



Monthly Wellness Coordinator Update

Dakota Wellness Program



March 2026

Monthly Well-being Theme

Sustainable Eating for a Healthier Life

Eating healthier doesn't have to be overwhelming. Discover how sustainable eating can improve your health, support the environment, and fit your lifestyle. Learn easy strategies—like building balanced plates, adding more plant-forward meals, and reducing food waste—that make a big difference over time. You'll get practical tips you can use immediately and leave with one small, doable action to try this week. Sustainable eating is simple and achievable for everyone!

Member Wellness Webinar

2nd Tuesday of the month

March 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

Complete the Health Assessment - 500 BONUS POINTS for Early Completion

Complete this step first if you want to redeem your \$250 benefit or receive fitness center reimbursements. Earn 3,000 total points if you complete it by March 31, 2026.

2026 Wellness Portal Challenges

- Financial Wellness Knowledge (Feb 18-March 17)
- Marathon In A Month – Physical Activity
- Rethink Your Drink – Hydration
- Wellness From Within - Emotional Health Journal

Coordinator Wellness Program Resources

Website and downloadable tools

Inside this issue...

- Sustainable Eating for a Healthier Life
- Wellness Webinar
- Reminders and Announcements
- Program Resources

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Monthly Book Club

The Sustainable Food Revolution: Eating Healthy While Saving the Planet by

Dr. Lauren Taylor

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:

March 24th at 10 a.m.

Register for the 2026 meetings!

Monthly Observances

Nutrition

Kidney

March 4: World Obesity Day

March 8-14: National Sleep Awareness Week

March 13: World Kidney Day & Sleep day

March 16-22: Brain Awareness Week & National Drug and Alcohol Facts Week

March 20: International Day of Happiness

March 24: American Diabetes Alert Day

Dakota Wellness Website

Dakota Wellness Program Guide

Dakota Wellness Program Certificate of Completion

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Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



Contact your wellness team

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