

Dakota Wellness Program

We all need different solutions to be successful in our individual wellness pursuit. The Dakota Wellness Program for NDPERS members offers just that – a broad mix of tools and a variety of education to encourage and support you in your wellness journey.

To find out more about opportunities to support your health and well-being or to learn more about the services offered through the Dakota Wellness program contact us at:

(844) 742-0014 or NDPERSwellness@sanfordhealthplan.com

Your online wellness portal

As a Sanford Health Plan member, you have access to our online wellness portal. You can take a health assessment, try new health and well-being activities and get support on your wellness journey. Log on to your account at sanfordhealthplan.com/memberlogin. If you do not have an account, use your medical ID card and click Create an Account. Select Wellness Portal under the Dakota Wellness tab.

Member Messenger now available

You may have received a flyer in the mail recently about the newest Sanford Health Plan newsletter called Member Messenger. This newsletter is produced quarterly and contains information you need on health, wellness, medical and pharmacy coverage and answers to commonly asked questions.

View the December 2016 Member Messenger [here](#). You can always find the latest version in your secure *mySanfordHealthPlan* account. Log on at sanfordhealthplan.com/memberlogin. If you do not have an account, use your medical ID card and click Create an Account. The Member Messenger newsletter is found under the Education tab.