



# 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 and mobile app to make it easier than ever. Store and track important health data, challenge co-workers 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](http://sanfordhealthplan.com/memberlogin). Select the Wellness tab, then click Wellness Portal in the Quick Links menu. If you do not have an account, use your medical ID card and click Create an Account.

## Take a Tour

Features

The screenshot shows a user interface for a wellness portal. At the top, there is a navigation bar with tabs: DASHBOARD, SESSIONS, VITALS, CHALLENGES, MY TEAM, MY COMMUNITY, and RESOURCES. The main content area is divided into several sections:

- User Profile:** Shows 'LEVEL 1: JANE DOE (2)' with icons for Team, Coach, and Community.
- Team Progress:** A section titled 'TEAM (1)' showing progress for 'JANE DOE (2)' and 'Indie Others'. It includes a table for 'UPCOMING SESSIONS' with columns for DATE, TIME, and LOCATION. One session is listed: 'Beverages' on 'Monday, Apr 01' at '2:00 AM'.
- Health Trackers:** A list of health metrics including 'FHA 300% Completion', 'Labeled Weight 150 lbs', 'Labeled Blood Pressure 105 Systolic / 70 Diastolic', and 'Labeled Heart Rate 75 BPM'.
- Session Progress:** A bar chart titled 'MY PROGRESS' showing progress across 12 sessions. The first session is completed (green), while others are in progress (yellow/orange).
- Challenge Goals:** Three goal cards: 'STEPS' at 57% (40,000 / 70,000 steps Weekly Goal), 'STRENGTH' at 67% (40 / 60 minutes Weekly Goal), and 'FRUITS & VEGETABLES' at 71% (25 / 35 servings Weekly Goal).
- MY AWARDS:** A grid of award icons, some of which are locked.

Callouts on the right side of the dashboard identify 'Health Trackers', 'Session Progress', and 'Challenge Goals'.

# 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.



## Sessions

Learn about new health and wellness topics each month



## Vitals

Monitor changes in your weight, blood pressure, lab results, and more



## Challenges

Compete against co-workers by logging your steps, strength, and fruits and veggies



## My Team & My Community

Support your co-workers on their health journey by sharing encouragement and even some friendly competition



## Resources

Find inspiration for new workouts and recipes, plus view important documents related to your wellness benefits

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



## On the Go

Sync your wearable fitness devices to the wellness portal and download the mobile app to take your wellness with you. Search "My StayWell" in Google Play or the Apple Store.