



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. 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 'LEVEL 1: JANE DOE (2)'. It includes a navigation bar with 'DASHBOARD', 'SESSIONS', 'VITALS', 'CHALLENGES', 'MY TEAM', 'MY COMMUNITY', and 'RESOURCES'. The main content area is divided into several sections:

- Health Trackers:** A sidebar on the left lists various health metrics: FISA 3000E Completion, Labeled Weight (150 lbs), Labeled Blood Pressure (105 Systolic / 70 Diastolic), Labeled Heart Rate (75 BPM), and MY AWARDS.
- Session Progress:** A central section titled 'TEAM (1)' shows '0% JANE DOE (2)' and '0 Pending' for other team members. Below this is a table for 'UPCOMING SESSION' with columns for DATE, TIME, and LOCATION. A 'MY PROGRESS' bar chart shows completion for 12 sessions.
- Challenge Goals:** A bottom row of four progress indicators: '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).

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.