



Monthly Wellness Coordinator Update

Dakota Wellness Program



October 2026

Monthly Well-being Theme

Helping children grow healthy and strong

Helping children grow healthy and strong means building healthy habits early. Nutritious foods, regular physical activity, and enough sleep support growth, learning, and emotional well-being. Checkups and vaccinations help prevent illness and catch concerns early. Love, encouragement, and healthy social skills also help children thrive and build lifelong healthy habits.

Member Wellness Webinar

2nd Tuesday of the month

October 13th 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!

Wellness Challenges

Wellness from within challenge - emotional health journal

Journaling can be just what your emotional health needs. It's a personal outlet for you to process what's going on in your mind and help you overcome stress, anxiety and depression. Use it during the reflect and renew challenge and beyond to help keep your emotional well-being at its best.

Registration opens on Oct. 14
Challenge runs Oct. 28 through Nov. 24

Change Your Weigh

CDC National Diabetes Prevention Program

This year-long, group coaching program focuses on practical strategies to help you lose weight, increase physical activity, and reduce your risk of developing type 2 diabetes.

You will learn to:

Eat healthier
Be more active
Manage stress
Overcome obstacles

Inside this issue...

- Helping children grow healthy and strong
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly book club

The Family Firm: A Data-Driven Guide to Better Decision Making in the Early Years by Emily Oster

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

Wellness coordinator webinar

4th Tuesday of the month:
October 27th at 10 a.m.

Register for the 2026 meetings!

Monthly observances

Breast cancer awareness
Health literacy
Dental hygiene
10 World Mental Health Day
20 World Osteoporosis Day
19-23 National Health Education Week

Registration is now open for fall classes.



To learn more, visit:
sanfordhealthplan.com/members/wellness/diabetes-prevention
or scan the QR code.

Worksite Wellness Vouchers

Well-being education

Health and well-being topics

- Prevention
- Nutrition
- Physical activity
- Goal setting and achievement
- Emotional well-being
- Career well-being
- Financial well-being

Wellness points

- Members: 3,000 points
- Employer based wellness program: 1 point

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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