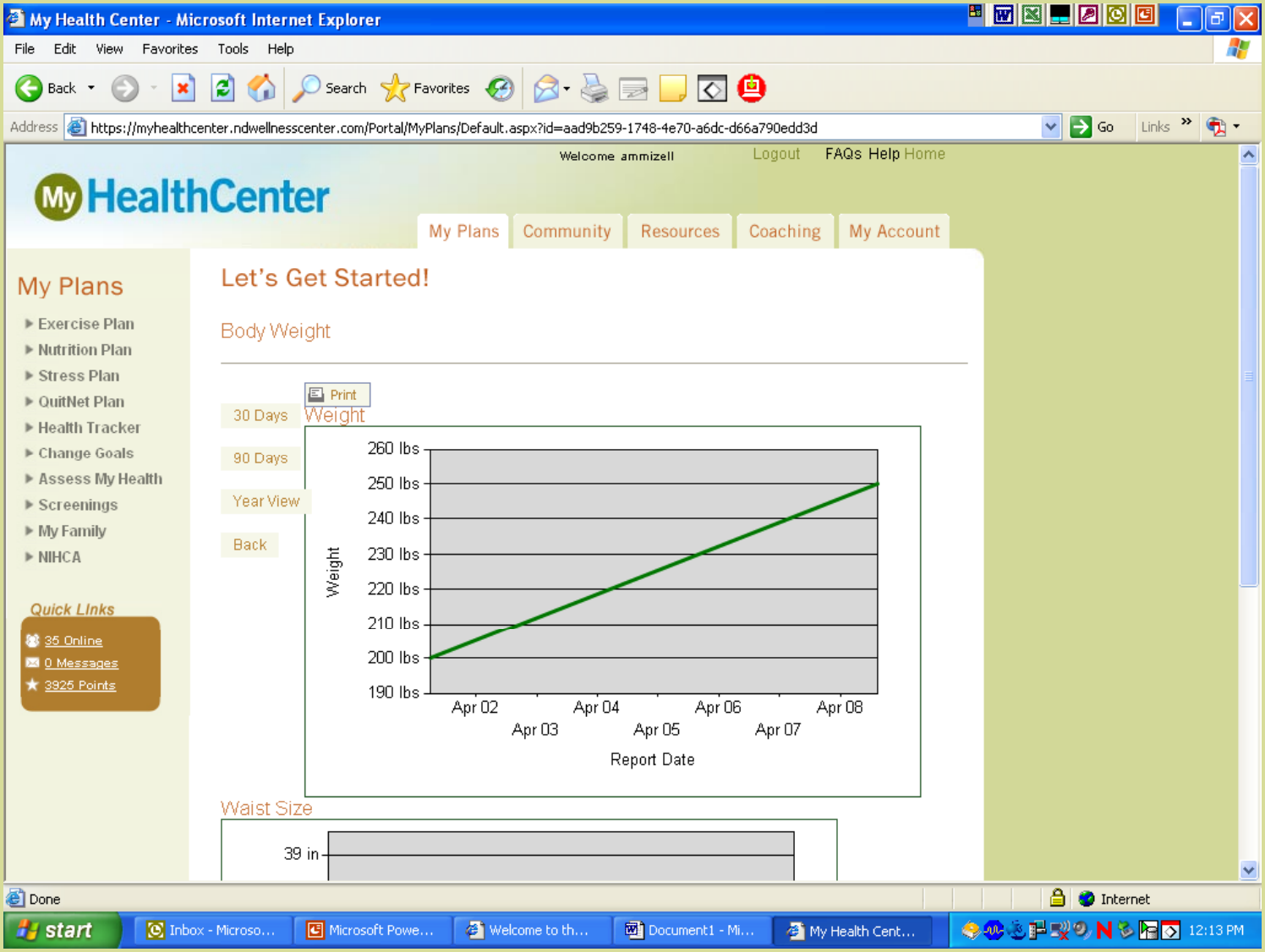
start | Inbox - Mi... | Microsoft ... | Welcome t... | Document... | My Health ... | Welcome a... | 12:11 PM

Tools And Resources

e-Tracker

- Track your goals and objectives daily, weekly and monthly
- Track weight, body fat and BMI
- Personal progress in graph format

Health Tracker



Choose/Change Goals

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

33 Online
0 Messages
3925 Points

Choose Your Goals

We recommend starting out with 2 to 4 practical goals, but you're free to change them at anytime.

Goals Supporting Your HIGH RISKS

- [x] Lose Weight

Optional Goals

- [x] Stop Smoking
- [x] Eat Better
- [ ] Manage a Health Condition
- [ ] Prevent Heart Disease
- [ ] Lower My Blood Pressure
- [ ] Lower My Cholesterol
- [x] Exercise More
- [x] Lower My Stress

CONTINUE

Helpful Tips

Your Risk Factors

Nutrition Habits
Risk Level: High
Body Weight
Risk Level: High
Exercise Habits
Risk Level: Medium

BlueCross BlueShield of North Dakota

Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 12:14 PM

Screenings

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Screenings/ Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Manage My Conditions
- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 19 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Preventive Screenings

There is plenty research and evidence to prove that people who participate in preventative health care have overall better general health and tend to live longer and happier lives.
The easiest way to get started with preventative care is to make an appointment with your primary care physician for a complete physical. Timing of preventive care visits varies depending on your age, gender, and overall health.
Below is a simple preventive care checklist for you that can be the starting point for preventive care in your life:

Screening	Frequency Notes
Breast Self Exam	Monthly
Cervical Cancer Pap Smear	Every 3 years after three normal screens
Eye Exam	Every 2-4 years
Flu	Annual
Hepatitis A	Series of 2 doses spread by at least 6 months one time
Hepatitis B	Series of 3 doses spread by at least 2 months each one time
High Blood Pressure	Annual
Tetanus	1 booster every 10 years

Helpful Tips

Sleep Tight, Every Night

If you are having difficulty sleeping, it's important to adjust your habits before bedtime and associate your bed and bedroom with sleeping only. Refrain from reading, studying or watching TV in bed. Teach yourself that bed equals sleep. To help you relax before bedtime, try some breathing exercises or meditation. Avoid consuming too much food, especially spicy and fatty foods, one to three hours before laying down as this can reduce the quality and length of your sleep. Lastly, eliminate caffeinated beverages later in the day and reduce alcohol intake to make for a restful evening!

Done Internet

Customized Plans

Family FIT: Engage the whole family

- Teaches proper nutrition and physical activity through kid-friendly tools and trackers
- Promotes health practices through games, quizzes and activities
- Offers rewards and prizes for living a healthy lifestyle

My Family

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/MyFamily.aspx Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Manage My Conditions
- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 18 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Let's Get Started!

Activity | Nutrition | World | Reward | Fun Zone | Manage

Welcome to Family Fit

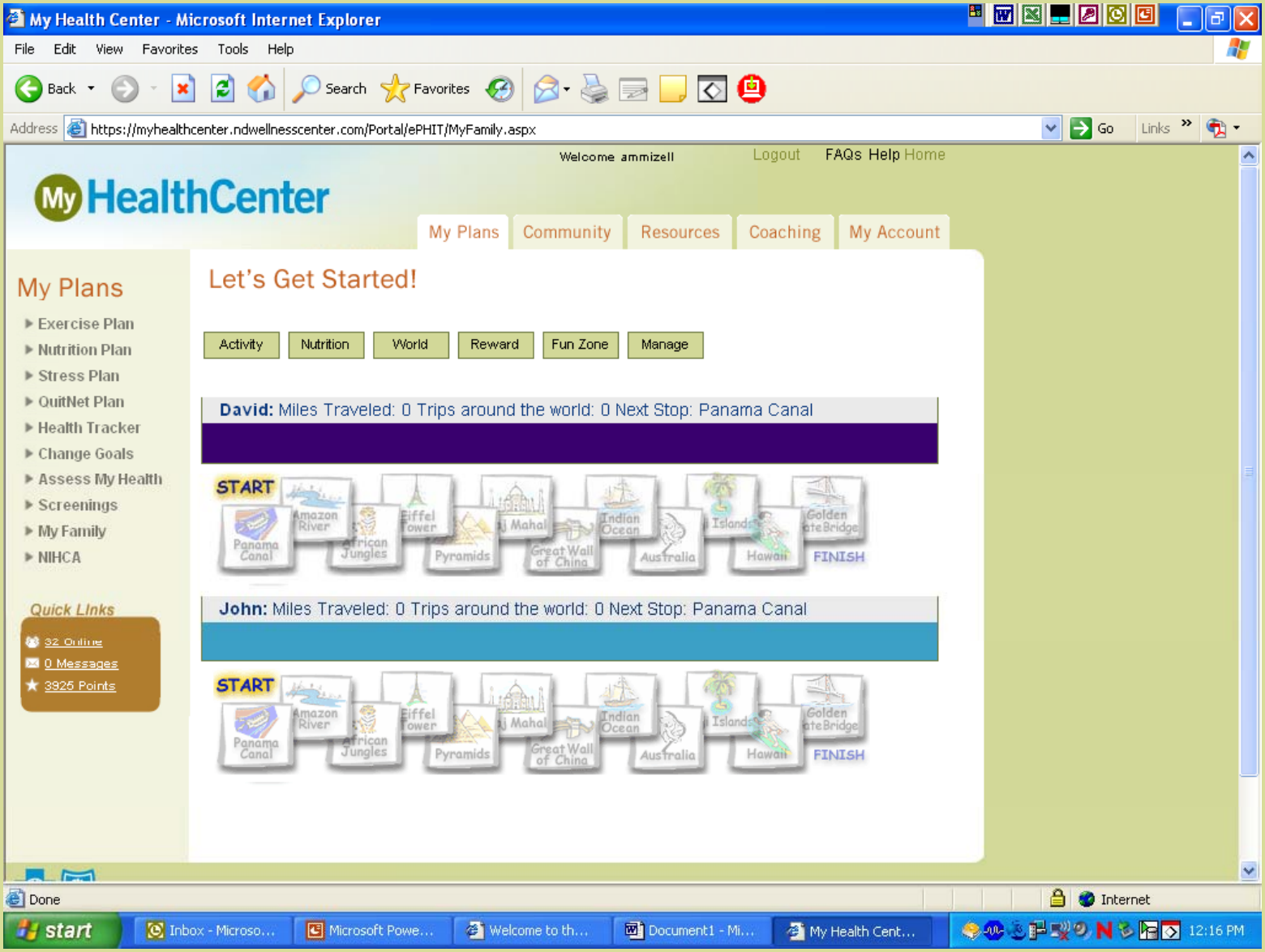
Kids today are faced with difficult challenges, particularly regarding fitness and nutrition. Our Family Fit programs will help you educate and motivate your kids to be more active and learn healthier eating habits. We understand that your children are the most important lives you will ever affect and Family Fit can help.

Parents will enjoy using the Activity Calendars and Nutrition Navigator to help kids (ages 12 and under) develop strong habits of active living, good nutrition and behaviors that build lasting character.

Add Kid

Done Internet

Kids Earn Miles



Kids Redemption Prizes

- 1 Stamp
  - Water bottle
  - Mini am/fm radio
  - Catch – ball game
- 2 Stamps
  - Tae Bo Kicks
  - Foam Putty
- 3 Stamps
  - Toys R Us – $20 Gift card
  - Basketball
  - Cranium Conga Game
  - Personal CD player

Tools And Resources

My Community

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Community/ Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Community

- Forums
- Settings
- How to Use

My Plans

Go to...

Quick Links

- 17 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Community

Browse support forums

Thousands of support messages are posted every day. To learn more about the person behind the posting, just click on their screen name.

How to use

Learn how to use the community forums to share ideas and learn from the success of others.

Change your account settings

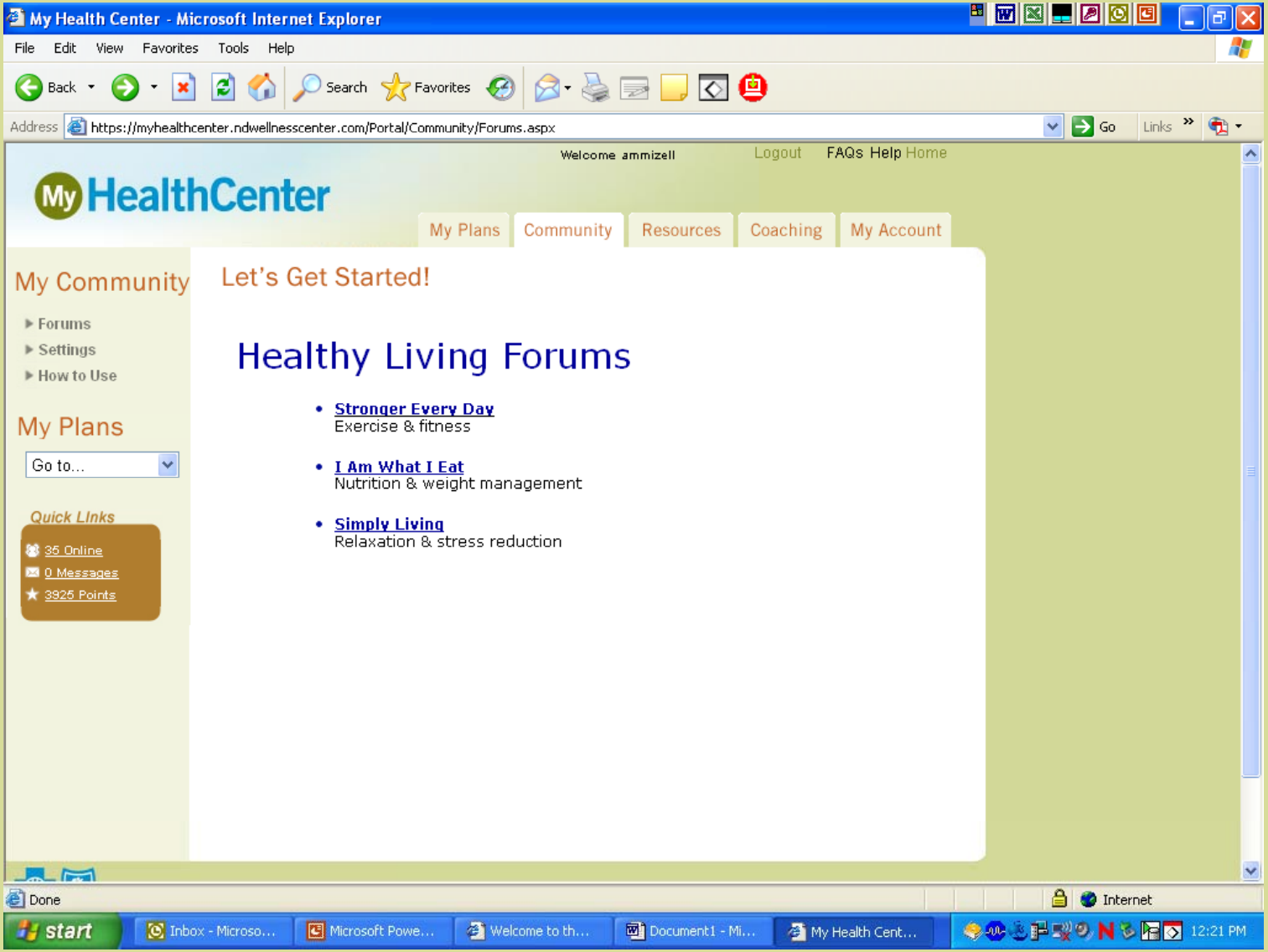
Manage your privacy settings.

Helpful Tips

Member surveys show that members who visit this site and participate in community forums are more likely to take control of their health and achieve their goals.
So, have fun and enjoy the camaraderie of associating with people who share similar goals.

Done Internet

Forums


My Health Center - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites
Address https://myhealthcenter.ndwellnesscenter.com/Portal/Community/Forums.aspx
Go Links
Welcome ammizell
Logout FAQs Help Home
My HealthCenter
My Plans Community Resources Coaching My Account
My Community
Forums
Settings
How to Use
My Plans
Go to...
Quick Links
35 Online
0 Messages
3925 Points
Let's Get Started!
Healthy Living Forums
Stronger Every Day
Exercise & fitness
I Am What I Eat
Nutrition & weight management
Simply Living
Relaxation & stress reduction
Done
Internet
start
Inbox - Microso...
Microsoft Powe...
Welcome to th...
Document1 - Mi...
My Health Cent...
12:21 PM

Tools And Resources

The Clubhouse: Online health and wellness resource

- More than 1,000 recipes
- Health and wellness articles
- Read success stories and submit your own

My Resources

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Resources/ Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Resources

- Articles
- Recipes
- Fitness Centers
- Alternative Health Recipes
- Alternative Health Library
- Alt. Health Perspectives
- Expert Alt. Opinions
- Healing Center
- Provider Lookup

My Plans

Go to...

Quick Links

- 19 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Resources

Find a fitness center near you
No matter your age or interest, we can help you find one!

Explore articles
Get answers to thousands of health-related questions that you can put to use in your daily life.

Eat healthy tonight
Browse our tasty collection of healthy recipes.

Find a provider
Find a qualified provider of alternative health-related services.

Helpful Tips

The resource center contains more than 1,000 healthy recipes and thousands of articles that can help you learn about more than 100 health conditions.
Each recipe, article and health tip has been personally approved by our coaches, nutritionists and medical experts.

Done Internet

Online Personal Coaching

- 24-hour e-mail access to trainers, dieticians and psychologists
- e-mail response within 24 hours
- Motivation, support and encouragement

My Coaching

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/Coaching/ Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Coaching

- Ask A Question
- Q&A
- About Coaches

My Plans

Go to...

Quick Links

- 19 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Coaching

Personal coaching online

Just ask your question then read your coach's response anytime, at your convenience.

Our experts are real experts

Learn the qualifications of our many great health coaches.

Q & A

Browse our collection of frequently asked questions.

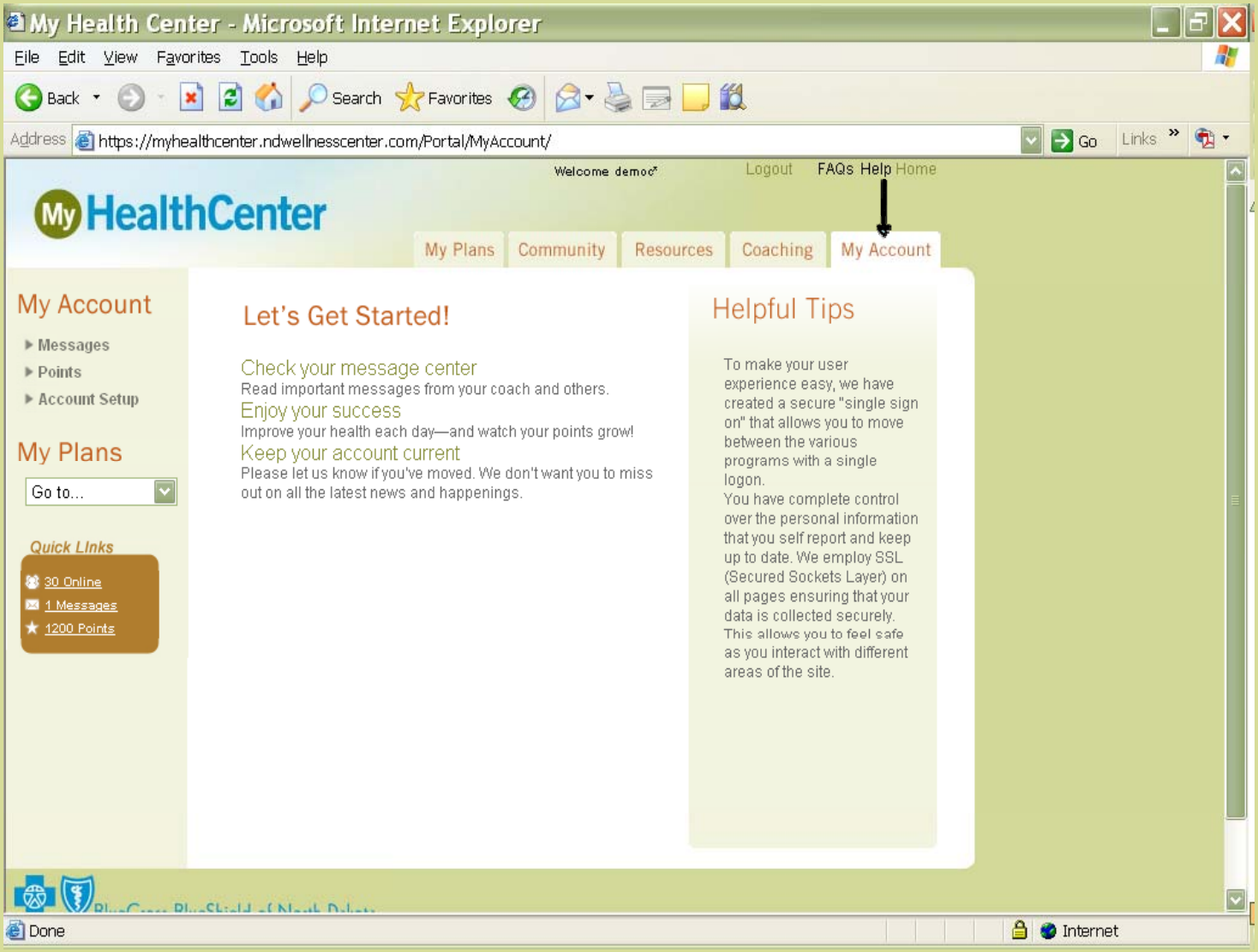
Helpful Tips

Your questions will be automatically directed to the coaching team member who specializes in your needs. Be sure to provide feedback on the quality of each answer so that our coaches will know if they are meeting your needs successfully.

BlueCross BlueShield of North Dakota

Done Internet

My Account Screen



Keep Your Account Current

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/MyAccount/EditProfile.aspx Go Links

Welcome democ Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Account

- Messages
- Points
- Account Setup

My Plans

Go to...

Quick Links

29 Online
1 Messages
1200 Points

Profile | E-mail | Address | Phone | Password | Community

This is your system information and cannot be changed by you. Please contact Customer Service if you require any changes.

Profile

First Name:	Carl
Last Name:	Demo
Username:	democ
Gender:	Female
Date of Birth:	1/1/1970

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Done Internet

Check Your Messages

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/MyAccount/MessageCenter.aspx Go Links

Welcome democ Logout FAQs Help Home

My HealthCenter

My Plans | Community | Resources | Coaching | My Account

My Account

- Messages
- Points
- Account Setup

My Plans

Go to...

Quick Links

- 30 Online
- 1 Messages
- 1200 Points

Let's Get Started!

Delete	Read	Date	From	Subject
☐		2/25/2008	My Health Center	You have been awarded 1200 points.

Delete Checked Items

Ask Customer Service A Question

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Done Internet

Enjoy Your Success

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites

Address https://myhealthcenter.ndwellnesscenter.com/Portal/MyAccount/Rewards.aspx Go Links

My Plans | Community | Resources | Coaching | My Account

My Account

- Messages
- Points
- Account Setup

My Plans

Go to...

Quick Links

- 30 Online
- 1 Messages
- 1200 Points

My Points

Activity Summary

How Do I Earn Points?

+	Points earned this week	1200
+	Lifetime points earned	1200

Click Points Icon to show point detail

*NIHCA benefits will appear 90 days after approval.

Qualify to win

Now you can become eligible for great prizes each quarter just for participating! Check back each quarter to find out what great prizes are available and how to become eligible to win.

First Quarter Contest (February 2 – April 30, 2008) 1 Winner

Eligibility Criteria: Participate and earn 1,000 points (during the contest period) to be automatically entered to win. Examples of 1,000+ point activities:

- "Program" Enrolment
- Complete Health Assessment
- Set up a fitness, nutrition and stress management plan (all 3)

- 4 Grand Prize Winners will receive the **Sony Cyber-Shot Digital Camera**.
- The slim little camera with the big widescreen. 8.1 megapixel, 3.0" touchscreen, 3X Optical Zoom, up to 15X Smart Zoom®, Face Detection, Smile Shutter Mode, SteadyShot® Image Stabilization.

Done Internet

Point Redemption

When to redeem your points?

Anytime during Calendar Year

*minimum of 3500 required

Adult Redemption Prizes

- Gift Cards
  - Target, Walmart, Scheels, Old Navy, Borders, Barnes & Noble, Blockbuster, Best Buy, Sports Authority, Amoco, Lowes, REI, Amazon.com. $10 - $250
- Duffel Bags
- Resistance Bands
- Food Dehydration Kits
- Yoga Mats/Blocks
- Heart Rate Monitors
- Weights
- Golf Bags

Questions??

Wellness Coordinators

- Follow NDPers Employer Based Wellness Program as defined by Rebecca Fricke.
- Request a web-ex training (if needed) with a BCBSND Member Education Consultant.
- Follow the training guidelines as outlined so your whole team can benefit from the wellness programs.

NDPERS Wellness Coordinator Training Manual

Dear Wellness Coordinator,

Congratulations! You have chosen to take on the task of being a wellness ambassador for your fellow employees.

The following manual contains all the tools and instructions necessary to help promote the Health Club Credit and MyHealthCenter programs. We want to make this a successful wellness journey for you and your co-workers. Please print this manual and use it as a tool to guide you.

Good luck and THANK YOU for choosing to be healthy and bringing others along with you!

Yours in Good Health,

NDPERS & BCBSND

Index

I. **Contact Information**

II. **Enrollment Process**
- ***Health Club Credit***
- ***MyHealthCenter***

III. **Voucher Process & Voucher pdf**
(extra points for NDPERS Wellness Programs participation)

IV. **Redeeming Points**

V. **Promotional Materials**
- ***Member Welcome Packet***
- ***Posters***

Secured Email

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

From: Mizell, Anne [secureMailer.d-421476-57QlopAP@healthways.com] on behalf of Mizell, Anne [Anne.Mizell@healthways.com] Sent: Thu 4/30/20

To:

Cc:

Subject: Sample secure email

Secure Message Delivery

Secure Mailbox - Complete Account Information - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address https://securemail.noridian.com/messenger/noridian/tw_purl/ProcessUserPurl.do?x=d-109902-gLYEMgna

Secure Mailbox ? HELP

COMPLETE ACCOUNT INFORMATION

To ensure security, the sender of this message requires all recipients to have a validated Messenger account.
Please complete this one-time account setup to receive your message.

First Name:

Last Name:

* New Password:

* Re-Enter New Password:

Password Hint Phrase:

Password requires a minimum of 8 character(s) with at least 1 digit(s) and at least 1 alphabetical character(s).

Continue

Copyright 1997-2006 Tumbleweed Communications Corp. All Rights Reserved

s) and may contain confidential and privileged information. Any unauthorized review, use, disc
ing to this e-mail and destroy/delete all copies of this e-mail message.

Vouchers

Event Code & Point Value
(to be completed by Wellness Coordinator)

☐ Program 1 (250 points) ☒ Program 2 (500 points) ☐ Program 4 (1000 points)

Event date: M M - D D - C C Y Y

Print Coordinator Name: JANE DOE

Agency Name: ND AGENCY NAME Group Number: 1 2

- Coordinator Name
- Agency Name
- Agency Number with roll

BE Well

NDPERS Wellness Program Voucher

Last Name: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

First Name: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Birth date: ☐☐-☐☐-☐☐☐☐
M M D D C C Y Y

Benefit Plan Number (found on BCBSND ID Card) Y Q A ☐☐☐☐☐☐☐☐☐☐

Failure to complete form with information as it appears on your card may result in forfeited points.
Please note: points will be credited to your account on the MyHealthCenter site.

Event Code & Point Value

(to be completed by Wellness Coordinator)

☐ Program 1 (250 points) ☐ Program 2 (500 points) ☐ Program 4 (1000 points)

Event date: ☐☐-☐☐-☐☐☐☐
M M D D C C Y Y

Print Coordinator Name:

Agency Name: _____ Group Number: ☐☐☐☐☐☐☐

Member packets

Getting started
Follow these steps to start using the MyHealthCenter and Health Club Credit programs. You'll be on your way to earning points and credits.

1. Go to NDWellnessCenter.com. Please note: If you are a new BCBSND member, you may not be able to log in until 10
2. Click on the "Not a M
3. Enter first name, last
4. Create your user ID an log-in information.
5. Read and accept the Assessment on NDWel each January.

IMPORTANT: You must r the Health Assessment t **NDWellnessCenter.com.** Y

We have also enclosed a " from your physician or dur before you complete your health plan for benefits.

For more information on

To take part in the Healt

1. Check with facility sta
2. Present this letter and complete the enrollme
3. After the participating earn the credit.
4. The health club will re the enclosed Health C program to your healt

Remember, members are are eligible for one credit club fee.

If your BCBSND coverag Member Services becaus Club Credit programs. To the back of your health pl

We encourage you to tak eligible member to take

Wishing you the best of h

BCBSND Health and Wel

QuitNet is provided by Healthways, independent companies assisting i

BlueCross BlueShield of North Dakota

An independent licensee of the Blue Cross & Blue Shield Association

4510 13th Avenue South
Fargo, North Dakota 58121

Dear Member:

We are pleased to announce you are eligible for two new wellness programs from Blue Cross Blue Shield of North Dakota (BCBSND). These two wellness programs provide you the opportunity to earn up to $250 in incentives. These programs can help with your wellness pursuits. The following details will help you get started.

Stay healthy with MyHealthCenter
MyHealthCenter, an online health tool, can help you reach your personal health goals, whether you want to lose weight, quit smoking, run a marathon or simply eat healthier.

Throughout your interaction on the MyHealthCenter web site, you will receive points redeemable for a variety of prizes. These points accrue as you take action steps and are redeemable by December 31 each year. Points may not be redeemable if your eligibility status changes.

As a registered member of MyHealthCenter, you'll receive a customized wellness plan. Based on your personal health profile, you'll receive recommendations on when to exercise, what to eat, how to overcome some of life's challenges such as tobacco use or stress, and even how to improve a current health condition. We hope these recommendations will improve your overall health and ultimately help you make more informed decisions.

Your participation in MyHealthCenter is completely voluntary, confidential and free. We hope you'll take advantage of its many features and make a commitment to a healthier you. Here's a sample of the program's exciting features.

- Health Assessment. Brief questionnaire taken annually helps define your current health status and identify your risk factors
- Get Fit. Customized exercise plan
- Eat Fit. Interactive meal-planning tools
- Live Fit. Life skills to help relieve stress and anxiety
- Family Fit. Interactive plans to engage kids in healthful behaviors
- QuitNet®. Online smoking cessation program
- Rewards. Earn valuable incentives and prizes for wellness program participation

Please contact a MyHealthCenter Customer Support Representative at 866-300-6949 for further questions. For a tour of MyHealthCenter web site, please go to www.ndwellnesscenter.com and look under the MyHealthCenter tab.

Up to a $20 Monthly Health Club Credit
BCBSND is also pleased to offer the Health Club Credit program. We have partnered with the National Independent Health Club Association (NIHCA), a non-profit organization that represents independently owned health centers across the nation, to administer this program. The Minnesota Independent Health Club Association (MIHCA) is part of NIHCA.

You can earn up to a $20 health club credit per month when you exercise at an NIHCA-affiliated health club 12 or more days out of the month.

29312182 POD — Noridian Mutual Insurance Company — (3034) 1-10

Health Club Credit Schedule and FAQ

Qualifying employees can sign up for the fitness discount at any time.
Credits follow the schedule below:

Monthly requirement met (12 visits per month*)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Eligibility verified and submitted	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Credit posted to member's fitness center account	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb

***Note:** If there are any changes to your eligibility, please let your health club staff know. Also, contact BCBSND because it may affect your credit eligibility.*

If you cancel your health club membership or become ineligible, or if the health club discontinues participation in the program, you will forfeit any unapplied credits.

1. **How and when will I be credited?**
   Please note the two-month lag between the month you complete your workouts and the month you see your credit. For example, if you work out 12 days in February, your participation will be validated in March and your account will be credited in April. If you miss a month, your future credits will follow this same schedule.
2. **What if my club's monthly fees are less than $20 per month?**
   If your monthly membership is less than $20, your credit will reflect the amount you pay per month. For example, if your monthly membership fee is $15 each month, you will be credited $15 each month you work out 12 days.
3. **Why does the health club need my Blue Cross Blue Shield of North Dakota (BCBSND) ID number?**
   The health club needs a unique number to ensure that your workouts are credited to you, so you can be credited as part of this program.
4. **I have a family or a dual membership. How will the workout be counted?**
   Your workouts will be credited toward your unique number and your spouse's workouts will be credited toward their unique number. Individuals must work out 12 days per month to receive their credit (a maximum of two—subscriber and spouse ages 18 or older—can participate with a maximum credit of $40 per household).
5. **I belong to a health club with multiple locations. Can I work out at any location and still have it count toward my 12 days per month requirement?**
   Only workouts that take place in the location where you first enroll will count toward your monthly credit.
6. **What if I transfer my health club membership or become ineligible?**
   You need to be a current member of the health club and eligible through the employer's program when the credit is applied which is two months after the month you complete your workouts. So if you terminate your health club membership or become ineligible before the credit has been applied, you will give up that credit.
7. **Am I eligible for this program even if I am already a member of a participating health club?**
   Yes. Just complete an enrollment form at the health club so your health club can ensure that you receive your credit. Be sure to provide your health club with your member "Welcome Letter" that signals your eligibility for program participation.
8. **What date during the month is the best time to sign up?**
   It is best to sign up for the program as early in the month as possible so it is easier to accomplish 12 workouts. If you sign up late in the month, you will have fewer days to achieve 12 workouts for the month (a maximum of one workout per day is credited).
9. **If I miss one or two workouts one month, can I make them up the next month and still get reimbursed for the month I did not meet the requirement?**
   No, the program only provides credits for months where you work out 12 days during the month.
10. **How will I receive my reimbursement?**
    There are different options for this. Depending on your club's existing systems for payment, there are different possibilities. A monthly tracking report will be provided to BCBSND including all eligible club members, and in return, the credit funds will be distributed accordingly.
    - If your membership dues are deducted from your bank account, the health club can send the credit to your bank account.
    - If you pay your membership dues in advance for the entire year, your credits will accrue and be applied on next year's balance.

29311097 — (303219)-08

Member packets

BE Well

My HealthCenter

_____
User ID

_____
Password

BlueCross BlueShield of North Dakota

29311014 POD

G207139-09

BE Well

Know Your Numbers

When taking your Health Assessment, it's important to "Know Your Numbers." This information ensures your Health Assessment is accurate and reliable. If you do not know your numbers, you may still complete the Health Assessment; however, the integrity of the report will be compromised. You might also wish to check if screening services are covered under your current BCBSND coverage. You may be able to take advantage of these benefits during your next check-up.

Record your personal health information on the back of this card.

29311014 POD

G207139-09

My HealthCenter

1. Go to NDWellnessCenter.com.
2. Click on the "Not a Member" button.
3. Enter first name, last name, date of birth and BCBSND ID number.
4. Create your user ID and password. You may use this log-in card to record your personal log-in information.
5. Read and accept the *Authorization for Release of Information.*
6. Complete the Health Assessment on MyHealthCenter.

Call your personal wellness assistant at 866-300-6949 if you need any help along the way.

Log on Today! NDWellnessCenter.com

My HealthCenter

DATE _____

CHOLESTEROL
HDL (good) _____ LDL (bad) _____

BLOOD PRESSURE
Systolic _____ Diastolic _____
(top number) (bottom number)

BLOOD SUGAR
(Fasting) _____

HEIGHT _____ WEIGHT _____

Call your personal wellness assistant at 866-300-6949 if you need any help along the way.

Log on Today! NDWellnessCenter.com

Promotional Materials

BE Well

Meeting Date and Time:

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.

BlueCross BlueShield of North Dakota

An independent licensee of the Blue Cross & Blue Shield Association

29312219 northern value insurance company (207135-09

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.

BlueCross BlueShield of North Dakota

An independent licensee of the Blue Cross & Blue Shield Association

29312218 northern value insurance company (207135-09

Contact Information

Jessica Petrick, Member Education Consultant
701-255-5575 or 1-866-392-4835
jessica.petrick@bcbsnd.com

Milissa VanEps, Member Education Consultant
701-795-5360 or 1-866-894-8528
milissa.van.eps@bcbsnd.com

Onalee Sellheim, NDPers Benefits Consultant
701-282-1180 or 1-800-223-1704
onalee.sellheim@bcbsnd.com