

Maximize your wellness benefits

Wellness-only member authorization process

To access BCBSND.me and any other wellness solutions you may be eligible for, complete these three easy steps below. Once the form is submitted, the release is good for one year. No worries, we will send a reminder email next year when the form is due again.

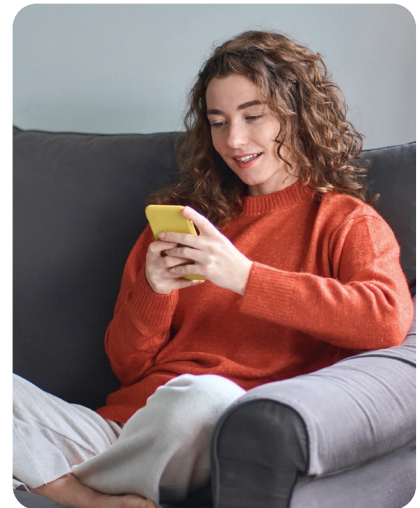
1



Complete this form

- Scan the QR code to complete the authorization form.
- It takes about five minutes.
- Please have your Wellness Member Number handy!

This form lets us share your information with third-party organizations that conduct our wellness programs.



2

Check your email

You will get an email from Blue Cross Blue Shield of North Dakota when your account is ready.

3

Register for BCBSND.me

To access your wellness benefits

Questions? We're happy to help. | 844-363-8457



Expect
access within
10 days
of submission