

# Fitness Incentive Programs Information

## Eligible members that participate in the Insurance Fitness Programs with one of the below Insurance Partners:

Blue Cross Blue Shield of Minnesota, Blue Cross Blue Shield of North Dakota, Blue Cross Blue Shield of Wyoming, Fargo Public Schools, Regency Managed Properties, Sanford Health Plan, Sioux Falls School District, South Country Health Alliance, UCare, PreferredOne, HealthPartners and Medica.

Please go online to **your Fitness Reimbursement portal** so you can receive your reimbursement when all requirements have been met.\*

1. Go to [NIHCarewards.org](http://NIHCarewards.org)



2. Go to "MEMBERS Options"

A green rectangular button with the text "MEMBERS" in white, underlined, and "Options" in white below it.

MEMBERS  
Options

3. Click "[First Time Enrollment](#)"

(\*You must meet all requirements and be a paid member of this facility)

A light green rounded rectangular button with the text "FIRST TIME ENROLLMENT" in white.

FIRST TIME ENROLLMENT

4. Please select your Insurance Company.
5. Enter the Zip Code of your facility to find your location
6. Click "Enroll Online" this will prompt you to complete a series of detail as that will need to be entered in order to complete your online enrollment. (Some facilities will be "Enroll", if so, you will need to talk to the Manager in order to get signed-up)
7. Please read your insurance information before enrolling in Fitness Discounts.
8. You will need to fill in the blanks for "Member Enrollment" & Submit.
9. If you do **NOT** update your information (i.e. subscriber ID, Group ID, Dependent ID, banking information, etc.) and you have not completed your program requirements (i.e. workouts/check-ins, Health Assessment, etc.) you will **NOT** receive your reimbursement.
10. Please continue to log back into [NIHCarewards.org](http://NIHCarewards.org) (Once you have set-up your account, go into "Already Enrolled" for your workout and reimbursement history. Always be sure to update & edit your profile with any changes that is pertinent for your insurance reimbursement.

**If you have any further questions, please talk to the Manager at your facility.  
Get Healthy & Get Rewarded!**