

# How to Continue Receiving Your Health Club Credit



**North Dakota  
Public Employees  
Retirement System**  
*Dakota Plan Health Benefits*

If you are currently signed up for the Health Club Credit offered through BCBSND at your fitness center or gym, there are a couple things you need to do in order to begin receiving this reimbursement by Sanford Health Plan.

## 1. **FILL OUT A SANFORD HEALTH PLAN REIMBURSEMENT FORM AT YOUR FITNESS CENTER.**

Your fitness center will have Sanford Health Plan fitness center reimbursement forms on hand. If you would like for your fitness center reimbursement to be effective in July, be sure to fill out a reimbursement form during the month of July and have your fitness center photocopy your new Sanford Health Plan member ID card.



## 2. **CREATE A MYSANFORDHEALTHPLAN MEMBER ACCOUNT.**

On July 1, 2015, you officially become a Sanford Health Plan member and can set up a *mySanfordHealthPlan* online member account. Grab your new Sanford Health Plan member ID card and go to [sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin) to set up your account during the month of July.

*Reminder for members with covered spouses: Your workouts will be credited toward your insured number and your covered spouse's workouts will be credited toward their insured number, with a maximum monthly reimbursement of \$40. Both you and your spouse will need your own mySanfordHealthPlan account and will need to take the health assessment.*

## 3. **COMPLETE A HEALTH ASSESSMENT.**

Having a *mySanfordHealthPlan* account allows you to complete your required health assessment. Select *bWell Health Management Tool* in the *Dakota Wellness Program* drop-down menu and complete the assessment during the month of July. The assessment only takes 10 minutes and provides you with your health age and risk factors. You will receive points toward your \$250 wellness incentive for filling out the assessment.

## 4. **KEEP GOING TO YOUR FITNESS CENTER.**

Keep going to your fitness center just as you do today. In order to receive your monthly \$20, you must visit your fitness center a minimum of 12 days per month. If you are not currently receiving the fitness center reimbursement as part of your \$250 wellness incentive, you can start today by following these same four steps!

## **THERE ARE ADDITIONAL WAYS TO EARN YOUR \$250 WELLNESS INCENTIVE**

Not a fan of the gym? No worries. Whether you're at work, home, your fitness center, the community or online, you can build points toward your \$250 wellness incentive. Your \$250 incentive benefit is based on a calendar year (January-December); therefore, points already redeemed in 2015 will be applied toward your \$250 through December 31, 2015.

**IF YOU WOULD LIKE ASSISTANCE SETTING UP YOUR MYSANFORDHEALTHPLAN ACCOUNT OR TAKING THE HEALTH ASSESSMENT, WE'RE HERE TO HELP. CALL OUR MEMBER SERVICES TEAM AT (800) 499-3416 BEGINNING JULY 1.**

[CLICK HERE TO LEARN MORE.](#)

**SANFORD**  
HEALTH PLAN