



Your Online Wellness Portal

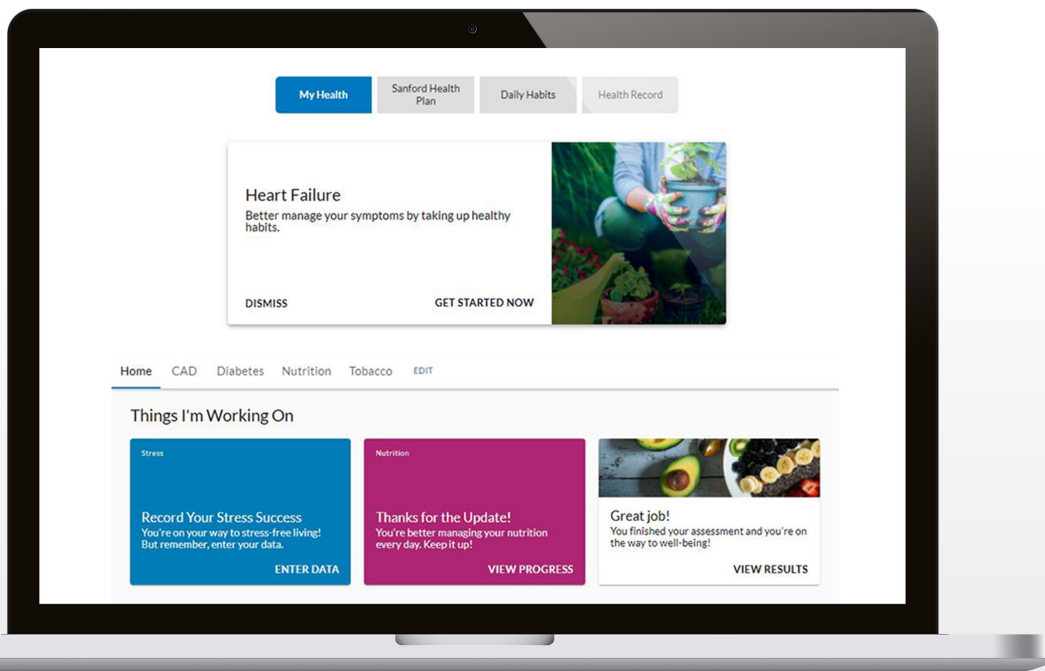
Today is the Day

Every day is a new opportunity to commit to your health and well-being. Sanford Health Plan offers an online wellness portal to make it easier than ever. Store and track important health data, learn about your health risks and get support on your journey to improved health and wellness. Get started today!

How to Access

Log on to your account at sanfordhealthplan.com/memberlogin. From the top left menu icon, scroll down to Insurance, click **“Portals and Links”**, then select **“Wellness Portal”**. If you do not have an account, click the **“Request Access for Yourself”** button.

Take a Tour



Take Your Health Assessment

First you'll take a health assessment. Find out what areas of your health and well-being are on track and what areas could use improvement. Based on your results, you will receive personalized recommendations to guide you toward better health. Your individual results are never shared with your employer. Check out the wellness portal features below.



My Health

Customized education, programs and resources based on the results of your Health Risk Assessment



Sanford Health Plan

Wellness and Lifestyle Medicine programs available to you as a member



Daily Habits

Turn small, attainable goals into long-term behavior changes with 28-day lifestyle and 84-day chronic condition programs



Health Record

Keep track of your health conditions, medications and track your health numbers



Resources

Located in the top right menu dropdown — you can access WebMD health information, videos, recipes and more

**Contact Customer Service at
(800) 752-5863 with questions.**

SANFORD
HEALTH PLAN