



Monthly Wellness Coordinator Update

Dakota Wellness Program



November 2026

Monthly well-being theme

Bouncing back stronger: Building resilience through stress and adversity

Stress and adversity are a normal part of life, but healthy coping strategies can help us stay strong and resilient. Focus on what you can control and take care of your body through regular movement, nutritious foods, good sleep and hydration. Make time to breathe, recharge and connect with supportive people. Remember, resilience doesn't mean handling everything alone. It means adapting, asking for help when needed and moving forward one step at a time. Small, healthy choices can build lasting well-being.

Member wellness webinar

2nd Tuesday of the month

November 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

End of year reminders: Wellness coordinators

6,000 points were uploaded to your wellness portal for your role as wellness coordinator. If you have not received your points, please contact the wellness team at

NDPERSWellness@sanfordhealthplan.com

Employees/Members

Reminder that all 2026 points must be redeemed **BEFORE** December 28. Points DO NOT carry over into the new year.

The Health Risk assessment **MUST** be completed each calendar year. Remember to complete your health risk assessment this early in the new year to unlock your wellness portal to begin earning and redeeming your 2027 Dakota Wellness program benefit.

Inside this issue...

- Bouncing back stronger: Building resilience through stress and adversity
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly book club

The Stress Prescription by Elissa Epel, PhD

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

Wellness coordinator webinar

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

Register for the 2026 meetings!

Monthly observances

- American national diabetes month
- Lung cancer awareness month

[Wellness coordinator 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](#)

NDPERSwellness@sanfordhealth.org

(800) 499-3416 (TTY: 711)