September 2015

Monthly Health Topic: Paint Your Plate

Featured bWell Activities

- Paint Your Plate one-week challenge
- Book Club Selection – Eating In Color by Frances Largeman-Roth
- Webinar – Healthy Substitutions

September National Observances

- Fruit and Veggies More Matters
- Food Safety and Prevention
- National Yoga Month
- Ovarian Cancer Awareness
- Prostate Cancer Awareness
- World Alzheimer’s Month

Four-Week Online Promotional Campaign

- The promotion begins September 1 and is available to all NDPERS policyholders.
- Complete the activities below at www.sanfordhealthplan.com/memberlogin and become entered for your chance to win a Fitbit®.
  - Create an online account
  - Elect to receive your Explanation of Benefits (EOBs) electronically
  - Complete your Health Risk Assessment
- Sanford Health Plan will draw and contact a winner at random each week on the dates noted below.
  - Monday, September 7
  - Monday, September 14
  - Monday, September 21
  - Monday, September 28
- NDPERS policyholders who have already met the requirements of this promotion will automatically be eligible for the drawings.
- NDPERS members will receive the attached September Online Promotion information in the mail within the next few days.
**Wellness Activity Point Redemption Center**

- The wellness activity point Redemption Center is available for use. To access the Redemption Center:
  - Log into your account at [www.sanfordhealthplan.com](http://www.sanfordhealthplan.com)
  - Go to the NDPERS-Dakota Wellness tab
  - Select Redemption Center in the dropdown menu
- Redemption Center information can be accessed by navigating the site.
  - View available items and gift cards in the Rewards tab
  - View account details in the My Account tab
  - View rules and information specific to the Dakota Wellness Program in the Rules tab
  - View frequently asked questions regarding the site and orders in the FAQ tab

**Fitness Center Reimbursement**

- We have processed the July Fitness Center Reimbursements. Approved reimbursements were distributed at the end of August.
- Criteria for approving Fitness Center Reimbursements include:
  - Be enrolled as an employee or spouse in the North Dakota Public Employees Retirement System Dakota Plan Health Benefits program through Sanford Health Plan,
  - Be 18 years of age or older,
  - Complete the online Health Assessment located at [www.sanfordhealthplan.com](http://www.sanfordhealthplan.com), and
  - Attend a NIHCA-participating fitness center a minimum of 12 times during the month.
- To view if your fitness center partners with NIHCA or to nominate your fitness center, please go to [www.nihca.org](http://www.nihca.org).

**Mark Your Calendar**

- September 1: Four-week online promotional campaign begins
- September 2: Wellness Coordinator Monthly Meeting
- October 7: Wellness Coordinator Monthly Meeting
- October 13: North Dakota Worksite Wellness Summit
- November 4: Wellness Coordinator Monthly Meeting
- December 2: Wellness Coordinator Monthly Meeting

**Quick Links**

- [Sanford Health Plan | Dakota Wellness Program](http://www.sanfordhealthplan.com)
- [Home Page for NDPERS - North Dakota Public Employees Retirement System](https://www.ndpers.nd.gov)
- [North Dakota Worksite Wellness Overview](https://www.ndpers.nd.gov/wellness)

**Contact Us**

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