

# ATTENTION Members!!!

**IMPORTANT MESSAGE** for eligible members that participate in the Insurance Fitness Programs with one of the below Insurance Partners:

**~ Blue Cross Blue Shield of North Dakota & Sanford Health Plan ~**

If you have been participating in the Fitness Incentive Programs, **NOW IS THE TIME** to go online to **your Fitness Reimbursement portal** - (If you are not able to go online, talk to your fitness center to verify your information).

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



2. Go to “**MEMBERS Options**”



**MEMBERS  
Options**

A green rectangular button with white text that reads "MEMBERS Options".

VERIFY MEMBER INFORMATION

A light green rounded rectangular button with white text that reads "VERIFY MEMBER INFORMATION".

3. Click “**Verify Member Information**”

(Any current or existing paid member of a fitness facility that was already receiving fitness reimbursements)

4. Select your current Insurance plan.

5. Enter the Club you are a member of by typing the name of the club.

6. Enter your Date of Birth and your Insurance member Subscriber ID# and your current email address.

7. You will receive a verification code that will be sent to the email you entered; you will have 10-minutes to enter that “Verification Code” back into the system so that you can gain access.

8. Verify existing information and fill-in **ALL** the blanks with any **updated** information (i.e. insurance type, member subscriber ID, banking, monthly membership dues, etc.).

9. You will receive a “thank you” after your information has been verified.

10. 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 (workouts/check-ins, Health Assessment, etc.) you will **NOT** receive your reimbursement.

11. Be sure to update & edit your profile with any changes that is pertinent to your insurance reimbursement in NIHCArewards.org. (**This will be available soon**)

**If you have any further questions, please talk to your fitness facility.**