

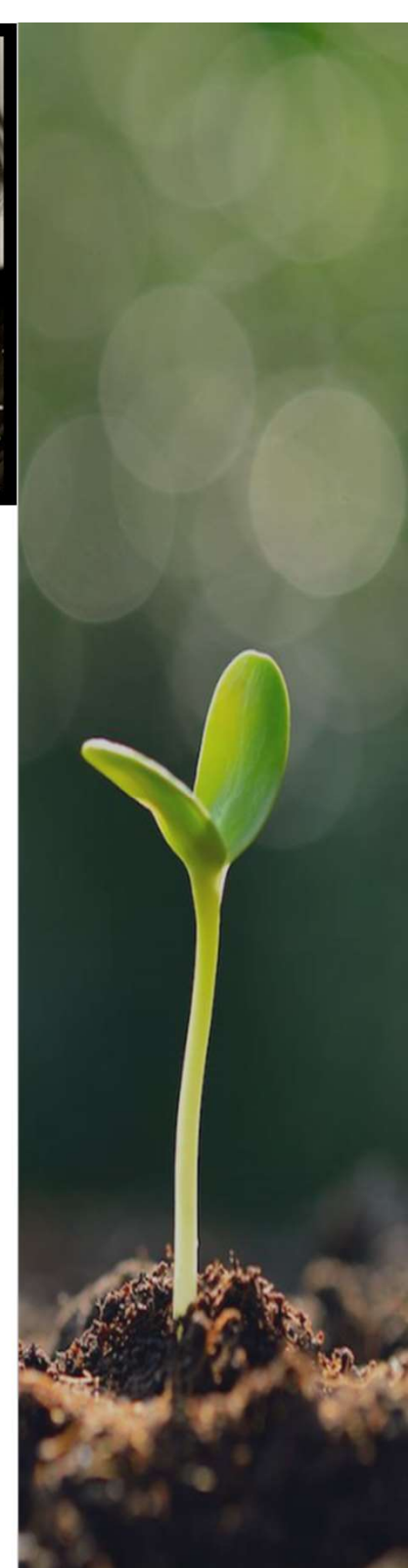


Inspiring Your Health



The North Dakota Public Health Insurance Trust Health & Wellness Program Overview

www.NDPHIThealth.com



AGENDA

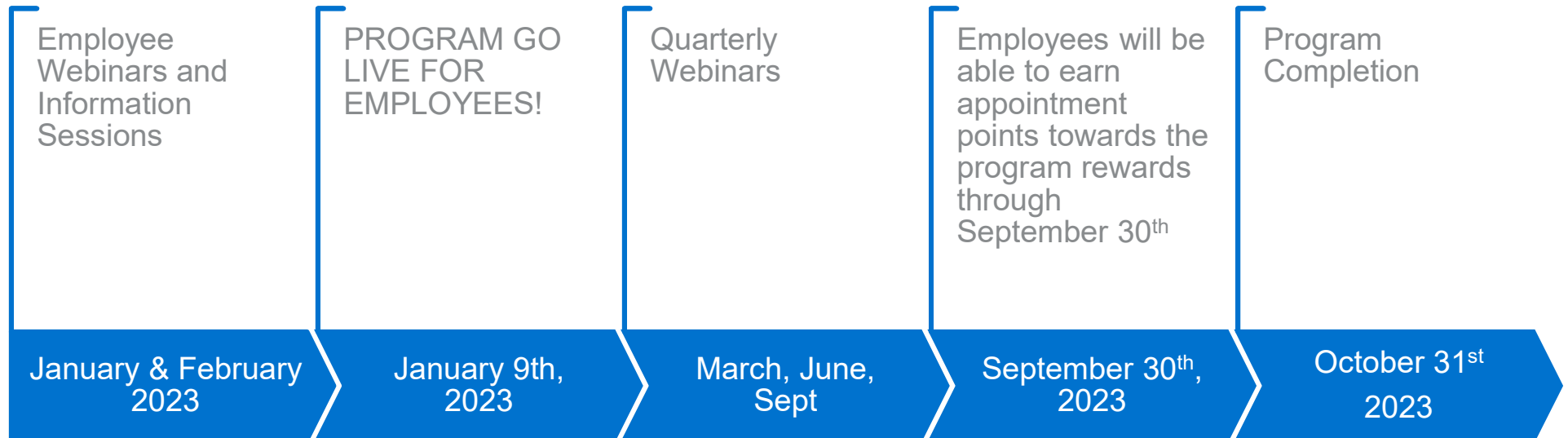
For today's discussion



- > 2023 Employee Timeline
- 👤 Program Overview
- 📈 How to Start the Wellness Program
- ⚡ BCBSND **HealthyBlue Program**
- 📱 Employer Activities and Employee Points
- ⌚ Next Steps

2023 Time-line

Critical Milestones





Health & Wellness Program Overview



Health Program Overview

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



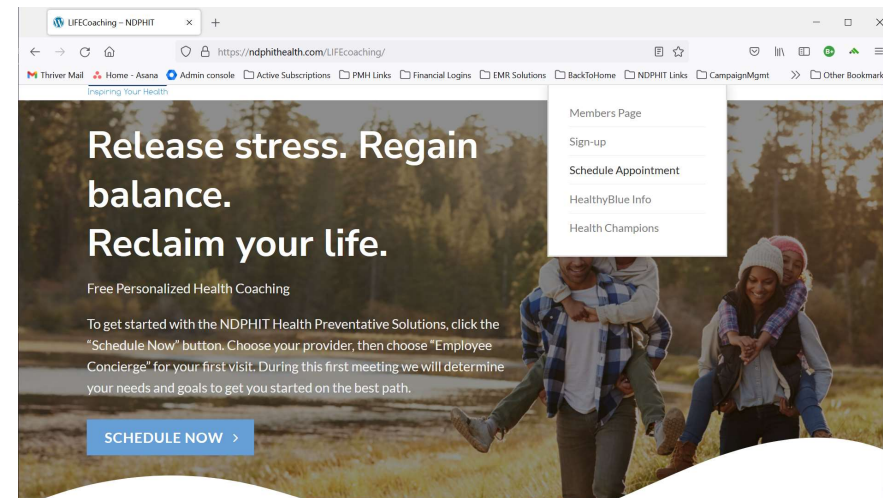
**NDPHIT Clinical Medicine
Program Director
Noelle Riehl MSN, APRN, FNP-C**

Eligibility & Use

Who Can Use NDPHIT Health?

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

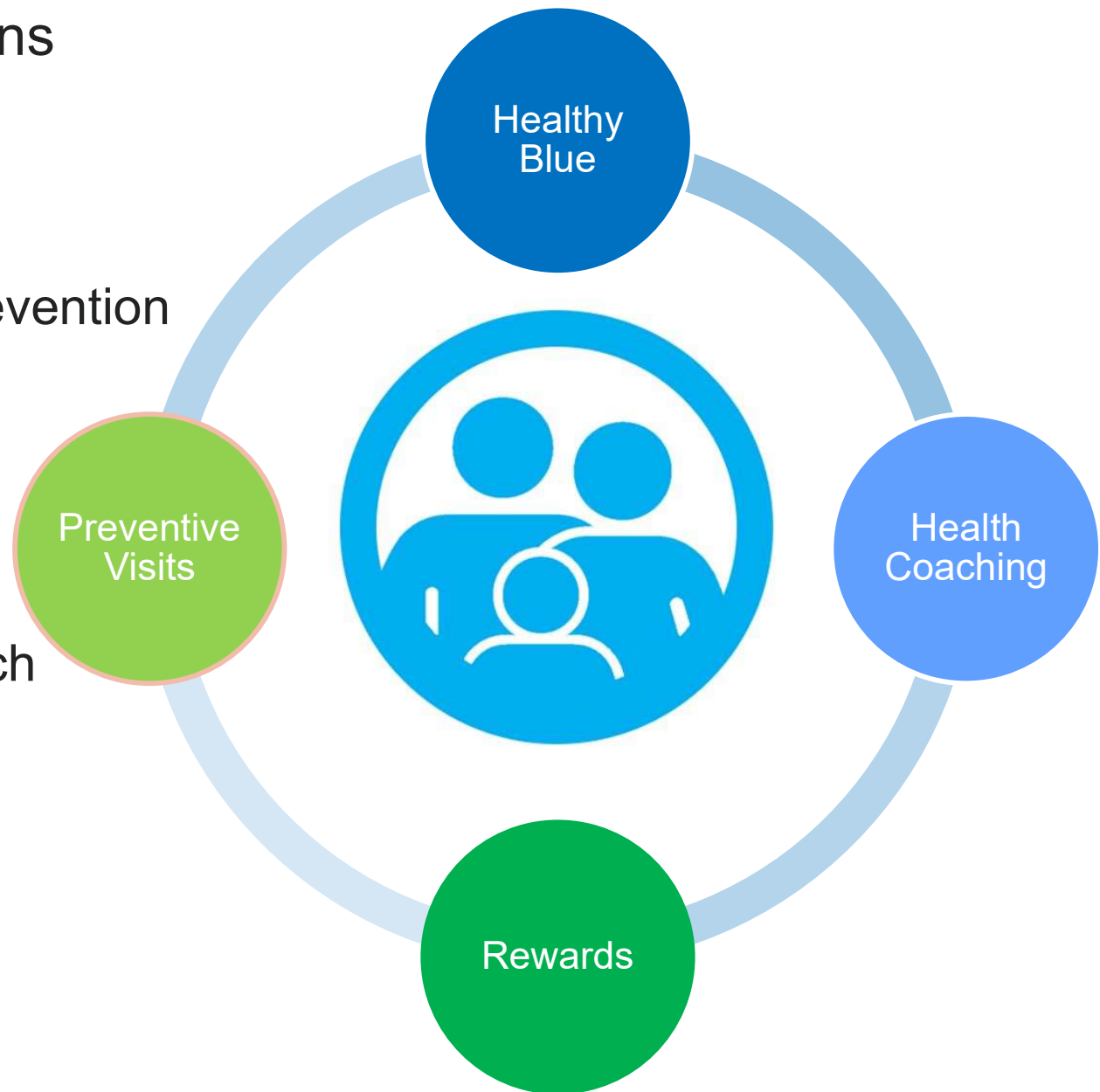
[www.ndphithealth.com](https://ndphithealth.com)



■ Engagement Options

Multiple Engagement Options

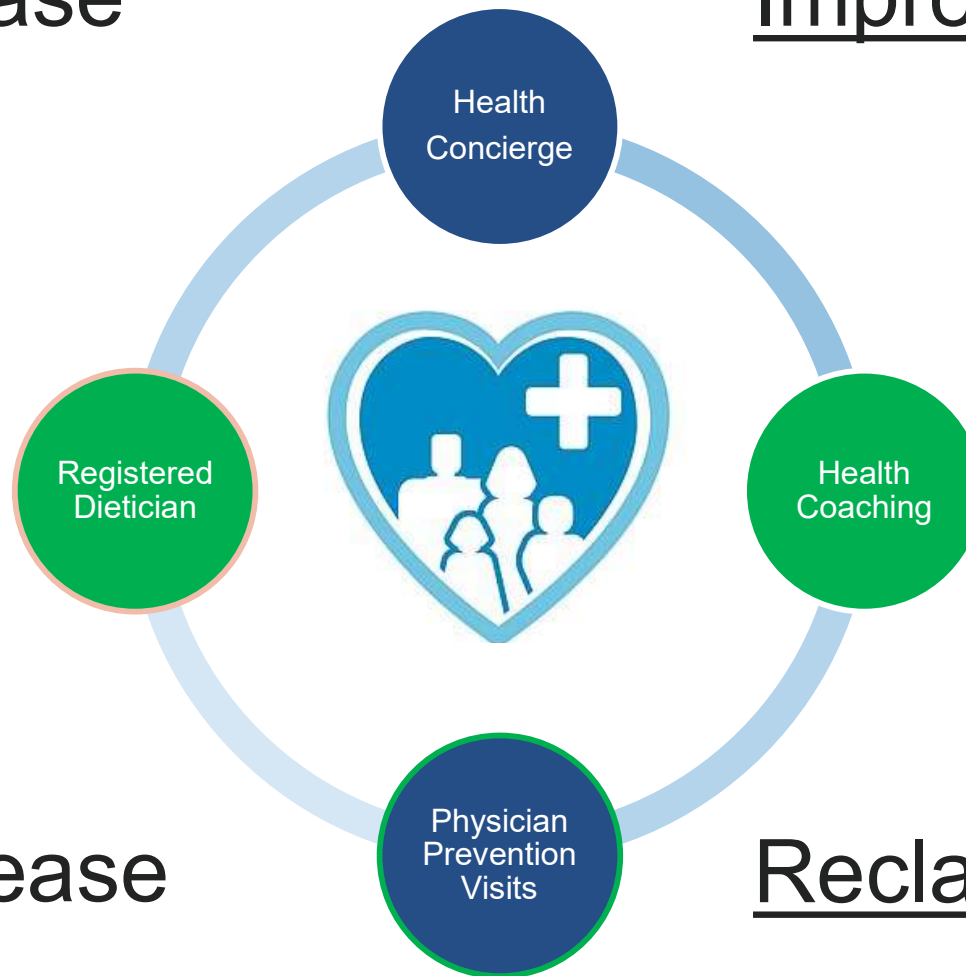
- Healthy Blue Platform
- Live (Virtual) Resources
 - Doctors focused on prevention
 - Registered Dietitians
 - Health/Life Coaching
- Lab Services
- Personalized Care Approach
- Incentives!



How can you use the live resources?

Prevent Disease

Improve Health



Reverse Disease

Reclaim Life Quality

- *Preventative Visits Have \$0 Co-pay, and are not subject to deductibles.*
- *The visits do NOT interfere with your annual wellness exams or primary care relationship.*

Program Examples



Each program is unique to your needs!

The Goal of Preventative Visits

- + For Employees: access providers and coaches without a co-pay or without being subject to a deductible.
- + For Providers: more time to get to know their patient as an individual and creates a synergistic care relationship.
- + For the NDPHIT Health Plan Members, controlling Metabolic Disease can have a significant impact on medical trend.



Huge Incentives!

\$250 Per Year, Per Employee & Spouse!

ONE-TIME ACTIVITIES

- + Enroll at NDPHIThealth.com
- + Attend Initial Appointment with Concierge 1,000 Points

MONTHLY ACTIVITIES (live visits)

- + Meet with a health coach once per month 2,500 points
- + Meet with a prevention specialist once per month 2,500 points

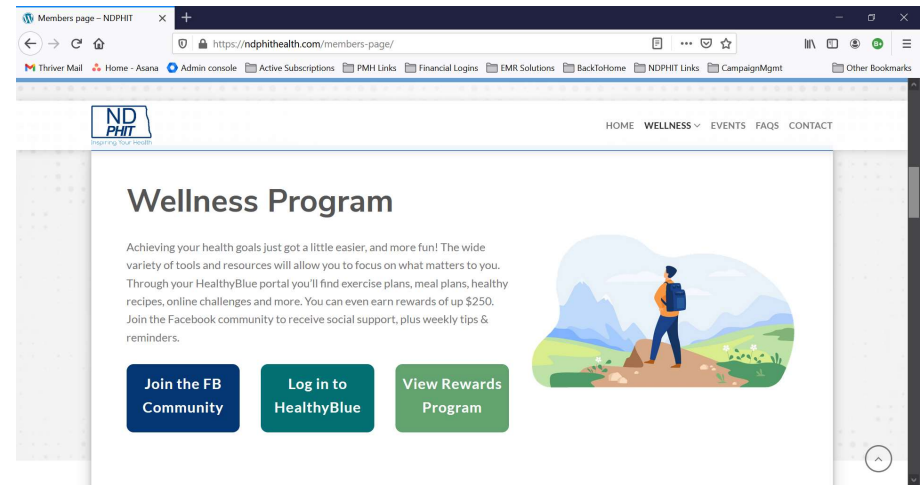
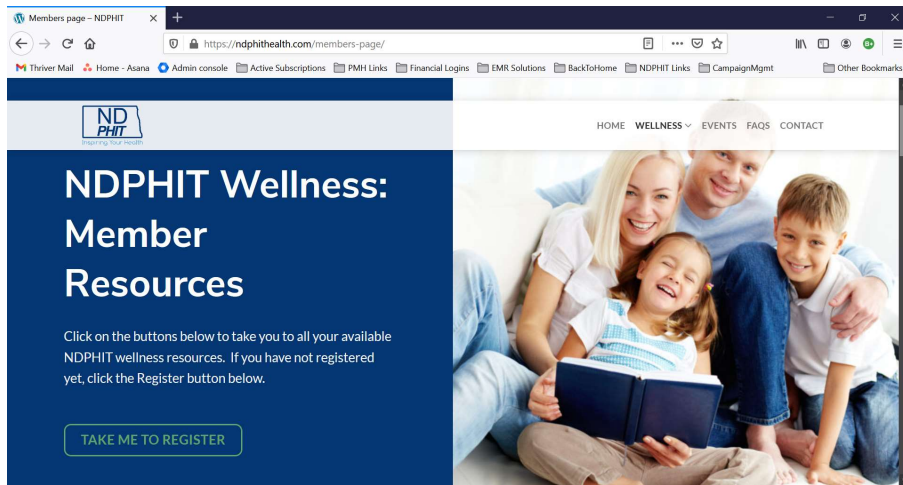
PLATFORM ACTIVITIES

- + Healthy Blue!!

Prevention Program Live Visits - Must be completed by September 30th

How to start the plan?

www.ndphithealth.com



1. Register

Registering and completing your account information will allow you to become eligible for the rewards program!



2. Health Risk Survey

Take the quick health risk survey and see where you're at! Being aware of your health is the first step towards improvement!



3. Log in to Wellness Platform

Complete wellness challenges and activities through your BCBS HealthyBlue wellness platform to earn rewards up to \$250.



4. Schedule with Specialists

Health Coaching and Preventive Provider Visits are offered FREE to you with our program! Work towards your goals with personalized one-on-one guidance.

BECOME A HEALTH CHAMPION

What is a Health Champion?

A Health Champion is a volunteer who is interested in health and wellness, and is motivated to advocate for a healthier workplace. Health Champions play a vital role in encouraging engagement in the company health programs and events to support the goal of a healthier and happier workplace.

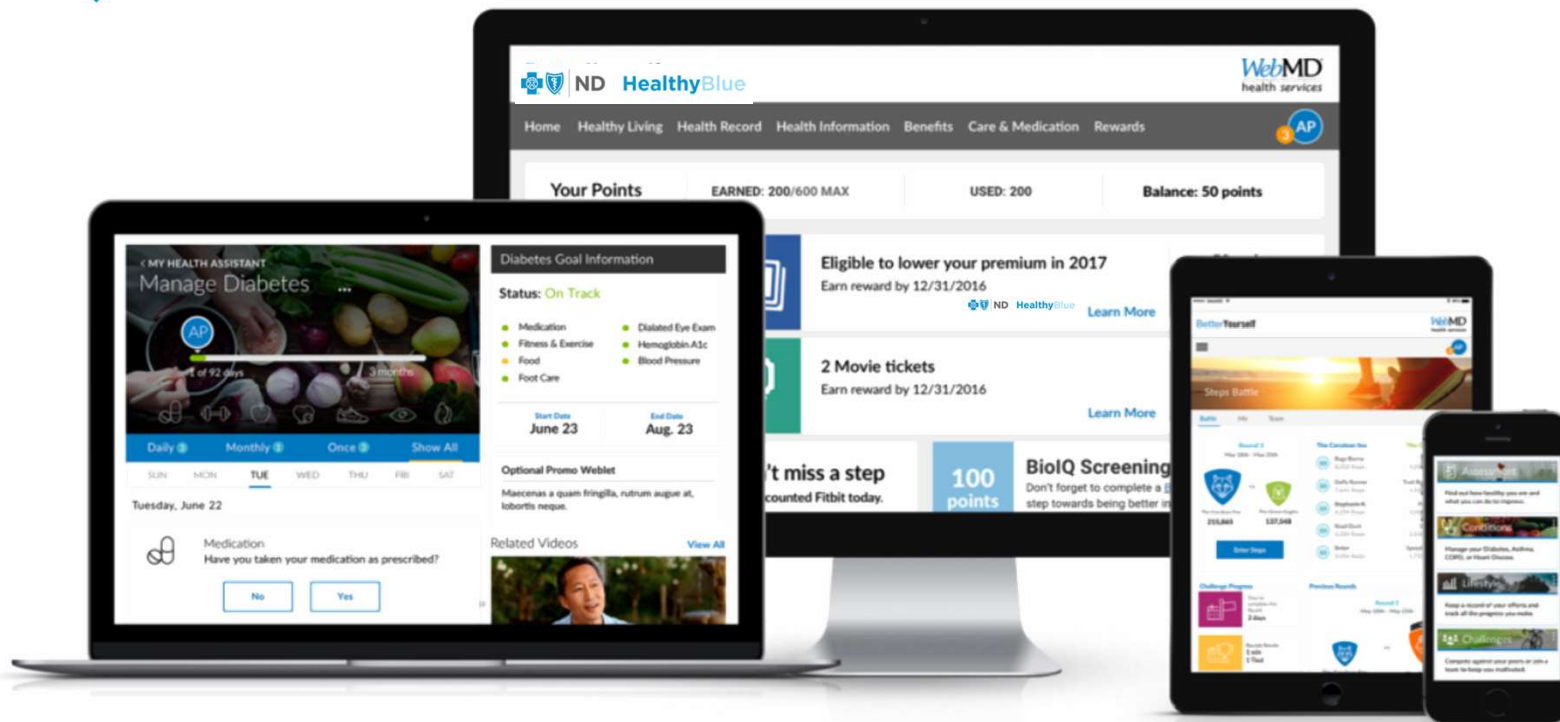
Who can be a Champion?

- Anyone who is interested in helping others and making your workplace a healthier place!
- Has understanding of general health and wellbeing, or willingness to learn
- Someone with good relationships with colleagues and can engage on many levels
- Desire to learn new skills, such as communication management, leadership, marketing, and more

HOW TO BECOME A CHAMPION

-
- Complete survey application on NDPHIThealth.com
 - Attend champion onboarding meeting February 8th
 - Champion Meetings: 2nd Wednesday Each Month
-

Introducing Healthy Blue *powered by* WebMD



ND



ND

HealthyBlue

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

Points accumulated on HealthyBlue by doing activities AND/OR by using the gym 12x/month (\$2700 pts/month)



How will I 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)

Sample Health Plan Member Card



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.



A Closer Look at Steps 1-3



STEP 1: Log In or Register BCBSND Member Account

The screenshot shows the BCBSND website homepage. At the top, there is a dark blue navigation bar with the following elements: 'Employers' with a dropdown arrow, 'Find A Doctor', 'Rx Tools', 'Contact', and a search bar. On the right side of this bar, there is a 'Log In' button with a user icon. A yellow arrow points to this 'Log In' button. Below the navigation bar is a white section with the BCBSND logo on the left and a horizontal menu on the right containing 'Shop Plans', 'Health & Well-Being', 'Group Insurance 101', 'Employer News', 'Resources', and 'COVID-19'. The main body of the page features a large blue-tinted image of a smiling man and woman in a warehouse setting. Overlaid on this image is the text 'Get Simple, More Affordable Care' in large white font, followed by 'Choose a partner who challenges the complexities and expenses of health care.' in a smaller white font. Below this text is a white button with the text 'Shop Plans →'. At the bottom of the page, there is a light gray box containing the text: 'Your employees are your biggest asset—they deserve the best care. When you carry Blue, they can see the doctors they want and carry on.'

Employers ▾ Find A Doctor Rx Tools Contact search

 ND

Shop Plans Health & Well-Being Group Insurance 101 Employer News Resources COVID-19

Get Simple, More Affordable Care

Choose a partner who challenges the complexities and expenses of health care.

Shop Plans →


Your employees are your biggest asset—they deserve the best care.
When you carry Blue, they can see the doctors they want and carry on.




STEP 1: Log In or Register BCBSND Member Account

The screenshot shows the BCBSND website homepage. At the top right, there are links for 'Select Language', 'AA', and 'Need Help'. The main header features the BCBSND logo (a blue cross with a shield) and the text 'ND'. Below the logo is a 'FIND A DOCTOR OR RX' link. A yellow arrow points to the 'Log In or Register' link in the top right corner. The main content area has a 'WELCOME' heading. Below this is a blue box with text about COVID-19 response and a link to BCBSND.com/COVID-19. To the right of the blue box is a photo of a woman smiling while using a tablet. Below the main content area are three columns: 'MEMBERS' (View EOBs, summary of benefits and claims. For access, log in above. Need help? 844-363-8457), 'EMPLOYERS' (Access reports, enroll employees and view billing. For access, log in above. Need help? 800-544-8467), and 'PRODUCERS' (View book of business, commission, application status and plan information. Producer Log In >). The footer contains a list of languages: Español, Deutsch, 中文, Oromiffa, Tiếng Việt, Ikirundi, العربية, Kiswahili, Русский, 日本語, नेपाली, Français, 한국어, Tagalog, Norsk, Diné Bizaad, and a link to the Non-Discrimination Policy.

Select Language | AA | Need Help

 **ND**

 FIND A DOCTOR OR RX

Log In or Register

WELCOME

Learn more about how we're responding to Coronavirus (COVID-19) at BCBSND.com/COVID-19

To continue to Online Member Services, log in above.

MEMBERS

View EOBs, summary of benefits and claims.

For access, log in above
Need help? 844-363-8457

EMPLOYERS


Access reports, enroll employees and view billing.

For access, log in above
Need help? 800-544-8467

PRODUCERS

View book of business, commission, application status and plan information.

[Producer Log In >](#)

 Español | Deutsch | 中文 | Oromiffa | Tiếng Việt | Ikirundi | العربية | Kiswahili | Русский | 日本語 | नेपाली | Français | 한국어 | Tagalog
Norsk | Diné Bizaad | Non-Discrimination Policy



STEP 2: Click on HealthyBlue Home

ND

Hi, **Your Account**

HOME COVERAGE CLAIMS SPENDING FIND A DOCTOR PRESCRIPTIONS FORMS & RESOURCES WELLNESS

MEMBER HOME

Member Information

Member ID Account Profile & Settings >>

Group ID Card >>

Coverage summary >>

Benefit Booklet >>

WELLNESS PROGRAMS

These wellness programs can help you stay healthy and save money.

HEALTHYBLUE HOME

WELLNESS PROFILE



STEP 3: Register Your HealthyBlue Account



Welcome to Registration

Registering for the HealthyBlue Personal Health Manager website gives you these benefits:

- Provides personalized information and powerful tools to help you make more informed choices about your health
- Ensures the confidentiality of your personal health information
- Gives you access to your Health Record from WebMD.com

To start, we need to know if you already have an existing Personal Health Record at WebMD.com.

Do you have an existing Personal Health Record at WebMD.com?

Click 'Continue' to complete the registration process.

[Learn more about accessing your Personal Health Record at WebMD.com](#) 

[Forgot your WebMD.com Personal Health Record username or password?](#)

CONTINUE



Enter Email – Check Box – Click GO



Frequently Asked Questions

Email Address *

Enter the personal email address where you would like to receive your *HealthyBlue* mail. (If you do not have a personal email account, free email accounts are available. Well-regarded email providers include: [Gmail](#), or [Yahoo!](#), or [Outlook](#).)

Verify Email Address *

(Please confirm your email address.)

Agreement

☐ * I have read and agreed with WebMD's [Terms and Conditions](#) and have read and understood WebMD's [Privacy Policy](#)

GO



Customize Your Experience – Click NEXT



What are your interests?

Pick your top three now. You can add others later.

I want to...



Get more exercise

☐

Get to a healthy weight

☐

Eat better

☐

Reduce stress

☐

Sleep better

☐

Quit tobacco

☐

BACK

NEXT



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 assisting in the administration of BCBSND's health and wellness programs.

[Non-Discrimination Notice](#)



Tell us about your health –Click NEXT



Tell us about your health

This helps us understand where you are on your well-being journey.

* indicates a required field.

Overall, how would you rate your health? *

- ☐ poor
- ☐ fair
- ☐ average
- ☐ good
- ☐ excellent

What's your ethnic origin? * ▼

Some conditions and health risks vary by ethnicity.

Height

_____ ft _____ in

Please enter a height between 3'8" and 7'11".

Weight

_____ lbs

Please enter a weight without clothes that is between 50 and 750 lbs.

NEXT



Optional – Health Condition Support



Can we help you with any of these conditions?



High Blood Pressure

☐

High Cholesterol

☐

Asthma

☐

Diabetes

☐

Coronary Artery
Disease

☐

Heart Failure

☐

COPD

☐

BACK

SKIP



Accept the Annual Wellness Authorization

Annual Authorization Required

I authorize Blue Cross Blue Shield of North Dakota (BCBSND) to disclose my protected health information, or personal information if I am not a BCBSND member, to my employer (if my health plan is provided by an employer group) and to designated wellness vendors, to be used for administration of my wellness programs or incentives program(s). If my contract number changes during 2023, this Authorization will transfer to my new BCBSND contract number.

I understand that this Authorization is voluntary. My refusal to authorize disclosure of information to wellness vendors and my employer (if my health plan is provided by an employer group) and will have no effect on my enrollment in BCBSND health plans.

I understand that my protected health information includes, but is not limited to, all data and information in the BCBSND systems, including claims, as a result of medical encounters, treatments, diagnostic tests, screenings, prescriptions, and/or case management activities.

I understand that if the recipient of this information is not a health care provider or health plan covered by federal privacy regulations, this information may be re-disclosed and no longer protected by these federal regulations. My BCBSND health plan is subject to federal privacy regulations and will not re-disclose this information except as allowed by law. I understand that I have the right to revoke or end this Authorization at any time.

I understand that my revocation of this Authorization will not affect any action that has been taken, or any information that has already been used or disclosed, based upon this Authorization before my BCBSND health plan actually received my revocation.

This authorization will remain in effect until 12/31/2023.

Agree ☒

Decline ☐

SUBMIT RESPONSE



- ☐ Once you accept the Authorization, you will be taken to your personalized HealthyBlue home screen.
- ☐ This Wellness Authorization resets every year on January 1.



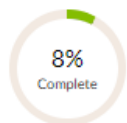
Health Assessment

- Take the Health Assessment to learn your personal health score and get recommendations for making positive steps towards better health.

Complete each section below to finish your Health Assessment.

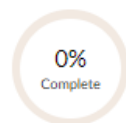


About You



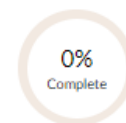
CONTINUE

Health Behaviors



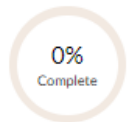
START

Emotional Health



START

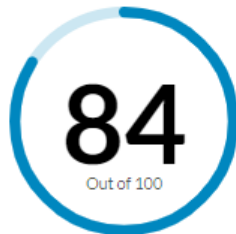
Clinical



START



Wellness Score



[Learn more about your score](#)

TAKE IT AGAIN

TOP ITEMS FOR IMPROVEMENT

Nutrition



High Risk

Sleep



High Risk

Anxiety



Medium Risk

Optimal you is 100

You scored a 84 out of 100.



TAKE ACTION

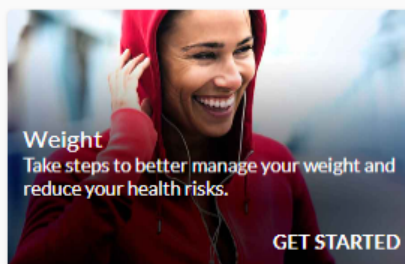
These important well-being activities help you maintain your healthiest you



Learn to Live

Programs and coaching for common mental and emotional health challenges.

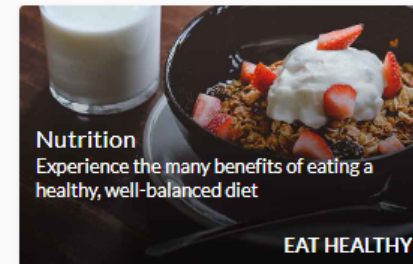
CLICK & ENTER CODE: MEDEXP



Weight

Take steps to better manage your weight and reduce your health risks.

GET STARTED



Nutrition

Experience the many benefits of eating a healthy, well-balanced diet

EAT HEALTHY



Explore HealthyBlue Resources!



My Health

HealthyBlue Benefits

DEVICES/APPS



INTERESTS



- Community
- Daily Habits
- Personal Health Assessment
- Health Record
- Resources
- Rewards
- Sync Devices & Apps
- Policies
- Settings
- Sign Out
- Contact Us

ON THIS PAGE

Dashboard

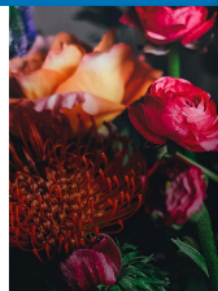
Take Action

Explore & Learn



Asthma

Take an active role in your asthma care and help prevent future attacks.



NEXT

TAKE CONTROL

Rewards

View all of your program details.

[VIEW DETAILS](#)


Daily Habits

View all of your Daily Habit plan details.

[VIEW PLANS](#)

Health Trackers

 Exercise
3 years ago
30 mins

 Hours of Sleep/Day
3 years ago
7 hours

 Steps
3 years ago
6,000 steps



THINGS I'M WORKING ON

WorkLifeBalance

How's Your Work/Life Balance?
Small changes reap big rewards! Find balance by recording your data daily.

ENTER DATA



Great job!
You finished your assessment and you're on the way to well-being!

VIEW RESULTS

TAKE ACTION

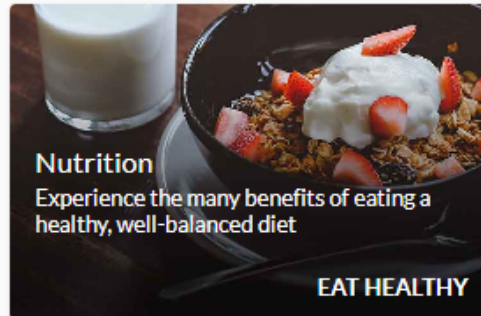
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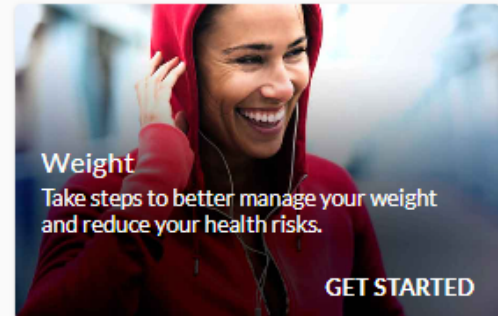
CLICK & ENTER CODE: BLUEND



Nutrition

Experience the many benefits of eating a healthy, well-balanced diet

EAT HEALTHY



Weight

Take steps to better manage your weight and reduce your health risks.

GET STARTED



EXPLORE & LEARN

Our well-being learn center will help you discover your favorite ways to live healthier

PODCASTS

BEYOND WELL PODCASTS

Mental Health Podcasts

These short podcasts help reduce stress, prevent burnout, and increase your mental health literacy.

 [LISTEN](#)

VIDEOS

[EXPLORE ALL VIDEOS](#) >



Meal Prep: Salad in a Jar


 0:47

 [PLAY](#)



Muscle Strengthening Circuit

 1:39

 [PLAY](#)



Hold the Salt

 2:41

 [PLAY](#)



My Health

HealthyBlue Benefits

DEVICES/APPS



INTERESTS



ON THIS PAGE

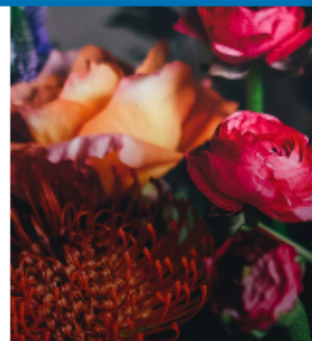
Dashboard

Take Action

Explore & Learn

Asthma

Take an active role in your asthma care and help prevent future attacks.



- Community
- Daily Habits
- Personal Health Assessment
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- Resources
- Sync Devices & Apps
- Policies
- Settings
- Sign Out
- Contact Us



Connection Center

Find your device or app and link its data to help you reach your health goals.



Sync your device to track and achieve your goals



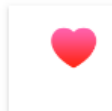
Available

Get connected! Simply choose your device, sync with WebMD, and start tracking



Wellness at Your Side

CONNECT



Apple Health

DETAILS



Google Fit

DETAILS



BodyTrace Blood Pressure

CONNECT



BodyTrace Scale

CONNECT



Fitbit

CONNECT



Garmin Connect

CONNECT



iHealth

CONNECT




Misfit

CONNECT



Sign In

 Continue with Google

EMAIL ADDRESS

Your account email

PASSWORD

Enter your secure password

☐ Keep me logged in

[Forgot your password?](#)

SIGN IN

Don't have an account? [Sign up](#)



ON THIS PAGE

Dashboard

Take Action

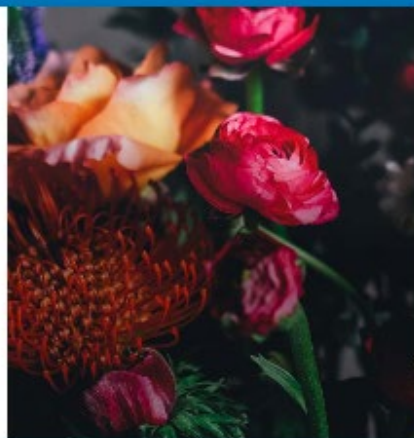
Explore & Learn

Asthma

Take an active role in your asthma care and help prevent future attacks.

NEXT

TAKE CONTROL



Challenges



Rethink Your Drink Hydration

A healthier version of you is just a few weeks away. Take the Rethink Your Drink Hydration Challenge!

GET STARTED



Daily Habits

View all of your Daily Habit plan details.

VIEW PLANS



My Health HealthyBlue Benefits

DEVICES/APPS



INTERESTS



- Community
- Daily Habits
- Personal Health Assessment
- Health Record
- Resources
- Rewards
- Sync Devices & Apps
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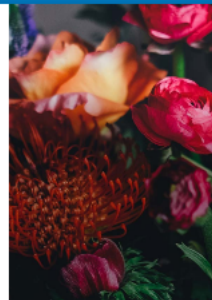
Dashboard
Take Action
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Asthma

Take an active role in your asthma care and help prevent future attacks.

NEXT

TAKE CONTROL



Rewards



View all of your program details.

[VIEW DETAILS](#)

Daily Habits



View all of your Daily Habit plan details.

[VIEW PLANS](#)



Health Trackers



🏃 Exercise
3 years ago

30 mins

🌙 Hours of Sleep/Day
3 years ago

7 hours

👣 Steps
3 years ago

6,000 steps



Daily Habits

Take control of your chronic conditions today!



To-Do

Calendar

Plans

Select Plans



Asthma

You deserve to feel great and enjoy life. Let us help you with lifestyle changes that can help you be your best while managing your Asthma.

DETAILS



Back Health

With Back Health, you'll set a plan to take part in simple flexibility and strengthening activities and learn how to maintain a healthy back.

DETAILS



Balance Your Diet

With Balance Your Diet, you'll learn how to make nutrition work for your lifestyle and enjoy the many benefits of healthy eating.

DETAILS



CAD

You deserve to feel great and enjoy life. Let us help you be your best while

Plans Include:

- ☐ Lose Weight
- ☐ Keep Stress In Check
- ☐ Balance Your Diet
- ☐ Enjoy Exercise
- ☐ Diabetes
- ☐ CAD
- ☐ High Blood Pressure
- ☐ COPD
- ☐ Asthma
- ☐ Heart Failure
- ☐ Coping with the Blues
- ☐ Quit Tobacco
- ☐ Sleep Well
- ☐ Stay Connected
- ☐ Back Health
- ☐ Work Life Balance
- ☐ Pregnancy Partner Support
- ☐ Maternal Health – Trimesters 1-3



Daily Habits

Take control of your chronic conditions today!



To-Do

Calendar

Plans



You have things To-Do! Start with your Today section.



Missed

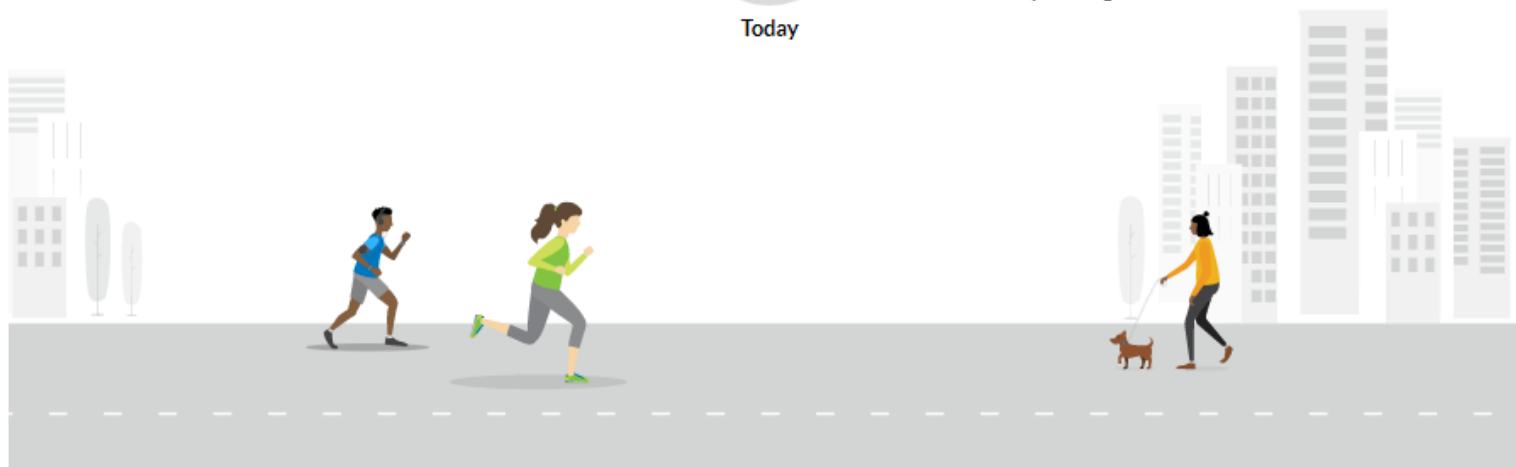


0/6

Today



Upcoming





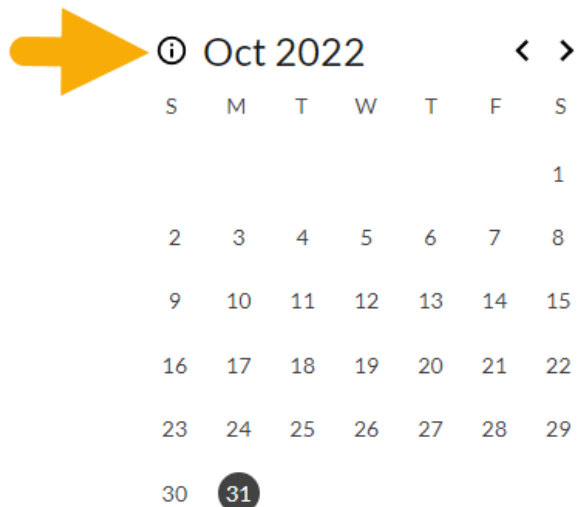
Daily Habits

Take control of your chronic conditions today!

To-Do

Calendar

Plans



Activities Due Today



Did you make time to speak with a friend or family member today?

DETAILS

NO

YES



How many hours of sleep did you get last night?

Enter the hours you slept

hrs

Please enter the hours value between 0 and 24 hrs.

DETAILS

SUBMIT



Did you spend less than 1 hour on social media today?

DETAILS

NO

YES

Calendar Key



Today



Selected Calendar Day



All Activities Completed



Missed Activities



Upcoming activity

Activities cannot be edited after 7 days.

Where do I locate my rewards program?



The screenshot displays the ND HealthyBlue website interface. At the top, the logo for ND HealthyBlue is visible, along with navigation tabs for 'My Health' and 'HealthyBlue Benefits'. Below these, there are sections for 'DEVICES/APPS' and 'INTERESTS'. A dropdown menu is open on the right side, listing various options: Community, Daily Habits, Personal Health Assessment, Health Record, Resources, Rewards, Sync Devices & Apps, Policies, Settings, Sign Out, and Contact Us. A yellow arrow points to the 'Rewards' option in this menu. On the left side, under 'ON THIS PAGE', there are links for 'Dashboard', 'Take Action', and 'Explore & Learn'. The main content area features a prominent 'IMPORTANT NOTICE: The deadline to redeem is October 31!' with a sub-note that 'All remaining points will be cleared & forfeited as of November 1.' Below this notice is a 'Personal Health Assessment' section with a 'NEXT' button and a 'GET YOUR SCORE' button. Further down, there are two main cards: 'Rewards' and 'Daily Habits'. The 'Rewards' card includes a star icon, the text 'View all of your program details.', and a 'VIEW DETAILS' link. A yellow arrow points to this 'VIEW DETAILS' link. The 'Daily Habits' card includes a sun icon, the text 'View all of your Daily Habit plan details.', and a 'VIEW PLANS' link.

ND HealthyBlue

My Health HealthyBlue Benefits

DEVICES/APPS +

INTERESTS

Community

Daily Habits

Personal Health Assessment

Health Record

Resources

Rewards

Sync Devices & Apps

Policies

Settings

Sign Out

Contact Us

ON THIS PAGE

Dashboard

Take Action

Explore & Learn

IMPORTANT NOTICE: The deadline to redeem is October 31!

All remaining points will be cleared & forfeited as of November 1.

Personal Health Assessment

Get more out of your experience by completing your assessment.

NEXT GET YOUR SCORE

Rewards

View all of your program details.

VIEW DETAILS

Daily Habits

View all of your Daily Habit plan details.

VIEW PLANS



[My Rewards](#)

[FAQ](#)

Rewards



Select a program







2023 HealthyBlue Rewards

Expires 10/31/2023

[VIEW DETAILS](#)





Your points:		EARNED: 1270/25000 _{MAX}	USED: 0	BALANCE: 1270
\$25		\$25 Gift Card Earn reward 10 times by 10/31/2019	2500 points needed to earn reward	KEEP EARNING
\$50		\$50 Gift Card Earn reward 5 times by 10/31/2019	5000 points needed to earn reward	KEEP EARNING
\$100		\$100 Gift Card Earn reward 2 times by 10/31/2019	10000 points needed to earn reward	KEEP EARNING
\$150		\$150 Gift Card Earn reward by 10/31/2019	15000 points needed to earn reward	KEEP EARNING
\$200		\$200 Gift Card Earn reward by 10/31/2019	20000 points needed to earn reward	KEEP EARNING
\$250		\$250 Gift Card Earn reward by 10/31/2019	25000 points needed to earn reward	KEEP EARNING



☐ Click on KEEP EARNING to review your rewardable activities.



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2023 NDPHIT REWARDS

Earn up to \$250, redeemable as Visa cash cards, January 1-October 31, 2023.*

One-Time Activities

- | | |
|--|-------------|
| ▪ Complete the Personal Health Assessment | 1000 points |
| ▪ Attend Initial Appointment w/ Health Coach | 1000 points |
| ▪ Sign-up for the WebMD Newsletter | 100 points |
| ▪ Sync a Fitness Device or App | 100 points |

Daily Activities

- | | |
|--|-----------|
| ▪ Track Your Daily Steps | 15 points |
| ▪ Track Your Daily Physical Activity Minutes | 90 points |

Monthly Activities

- | | |
|--|-------------|
| ▪ HCC - Visit Participating Club 12+ Times | 2700 points |
| ▪ Meet with your Health Coach once per month | 2500 points |
| ▪ Meet with Prevention Specialist once per month | 2500 points |
| ▪ Complete the Monthly Financial Wellbeing Topic | 100 points |

Miscellaneous Activities

- | | |
|--|----------------------------------|
| ▪ Challenges: Steps, Water, Fruits/Veggies, etc. | 100 points/active challenge week |
| ▪ Complete 50% of ANY Daily Habits Plan | 300 points (max 5 times/year) |
| ▪ Complete 100% of ANY Daily Habits Plan | 600 points (max 5 times/year) |

* Rewards, when received as part of an employer's benefit offerings, are considered "wages" and are subject to federal income taxes, FICA taxes (Social Security and Medicare), federal unemployment taxes and W-2 reporting requirements.



Health Club Credit Enrollment



Welcome to NIHCArewards

NIHCArewards is the headquarters for insurance and employer-sponsored fitness incentive programs. NIHCArewards links workout data from the fitness center level to provide a monthly reimbursement back to the member. By managing these programs at the fitness center level, we are able to collect the most accurate data to complete the ultimate online solution for wellness reimbursement programs nationwide.

MEMBERS Options	CLUBS Options	CLUB FINDER	MONEY MOVERS, INC.
FIRST TIME ENROLLMENT	PROCESSING AGREEMENT	CLUB FINDER	ABOUT MONEY MOVERS, INC.
ALREADY ENROLLED	EXISTING CLUB LOGON		VISIT THE MONEYMovers, INC. WEBSITE
MEMBER PORTAL INSTRUCTIONS	CLIENT PROCEDURES		REQUEST MORE INFORMATION / REQUEST AN OBM DEMO
FAQ			

NIHCArewards.org



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Enter Insurance details

Insurance Company:

---Please Select Insurance Company---

Search

---Please Select Insurance Company---

Avera Health

Bind

Blue Cross Blue Shield of Minnesota

Blue Cross Blue Shield of North Dakota

Club Search

Zip Code

58104

Radius(Miles)

25

Find clubs



ND



Club Search

Zip Code

Radius(Miles)



Find clubs

If you would like to nominate a club you can do so here.

Club	Address	Phone#	Amenities	Action
Anytime Fitness - Dilworth	1710 Center Ave W, Ste #200, , Dilworth, Minnesota, 56529	218-227-0010		Enroll Online
Anytime Fitness - Fargo (1801 45th St S)	1801 45th St S, , Fargo, North Dakota, 58103	(701) 277-5040		Enroll Online
Anytime Fitness - Fargo (Timber Creek)	5050 Timber Creek Prkway, , Fargo, North Dakota, 58104			Enroll Online



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Don't see your Club? Nominate them!



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Health Club Credit Points

Health Club Credit Program

Earn 2700 points (\$27) for each month in which you visit a participating health club 12+ times. Points are awarded the month following the month in which the visits took place (i.e. Points for 12+ January visits are awarded in February). September is the last month to earn Health Club Credit points (awarded in October).

5400 points earned

Visit NIHCAREwards.org to see if your health club is participating and/or to enroll to receive Health Club Credit points.

Health Club Credit - Feb Activity Do this by 10/31/2023	2700 points	
Health Club Credit - March Activity Do this by 10/31/2023	2700 points	
Health Club Credit - May Activity Do this by 10/31/2023	2700 points	
Health Club Credit - June Activity Do this by 10/31/2023	2700 points	
Health Club Credit - July Activity Do this by 10/31/2023	2700 points	
Health Club Credit - Aug Activity Do this by 10/31/2023	2700 points	
Health Club Credit - Sept Activity Do this by 10/31/2023	2700 points	
Health Club Credit - April Activity You did this on 4/1/2023	2700 points	✓ DONE
Health Club Credit - Jan Activity You did this on 1/1/2023	2700 points	✓ DONE

- ❑ Months in which you meet the 12+ visit minimum and earn the 2700 point (\$27) credit will display the ✓ DONE symbol.



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How can I redeem my HealthyBlue Points?

2023 HealthyBlue Rewards

Your points:	EARNED: 5400/25000MAX	USED: 0	BALANCE: 5400
---------------------	------------------------------	----------------	----------------------

\$25

Redeem your \$25 Prepaid Visa for 2500 points
Enter your mailing address to ensure delivery.
Address Address 2 (optional) City State Zip code
2701 NW Vaughn St Suite 700 Portland OR 97210 [Next](#)

\$50

Redeem your \$50 Prepaid Visa for 5000 points
Enter your mailing address to ensure delivery.
Address Address 2 (optional) City State Zip code
2701 NW Vaughn St Suite 700 Portland OR 97210 [Next](#)

\$100

\$100 Prepaid Visa
Earn reward 2 times by 10/31/2023

10000 points
needed to earn reward
[KEEP EARNING](#)

\$150

\$150 Prepaid Visa
Earn reward by 10/31/2023

15000 points
needed to earn reward
[KEEP EARNING](#)

- ❑ Once you have earned enough points to meet a Gift Card threshold, the Redeem option will be activated.



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Gift Card Redemption Confirmation

2023 HealthyBlue Rewards

Your points:

EARNED: 5400/25000MAX

USED: 5000

BALANCE: **400**

✓ DONE

\$50



\$50 Prepaid Visa

Congratulations! You earned this reward on 11/28/2022
Confirmation: 2DC4562B-210017973



5000 points

Used

[ACTIVITY LOG](#)



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Wellness Incentives are Taxable Benefit

- Rewards must be redeemed by October 31st 2023 or they will be forfeited.
- Rewards earned are considered taxable wages.
- BCBSND will provide reporting by mid-December each year.





Have questions or need assistance?

Call the phone number on the back of your BCBSND member id card.



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THANK YOU