



Monthly Wellness Coordinator Update

Dakota Wellness Program



February 2026

Monthly Well-being Theme

Improving Your Environmental Health

Creating a healthier environment starts with small, intentional steps at home and continues through every season. Reduce clutter, improve ventilation, and use low-toxic cleaning products to lower indoor pollutants and create calmer living spaces. Managing dust, pollen, and pet dander through regular cleaning and air purifiers can ease allergies and boost comfort. Stay safe in hot weather by hydrating, avoiding peak heat, and checking on vulnerable individuals. In colder months, prepare your home, dress in layers, and watch for cold-related risks. Monitor air quality year-round and practice water safety. Simple habits protect health all year long.

Member Wellness Webinar

2nd Tuesday of the month

February 10th at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

Register for the 2026 webinars!

Announcements & Reminders

Health Risk Assessment

The health risk assessment must be completed each new year to unlock your wellness portal. Earn **2,500 points for completion.**

Earn a **500 point EARLY BIRD BONUS** if you complete your health assessment before March 31.

Dakota Wellness Program Overview

Employees can learn about the Dakota Wellness Program and wellness portal by attending a LIVE (15-minute) webinar with Sanford Health Plan.

Select a date that works for you (all in CT time):

Monday, Feb. 2 at 2 p.m.

Tuesday, Feb. 3 at 11:00 a.m.

Thursday, Feb. 5 at 9 a.m.

Inside this issue...

- Improving Your Environmental Health
- Wellness Webinar
- Reminders and Announcements
- Program Resources

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Monthly Book Club

Home Detox: Make Your Home a Healthier Place for Everyone Who Lives There

by **Daniella Chace MSc, CN**

[Download poster](#)
[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
February 24th at 10 a.m.

Register for the 2026 meetings!

Monthly Observances

American Heart Month

Cancer Prevention

Feb 4 World Cancer Day

Feb 6 National Wear Red Day (for women's heart health)

Feb 14 National Donor Day

Feb 23 – Mar 01 Eating Disorders Awareness Week

[Register for a Dakota Wellness Program Overview webinar](#)

[Coordinator Wellness Program Resources](#)
Website and downloadable tools

[Dakota Wellness Website](#)

[Dakota Wellness Program Guide](#)

[Dakota Wellness Program Certificate of Completion](#)

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