

The NDSU Wellness Center participates in the NDPERS and Sanford Health Plan Fitness Center Reimbursement Program. Wellness Center members who enroll in the Sanford Health Fitness Center Reimbursement Program are eligible to receive a **\$20 monthly credit** (*reimbursement before taxes - Reimbursement is taxable at 35%*) for membership fees. Individuals must work out **at least 12 days per month in our facility** to receive their credit. (Only one visit per day will be counted). A maximum of two (2) people – the subscriber and spouse age 18 and older – can participate with a maximum credit of \$40 per household. **You MUST complete the following steps in order to enroll in the Sanford Health Plan Fitness Center Reimbursement Program to receive any incentives. Upon enrolling, be prepared to provide:**

- Name, contact information, and date of birth (This must match your Sanford Health information EXACTLY)
- NDSU employee ID #
- 2017-2018 Sanford Health Plan information from current health plan card.
- Checking or savings account routing and account numbers. These numbers are generally found on the bottom of a check or deposit slip that is used by financial institutions to transfer funds and complete transactions.

Returning Participants

If you were enrolled in fitness center reimbursements during 2015 or 2016, you must verify your information. To verify, follow these steps:

1. Have your insurance member ID, gym barcode and banking information ready.
2. Go online to NIHCArewards.org and click "Verify Member Information." You will be emailed a verification code that expires after 10 minutes. This will allow you to verify your member information.
3. Review the information on the final page and make sure it is up to date. The Fitness Center Barcode refers to your NDSU Employee ID #. If you have had any changes in health insurance coverage, banking or fitness centers, you will need to update this page.

New Participants

Create your NIHCA Rewards Account.

- Have your insurance member ID and banking information ready.
- Go to NIHCArewards.org and click "First Time Enrollment" under MEMBERS.
- Select your insurance provider (Sanford Health Plan)
- Search for your fitness center location by zip code (58108). Select the NDSU Wellness Center and click "Enroll Online"
- Follow all the custom prompts and instructions provided by the website to complete the enrolling process.

Don't forget!

Before you can receive any fitness center payments, you must take your annual health assessment (LifeScore). You must take this assessment annually after January 1st. Follow these steps to take the health assessment:

1. Log in to your account at sandordhealthplan.com/memberlogin
2. Click "NDPERS Dakota Wellness" and select "Wellness Portal"
3. Click "Essential Care" and then select "LifeScore Health Assessment."
4. Once you take the assessment, a number between 1 and 100 will show up. This is a snapshot of your current health and wellness.

5.

**** You must complete all these steps by the 10th of the month you wish to begin. We will not backdate visits into the system for credit if submitted after the 10th.**

