



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 your Health Assessment

First, complete a health assessment to identify your current health status and areas for improvement. Based on your results, you’ll get personalized recommendations for enhancing your well-being. Your individual results remain confidential and are not disclosed to your employer.

Wellness Portal Features



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 (TTY: 711) with questions.

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