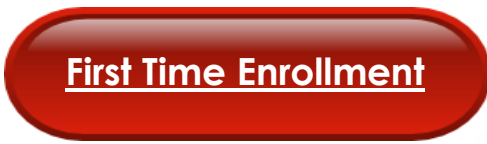


# Fitness Incentive Programs Information for First-Time Enrollment Members

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) (Use Google Chrome or Mozilla Firefox)
2. Go to “MEMBERS Options”
3. Click “[First Time Enrollment](#)”
4. Select your Insurance Company.
5. Enter the Zip Code of your facility to find your location.
6. Click “**Enroll Online**” which will prompt you to fill out information that will complete your online enrollment. (Some facilities will say “Enroll”, if so, you will need to talk to the Manager in order to get signed-up).
7. Read your insurance information before enrolling in fitness Incentive program.
8. Complete all fields for “**Member Enrollment**” and click Submit.



***Congrats!*** You are now enrolled in the fitness incentive program.

Once you have enrolled, you may go into “**Already Enrolled**” to view your workout and reimbursement history. Always be sure to update and edit your profile with any changes that are pertinent for your incentive program.

If you have any further questions, please contact Emily at 218-739-4489 ext. 204.

**Get Healthy & Get Rewarded!**