



Monthly Wellness Coordinator Update

Dakota Wellness Program



September 2026

Monthly Well-being Theme

Be kind to your mind

Mental health and well-being are essential parts of overall health. Mental health affects how we think, feel, and act each day. Good mental health is not about feeling happy all the time, but about coping with stress, building relationships and seeking help when needed. It highlights simple ways to support well-being, such as sleeping well, eating healthy foods, staying active and connecting with others. Everyone faces challenges, and asking for help is a strength. Small daily habits can improve mental health and help create a healthier, more balanced and fulfilling life.

Member wellness webinar

2nd Tuesday of the month

September 8th 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

Wellness coordinator recharge

Thanks for attending a LIVE recharge event in August. If you weren't able to attend a live session or if you want to watch it again, you can find a recording on the wellness coordinator resources website.

ndpers.nd.gov/employers/employer-resources/employer-based-wellness/wellness-coordinator-resources

As a wellness coordinator you earn 6,000 points for the calendar year. Your points will automatically be added to your account in the wellness portal this fall – there is nothing for you to upload.

Wellness portal challenges

Rethink Your Drink - Hydration Challenge ends on Sept. 15

Wellness from Within - Emotional Health Journal challenge starts on Oct. 28

Inside this issue...

- Be kind to your mind
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly book club

13 Things Mentally Strong People Don't Do by Amy Morin

[Download poster](#)

[Download flyer](#)

Wellness coordinator webinar

4th Tuesday of the month:
September 22nd at 10 a.m.

Register for the 2026 meetings!

Monthly observances

Healthy aging
Cholesterol education
National recovery
World Alzheimer's
Food safety education
29 World Heart Day

[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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