



Inspiring Your Health



NDPHIT Well-being Program

Achieve Your Goals 2023

NDPHIThealth.com

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YOUR HEALTH IS OUR PRIORITY

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Eligibility & Use

Who can use NDPHIT Health?

- All Employees and Spouses on the NDPHIT Health Plan
- Number of Preventative Health or Coaching visits: Unlimited
- Maximum Rewards: \$250
- Last Rewarded Visit: September 30th





Welcome to the **NDPHIT Well-being** Program

NDPHIT, partnering with Thriver Health and BCBSND, is pleased to provide a powerful toolkit to help you reach your health goals. Our mission is to create an engaging, personalized experience for you, allowing you to stay consistent and motivated throughout your journey.

Program Overview

The NDPHIT Health Program is focused on the prevention of disease and improving health through a personalized care approach.

Use the NDPHIT Resources to:

[Prevent Disease](#) | [Improve Health](#) | [Reverse Disease](#) | [Reclaim Quality of Life](#)



**FREE HEALTH/LIFE
COACHING**



**FREE PREVENTATIVE
HEALTH CLINICIAN
VISITS**



**PERSONALIZED
HEALTH RISK
MANAGEMENT**



**BCBS HEALTHYBLUE
WELLNESS PORTAL**



**\$250 WELLNESS
INCENTIVE**



**A COMMUNITY OF
SUPPORTERS**



LAB SERVICES



**HEALTH & WELLNESS
EDUCATION**



**HEALTH ACTIVITIES
AND CHALLENGES**

How To Get Started

Start improving your health and earning your wellness reward



1. Health Coaching & Preventive Healthcare

These preventive services are offered at no cost to you.* Take advantage while you have the chance! Frequent visits with caring health specialists will provide you the right amount of guidance, encouragement, and accountability.

*Health Insurance Required

[Schedule with Specialists →](#)



2. Online Wellness Center: BCBS HealthyBlue

Through your BCBS HealthyBlue online portal you'll find engaging articles, exercise plans, meal plans, healthy recipes, online challenges and activities. Log in to start earning towards your \$250 wellness incentive.

[Log in to HealthyBlue →](#)



3. Monthly Health and Wellness Webinars

Expand your knowledge by attending a special class once a month on current health topics. Connect with your peers as you dive deeper into your health. Check the calendar on NDPHIHealth.com to view upcoming webinars and events.

[View Calendar →](#)

Health Coaching & Preventative Healthcare

Access providers and coaches without a co-pay or without being subject to a deductible

Our Health coaches are there to get a plan focused on YOU. Every person has unique needs and goals, so a general health plan is often insufficient. Your coach will be your friendly guide, motivator, and accountability partner.

Rather than prompting quick fixes that don't last, our Health Coaching facilitates true behavior change. He or she will work to help you utilize your unique strengths, in order to improve health behaviors you want to change.

Some Symptoms We Can Help You With:

Metabolic Syndrome

Obesity, High Cholesterol, High blood pressure

Brain Health

Anxiety, Depression, Brain fog, Memory issues, Obsessive Compulsive Disorder

Irritable Bowel Syndrome

Constipation, Diarrhea, Bloating, Gas

Irritable Bowel Disease

Crohn's, Ulcerative Colitis, Microscopic Colitis

Joint Health

Joint pain, Arthritis, Rheumatoid arthritis

Hypothyroidism/Hashimoto's

Hyperthyroidism

Women's hormone balancing

Perimenopause, Menopause, Amenorrhea, PCOS, Endometriosis, Estrogen dominance, PMS

Men's hormones

Low testosterone, Prostate health

Food sensitivities

Eating Disorders

Anorexia, Bulimia, Eating disorder non-specified, Compulsive eating

Skin Health

Psoriasis, Eczema, Acne

Gastritis

Acid Reflux/GERD

Ulcers

HealthyBlue

Cash out points for a \$250 gift card (25,000 pts)

Accumulate points on HealthyBlue by doing activities AND/OR by using the gym 12x/month (2700 pts/month)



How To Access HealthyBlue

- **Step 1:** Visit www.BCBSNDportals.com/home
- **Step 2:** Log into your BCBSND member account
 - You will have to register the first time
 - You will need the ID number on your BCBSND member card

Note: do not enter the alpha-prefix (i.e., YQD)
- **Step 3:** Click on HealthyBlue Home, found on the right-hand side of your member account screen.
- **Step 4:** Complete the quick HealthyBlue account registration process and accept the Annual Wellness Authorization to Release information. Once you have accepted, you will be taken to your personalized HealthyBlue Home Page. This Authorization resets each calendar year on January 1.

Sample Health Plan Member Card



Incentive Points



Earn up to \$250, redeemable as Visa cash cards, January 1-October 31, 2023 (some activities must be completed by September 30, 2023).

One-Time Activities	Points
<ul style="list-style-type: none"> Attend Initial Appointment with Health Coach 	1000
<ul style="list-style-type: none"> Complete the Personal Health Assessment 	1000
<ul style="list-style-type: none"> Pregnancy Assistant Intake Box 	100
<ul style="list-style-type: none"> Sign-up for the WebMD Newsletter 	100
<ul style="list-style-type: none"> Sync a Fitness Device or App 	100
Daily Activities	
<ul style="list-style-type: none"> Track Your Daily Steps 	15
<ul style="list-style-type: none"> Track Your Daily Physical Activity 	90
Weekly Activities	
<ul style="list-style-type: none"> Complete Weekly Pregnancy Assistant Interaction 	25
Monthly Activities	
<ul style="list-style-type: none"> HCC - Visit Participating Club 12+ Times 	2700
<ul style="list-style-type: none"> Meet with your health coach once per month 	2500
<ul style="list-style-type: none"> Meet with prevention specialist once per month 	2500
<ul style="list-style-type: none"> Complete Monthly Financial Wellbeing Topic 	100
Miscellaneous Activities	
<ul style="list-style-type: none"> Challenges: Steps, Water, Fruits/Veggies, etc. 	100 weekly
<ul style="list-style-type: none"> Complete ANY Daily Habits Plan 	600 - 5x/year
<ul style="list-style-type: none"> Complete a Pregnancy Assistant Activity 	10 - 10x/week

Reward Tiers

Reward (Prepaid Visa)	Points to Redeem
\$25	2,500
\$50	5,000
\$100	10,000
\$150	15,000
\$200	20,000
\$250	25,000

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association. WebMD Health Services is an independent company that assists with the administration of BCBSND's health and wellness programs.



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