North Dakota State University
Wellness Program
NDPERS/SANFORD

Mission Statement
The Wellness Program mission is to promote a culture of wellness for NDSU staff and faculty by providing information, services and programs to support healthy living.

Vision Statement
The vision of the Wellness Program is to inspire, support and empower NDSU employees to achieve well-rounded health and wellness.

Goals & Objectives
- To assist high-risk employees manage, maintain or improve their current health status
- To assist medium risk employees reduce current risk and keep them from moving to a high-risk category
- To prevent low-risk employees from becoming high-risk employees

NDSU, NDPERS and SANFORD HEALTH are working together to support and provide employees the opportunity to have a healthier and more engaged worksite through the Sanford Dakota Wellness Program and the Sanford Health Plan Fitness Center Reimbursement.

NDSU Programs:
- Smoking Cessation
  - NDSU is a smoke free campus. If you are ready to quit, NDSU offers unique benefits to help staff and faculty who are interested in quitting smoking or chewing tobacco.
  - Eligibility: All current state employees and their dependents age 18 and older that have NDPERS health coverage through NDSU, who smoke or chew tobacco and want to quit are eligible to participate.
    - Call or email Deb Lee at Sanford Health (605)328-6882 for more information
- Ergonomics Program
- Safe Lift/Back Program
- Wellness Center & Fitness Programs
- Baby Wells Program
- Prescription Medication Checks
- Flu Clinic -To find clinics, visit the U.S. Department of Health and Human Services flu information site, locate the “Flu Vaccine Finder” section, and enter your zip code.
- Car Seat Checks
- Mental Health/Counseling/Stress Management Program
  - Sponsor presentations and training on mental health issues, prevention and stress reduction
Provide employee assistance program (EAP) To use EAP, call 701-451-4900 or 1-800-627-8220

Provide return to work, reasonable accommodation and ADA guidelines

- American Heart Association’s Go Red Activities
  - Provide information on heart disease and stroke risk factors
- American Diabetes Association Walk
- Peer Mentor Drug & Alcohol Program
- NDSU Extension Programs
- Nourishing Boomers and Beyond Newsletter
- Disability Services Programs
- Bicycle Safety Program
- Injury Prevention and Safety
- Distracted Driver Program
- E-mails, posters, newsletters, wellness internal website

**NDPERS/Sanford Dakota Wellness Program – Benefitted Employee Program**

**Eligibility- NDSU Benefitted Employee and Spouse**

- This program is for YOU and YOUR SPOUSE and you each can earn $250 annually maximum between this program and the Health Club Credit.
- Covered dependents can participate in the wellness activities, but cannot earn the $250 incentive.

Users will need to visit the [Sanford Dakota Wellness Program website](#) and complete the following:

1. Create a Sanford Health Plan Account
2. Complete the health assessment (it should take about 15 min).

**Start Earning Points**

1. **Fitness Center Reimbursement**
   - Fill out a fitness center reimbursement form at your gym every year.
   - Visit your fitness center 12 days per month
   - Earn up to $20 per month towards your gym membership.

2. **Features Dakota Wellness Program:**
   - On-site or virtual education: Each month a new wellbeing theme will be featured
   - Preventative health exams: You will receive points for being an engaged patient. Log your annual preventative exam, mammogram, colonoscopy, prostate screening, dental exam, and other preventative care in bWell.
   - Book Club: the monthly book will be based on the wellbeing theme
   - Community Events: Earn points when you get involved in community wellness initiative, including charity walks and runs.
   - Healthy Habits: Receive point for adopting healthy habits surrounding water intake, sounds sleep, physical activity, actively managing your mood and more. Each month new opportunities will appear based on the wellbeing theme.
Points & Incentives

- You can earn up to $250 per year or 25,000 points (1 point = 1 penny). Remember, if you are eligible for the Fitness Center Reimbursement, the annual maximum for both programs is $250.
- Redeem points several times or all at once- When you redeem your points, the point total shown on your Rewards Tracker will be reduced by the amount of points you redeemed.
- Fitness Center Reimbursement Integration: You will see a +2,000 for earning the Fitness Center Reimbursement, then a -2,000 for the redemption of the $20. This is to make sure the system doesn't go over 25,000 points, capping it to $250 total per person. If the return is less than $20, such as the $10 cost at Planet Fitness, it will be a 1,000 point addition and subtraction.

Questions: Contact your Wellness Educators
Amy Nitschke 701-323-2131
Angie Oberg 701-323-2132
NDPERSWellness@sanfordhealthplan.com

How to Earn Points
Visit the Sanford Dakota Dakota Wellness Program website and login. Under NDPERS Dakota Wellness Program select bWell health management tool. Select wellness point activities or add trackers in the appXchange.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points Value</th>
<th>Earning Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Trackers</strong> (install from appXchange; manually upload data)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Calorie</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>50</td>
<td>2 per year</td>
</tr>
<tr>
<td>Weight</td>
<td>50</td>
<td>2 per month</td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td><strong>Daily Activity Log</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiovascular Exercise</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Resistance training</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Fruit/Veg. Consumption</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td>Stress Management</td>
<td>50</td>
<td>Daily</td>
</tr>
<tr>
<td><strong>Annual</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Assessment</td>
<td>5000</td>
<td>1 per year</td>
</tr>
<tr>
<td>Annual Preventative Exam</td>
<td>2000</td>
<td>1 per year</td>
</tr>
<tr>
<td>Other Preventative</td>
<td>500</td>
<td>1 per year</td>
</tr>
<tr>
<td><strong>Monthly Themed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Book Club</td>
<td>3000</td>
<td>12 per year</td>
</tr>
<tr>
<td>One-day Wellness Program</td>
<td>1500</td>
<td>6 per year</td>
</tr>
</tbody>
</table>
Multi-day Wellness Program 3000 To be determined
New activities every month Points will be listed 1 per month

**Trackers:** Trackers can be found in the AppXchange and need to be installed. The appXchange is located on the main dashboard after logging in and accessing bWell. Then, the trackers will be visible in your carousel and wellness point activities list. You have to manually enter data.

**Monthly Themed Activities:** These are available in Wellness Point Activities. They will change monthly. There will also be webinars and onsite presentations available.

**How to Redeem Points**
1. Visit the Sanford Health Plan website and log in.
2. Select “Redemption Center” tab (under NDPERS Dakota Wellness Program)

**Below are Frequently Asked Questions:**

What do I need to do the first time I visit Dakota Wellness Program?
Go to www.sanfordhealthplan.com
You will need to create an account for Dakota Wellness Program the first time you visit the site and complete an online health assessment.

Can I earn and redeem points on Dakota Wellness Program?
Dakota Wellness Program gives you the opportunity to earn points by performing various tasks on the site. You can redeem points annually for merchandise and gift cards. Between the Dakota Wellness Program and the Fitness Center Reimbursement (any combination of the two); the annual maximum amount you can earn remains $250 per employee. A spouse can also earn up $250 between the two programs.

Where can I earn and redeem points on Dakota Wellness Program?
Log into the Sanford Dakota Wellness Program.
Earn Points: Go to the “bWell Health Management Tool”- Click on wellness activities or trackers to log.
Redeem Points: Go to “Redemption Center” (under NDPERS Dakota Wellness Program)

Is there a limit to the number of trackers/logs you can enter?
No

Can you backdate your trackers/logs?
Yes

What Browsers are supported by Dakota Wellness Program?
All the major browsers that have Flash are supported by the portal (i.e. Internet Explorer, Firefox, and Opera).

Is there a weekly point maximum?
No, but certain activities are capped for logging. To see how many times you can log and points, go to “Wellness Point Activities- earn points now”.

Can I view monthly activities?
You can view totals for selected dates or periods of time for the trackers only. You can view points logged per activity in Wellness Point Activities- earn points now- program detail.

REDEEM your yearly points by December 31. It is a use-it-or-lose it system.

NDPERS/ Fitness Center Reimbursement – Benefitted Employee Program
The Fitness Center Reimbursement incentives encourage exercise! You can earn $20 a month by exercising at a participating fitness club 12 days a month.

- You and your SPOUSE can participate in this program. You can earn an additional $10 annually by redeeming points through the Dakota Wellness Program system. You can only earn a maximum of $250 annually using both of these programs (Fitness Center Reimbursement and Dakota Wellness Program).
- NOTE: Annually, you need to re-authorize your account and complete the health assessment in order to re-activate your account.

Step 1: On-line registration (annually)
It is helpful if you “know your numbers.” The numbers you need to know include cholesterol (HDL, LDL and total cholesterol), blood pressure, fasting blood sugar, height, weight and waist measurements.

- Visit the Sanford Health Plan website (Dakota Wellness Program) and complete the profile, authorization and health assessment (it should take about 15 min).

Step 2: Find a Participating Fitness Club
Visit with a participating club to complete the Fitness Center Reimbursement enrollment paperwork.

To find a participating club in your area, navigate to the National Independent Health Club Association website, click on the top red bar on the “Find a Club” tab, click on your state and you can scroll by city.

Exercise 12 days a month and earn your $20 in return. Some facilities will deposit the $20 into a checking or savings account; others may give you the $20 discount towards your next month of membership.

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