



# NDPHIT Family Wellness Program

*Achieve Your Goals 2024*



[NDPHIThealth.com](https://NDPHIThealth.com)

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# 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

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## Start improving your health and earning your \$250 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](http://NDPHIHealth.com) to view upcoming webinars and events.

[View Calendar](#) →

# Health Coaching & Preventative

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.

## We Can Help You With:

Through medical nutrition therapy we can help you improve or even reverse the conditions below.

### **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, Ulcers**

### **Acid Reflux/GERD**

# 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](http://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, 2024 (some activities must be completed by September 30, 2024).

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





Inspiring Your Health