



HEALTH INSURANCE TRUST

NDPHIT WELLNESS PROGRAM

INSPIRING YOUR HEALTH



EARN POINTS
TOWARDS \$250

ACHIEVE YOUR GOALS
2023

www.ndphithealth.com

AT A GLANCE

YOUR WELL-BEING PROGRAM



YOUR HEALTH IS OUR PRIORITY

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.

WHAT'S INCLUDED

- FREE HEALTH COACHING
- FREE PREVENTIVE HEALTH CLINICIAN VISITS
- PERSONALIZED HEALTH RISK MANAGEMENT
- A FUN WELLNESS PORTAL WITH ACTIVITIES, ARTICLES, MEAL PLANS, AND MORE
- THE CHANCE TO EARN \$250
- LIFE ENGAGEMENT TRAINING THAT EMPOWERS YOU TO IMPROVE YOUR HEALTH
- WELLNESS EDUCATION
- A COMMUNITY OF SUPPORTERS

NDPHIT HEALTH & WELLNESS 2023

PROGRAM RESOURCES

PERSONAL HEALTH COACHING & PREVENTIVE HEALTH VISITS

These [preventive services](#) are offered free to you through your employer and health insurance, so take advantage while you have the chance! We sincerely believe it can have an immense impact on your life. Frequent visits with caring health specialists will provide you the right amount of guidance, encouragement, and accountability.

MONTHLY HEALTH CLASSES

Attend a special class once a month to dive deeper into your health, and connect with your peers. Learning together improves well-being.

WELLNESS LEARNING PORTAL

Through your [BCBS HealthyBlue portal](#) you'll find engaging articles, exercise plans, meal plans, healthy recipes, online challenges and more. You can even earn rewards of up to \$250.

MINDFUL LIVING TRAINING PLATFORM

Learn how to live a mindful and wholesome life through our life training program. The training focuses on Mindful Living, Mindful Eating, Mindful Movement, and Mindful Relationships to achieve a better tomorrow.



HOW TO GET STARTED

1. 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.

2. LOG IN TO WELLNESS PLATFORM

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



ND HealthyBlue

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



- Enroll at NDPHIThealth.com
- Attend Initial Appointment with Health Coach
- Complete the Personal Health Assessment
- Pregnancy Assistant Intake Box
- Sign-up for the WebMD Newsletter
- Sync a Fitness Device or App

required to be eligible for program

- 1000 points
- 1000 points
- 100 points
- 100 points
- 100 points

DAILY ACTIVITIES



- Track Your Daily Steps
- Track Your Daily Physical Activity

- 15 points
- 90 points

WEEKLY ACTIVITIES



- Complete Weekly Pregnancy Assistant Interaction 25 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 Monthly Financial Wellbeing Topic 100 points

MISCELLANEOUS ACTIVITIES



- Challenges: Steps, Water, Fruits/Veggies, etc. 100 points weekly challenge
- Complete ANY Daily Habits Plan 600 points-max 5 times/year
- Complete a Pregnancy Assistant Activity 10 points-max 10 times/week

REWARD TIERS

REWARD	POINTS TO REDEEM
\$25 Prepaid Visa	2,500
\$50 Prepaid Visa	5,000
\$100 Prepaid Visa	10,000
\$150 Prepaid Visa	15,000
\$200 Prepaid Visa	20,000
\$250 Prepaid Visa	25,000

Unredeemed points are forfeited and cleared November 1.



Inspiring Your Health

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.

\$0 COST FOR YOU

NDPHIT HEALTH COACHING PROGRAM

Have you ever wondered why it's so challenging to make some changes in your life that you know would be good for you? You're not alone!

General health and wellness information is all around you, so you may be feeling bothered and confused as to why it's so difficult to achieve those fitness, nutrition, or emotional goals. That happens to ALL of us though! All that information becomes overwhelming and confusing, preventing us from taking action. That's why Health Coaching has risen in recent times as one of the most powerful tools to getting you from where you are now to where you want to be.

What can you get out of health coaching?

- Receive personalized plans and guidance based on your needs and goals
- Learn how you can access your strengths and help yourself for the future
- Receive empowering motivation and a friendly accountability partner
- Improve your decision-making skills
- Increase your self-awareness
- Boost your confidence



WHAT IS HEALTH COACHING?

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 usually 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.

Here are some health aspects you could address with your Health Coach:

- **Movement & Exercise**
- **Sleep & Rest**
- **Nutrition**
- **Relationships & Communication**
- **Physical Environment**
- **Spirituality**
- **Tobacco Cessation**
- **Weight Management**
- **Disease Prevention — including Diabetes, Hypertension, Hyperlipidemia, & Obesity Prevention**

[**CLICK HERE FOR AN APPOINTMENT**](#)