



Monthly Wellness Coordinator Update

Dakota Wellness Program



May 2026

Monthly Well-being Theme

Women's health is a lifelong investment

Women's health is a lifelong investment shaped by proactive care and daily habits. Regular checkups, recommended screenings, and vaccinations lay the foundation for prevention, while paying attention to fatigue, pain, or mood changes helps catch concerns early. Consistent movement — especially strength training — supports heart and bone health, and balanced meals rich in protein, fiber, and healthy fats help regulate hormones and energy. Quality sleep and stress management strengthen emotional resilience. Prioritizing reproductive health and knowing your family history further protects long-term well-being. Caring for yourself isn't selfish — it's empowering and essential for a vibrant, healthy life.

Member Wellness Webinar

2nd Tuesday of the month

May 12 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 and reminders

Marathon in a Month

Are you ready to step up your health? Then get excited for the **Marathon in a Month Challenge! It's a fun way to stay active and earn rewards** from the Dakota Wellness Program. During the challenge, you can walk, hike, dance or get your steps in any way you like. Just track 50,000 steps from May 6 through June 2 (must track 21 of the 28 days) to earn 1,500 points toward your wellness incentive. To register:

- Log on to your MyChart account at member.sanfordhealthplan.org/portal
 - If you do not have a MyChart account, you will need to select "Sign Up for Yourself"
- Click on the "Your Menu" icon
- Scroll to "Portals and Links" under insurance
- Click "Wellness Portal" inside the Portals and Links page
- Select "Sign up"

Inside this issue...

- Women's health
- Wellness Webinar
- Reminders and announcements
- Program resources

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Monthly Book Club

Grown Woman Talk: Your Guide to Getting and Staying Healthy
by Sharon Malone

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
May 26th at 10 a.m.

[Register for the 2026 meetings!](#)

Monthly Observances

Mental Health Awareness
Employee Health and Fitness
Healthy Vision
National Asthma and Allergy Awareness
5 World Hand Hygiene Day
10-16 **Women's Health Week**
27 National Senior Health and Fitness Day
31 World No Tobacco Day

Walk@Work

Promote a walking event at your agency and distribute a voucher to all participants. Share your photos and stats with the wellness team.

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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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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