

Wellness Coordinator Resources

Annual Reminders

- Submit the Discount, Funding, and End of Year Confirmation Applications
- Promote the Dakota Wellness Program
- Carry out your planned wellness activities

Monthly Reminders

- Coordinator Webinars- last Tuesday of the month. Receive important updates about the wellness program and information about the next month's wellness materials and how to promote them in the workplace.
- Forward Employee Newsletters

Applications, timelines, past newsletters, webinars, wellness specialists contact info and services
<https://ndpers.nd.gov/employers/employer-resources/employer-based-wellness/>

Contacts

- Western Region: Rachel Iverson: Rachel.Iverson@SanfordHealth.org
- Eastern Region: Alexis Allen: Alexis.Allen@SanfordHealth.org
- Dakota Wellness: ndperswellness@SanfordHealth.org

Employee Resources

- Dakota Wellness Benefit <https://www.sanfordhealthplan.org/ndpersdakotawellnessprogram>
- Exercise is Medicine <https://www.sanfordhealthplan.org/exercise-is-medicine>
- Diabetes Prevention Program (now virtual) <https://www.sanfordhealthplan.org/diabetes-prevention>
- Consults: Exercise, Nutrition, Stress, and Back Pain
<https://www.sanfordhealthplan.org/ndpers/dakotawellnessprogram>
- Cook With Me: weekly cooking class on Facebook (Sanford Health Wellness and Lifestyle Medicine group): <https://www.facebook.com/groups/SanfordHealthLifestyleMedicine>
- Monthly Wellness Webinars:
<https://www.sanfordhealthplan.org/ndpers/dakotawellnessprogram>
- Sanford Health Plan Customer Service: 1-800-499-3416
- Wellness Benefit Email: ndperswellness@SanfordHealth.org
- Fitness Reimbursement: <https://nihcarewards.org/>

<p>January</p> <p>Wellness Benefit Resets 1/1.</p> <p>Members should complete their new health assessment in January.</p> <p>Redemption Center re-opens mid-month.</p> <p>Q1 Quarterly Wellness Challenge (ex: Stress-Relief BINGO)</p>	<p>February</p> <p>Feb 28: Discount/Funding Applications due to NDPERS.</p>	<p>March</p>
<p>April</p>	<p>May</p> <p>Walk at Work Day</p> <p>Q2 Exercise Challenge (ex: Marathon in a Month)</p> <p>May 31: turn in end of year confirmation application</p>	<p>June</p> <p>End of Employer Based Program, all activities must have been completed that were included in the application.</p>
<p>July</p> <p>New Employer based program starts, including all activities approved in the discount app.</p>	<p>August</p> <p>Annual Recharge Workshop</p>	<p>September</p> <p>Q3 Quarterly Wellness Challenge (ex: Financial Fitness BINGO)</p>
<p>October</p>	<p>November</p> <p>Q4 Quarterly Wellness Challenge (ex: Fruits and Vegetables Challenge)</p>	<p>December</p> <p>Wellness Benefit ends for the year. Members must redeem all of their points by 12/31, 11:59 pm CT.</p>

Recharge 2021

NDPERS Wellness Coordinators

SANFORD[®]
HEALTH PLAN

Wellness Team



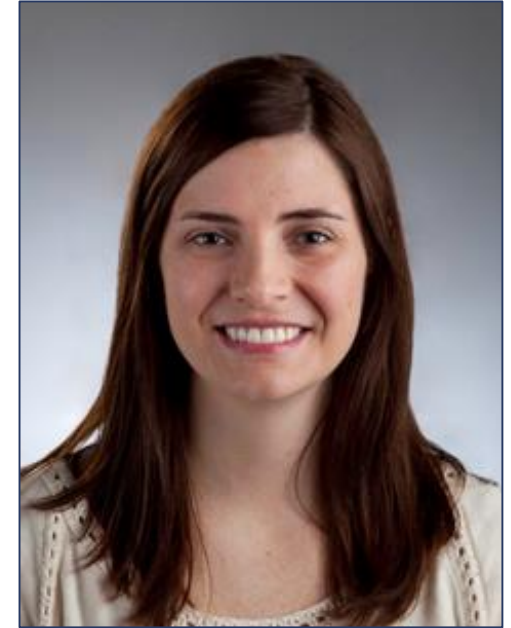
Bismarck, ND



Bismarck, ND



Fargo, ND



Sioux Falls, SD

Agency Wellness Program

Think about the last time you participated in an organized wellness activity...

What motivated you to engage in that activity?



Today's Agenda

1. Quick overview of the Dakota Wellness Program
2. Improve employee engagement in wellness programming
3. Expanded programming for chronic disease and employee well-being
 - Diabetes Prevention Programs
 - Exercise is Medicine
 - Virtual Consults
 - Virtual Presentations (NEW presentations)
4. Wellness program planning
5. Employer Based Wellness Program

Dakota Wellness Program

How to earn your \$250 incentive

- There are 3 ways to earn your \$250
 1. Fitness center reimbursement
 2. Worksite events (vouchers)
 3. Online wellness portal
- You are required to take the annual health risk assessment in the wellness portal in order to redeem points or receive fitness payments
- Taxability
 - Administered by payroll



Dakota Wellness Program

Get Started

Step 1: Log in

- sanfordhealthplan.com/memberlogin
- If you do not have an account, select the “Request Access for Yourself” button
- Click on the “Menu” tab and select “Portals and Links”
- Click “Wellness Portal”

The screenshot displays the MyChart by Epic user interface. At the top, the MyChart by Epic logo is on the left, and the SANFORD HEALTH logo is on the right. Below the logos is a navigation bar with several icons: a red circle with a white hamburger menu icon (labeled 'Menu'), a red envelope icon (labeled 'Messages'), a red speech bubble icon (labeled 'Ask a Question'), a red umbrella icon (labeled 'Coverage Details'), and a red umbrella icon with a white checkmark (labeled 'Insurance Summary'). The 'Menu' icon is circled in yellow. Below the navigation bar, a dropdown menu is open, titled 'Menu' in red. It features a search bar with the placeholder text 'Search the menu'. The menu items are listed below the search bar, each with a red icon: 'Find Care' (with a red play button icon), 'Video Visit' (with a red play button icon), 'Communication' (with a red envelope icon), 'Messages' (with a red envelope icon), 'Ask a Question' (with a red speech bubble icon), 'Insurance' (with a red umbrella icon), 'Insurance Summary' (with a red umbrella icon), 'Coverage Details' (with a red umbrella icon), 'Claims' (with a red document icon), 'Referrals' (with a red document icon), 'Portals and Links' (with a red document icon), 'Mobile ID Card' (with a red document icon), 'HSA/HRA/FSA' (with a red document icon), 'Plan Documents' (with a red document icon), 'Resources' (with a red gear icon), 'Common Questions' (with a red document icon), and 'Translation Assistance' (with a red document icon). A red arrow points from the 'Portals and Links' item in the menu to the right.

Dakota Wellness Program

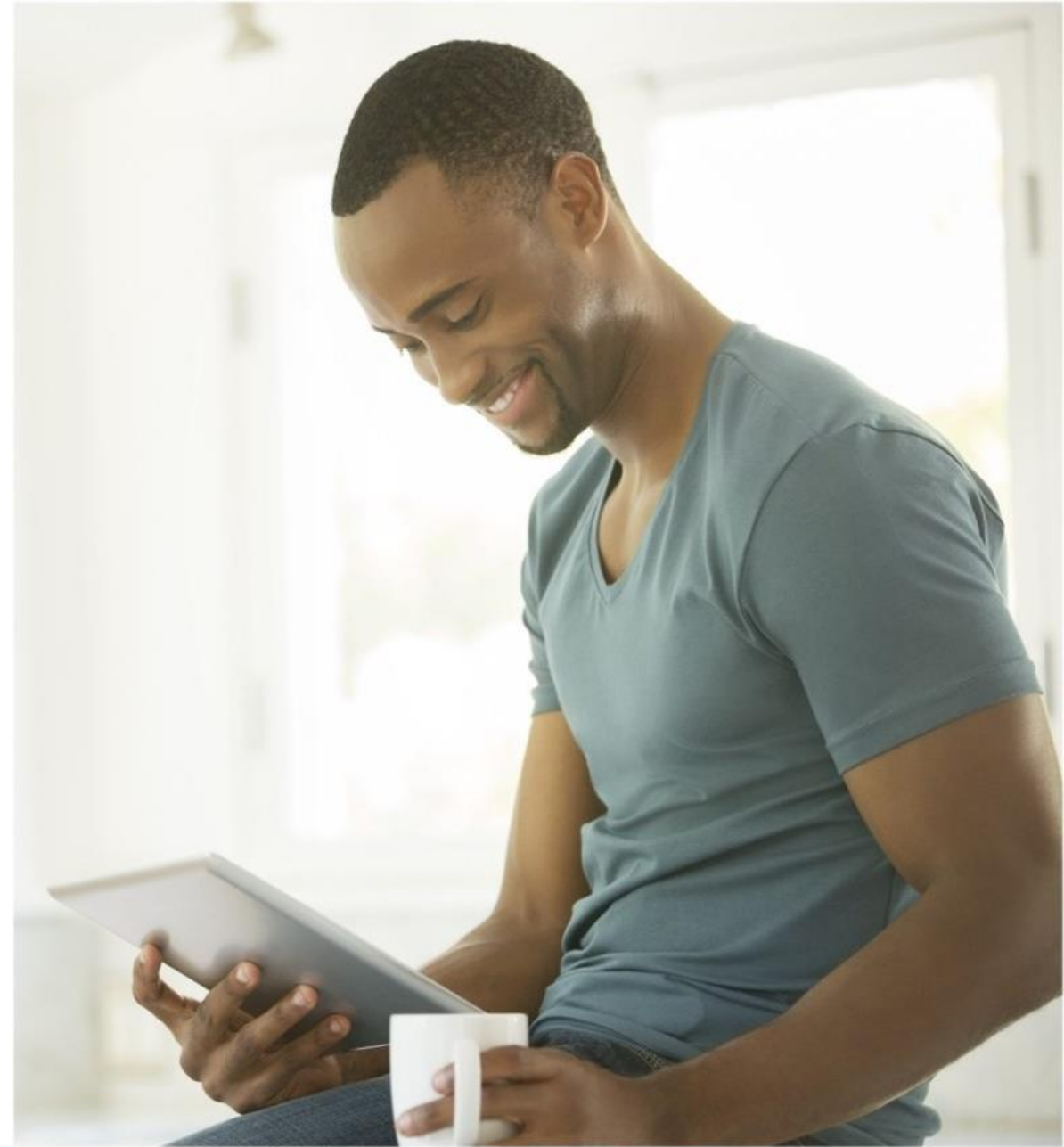
Step 2: Complete the health assessment

Step 3: Take a tour, points can be earned by logging healthy activities

- Don't forget to log high point items such as annual doctor and dental visits

Step 4: Earn your benefit: online, fitness reimbursements, worksite vouchers

Step 5: Redeem



Fitness Center Reimbursement

Overview

- Sign up to participate in the program
- Visit your local gym or fitness center a minimum of 12 days per month
- Receive reimbursement for your monthly membership fee, up to \$20 per month
- Direct deposits are made on the 21st of the month following workout month
 - *Example: June workouts paid on July 21st*



Fitness Center Reimbursement

Frequently Asked Questions

The Fitness Center Reimbursement program provides up to \$20 monthly reimbursement when you use your fitness center at least 12 days per month.

How do I get started?

The fitness center reimbursement form is paperless. You can enroll and manage your account all online. To enroll for the first time, have your Sanford Health Plan member ID card and banking information on hand.

1. Go to NIHCarewards.org and click "First Time Enrollment." Select Sanford Health Plan from the drop down menu.
2. Search for your fitness center location by zip code. Select your center and click "Enroll Online." If your gym does not appear in the search results, try increasing the search radius.
3. Agree to the terms of service, and then enter your contact, health plan and banking information.
4. Click "Submit" and you are enrolled.

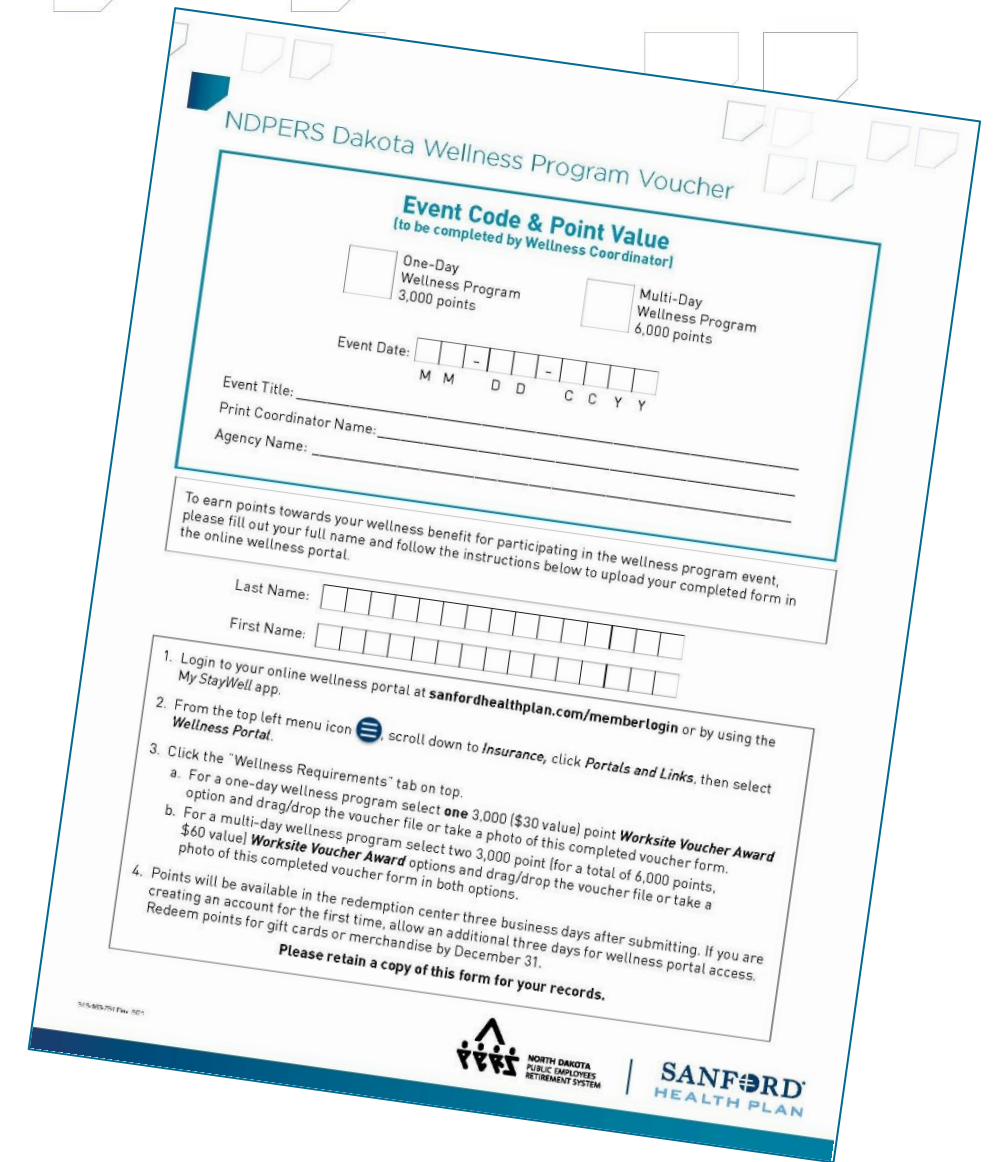
How and when will I be reimbursed?

Most participants receive an automatic deposit into a bank account on or around the 21st of the following month. There is a monthly maximum reimbursement of \$40 per household (insured employee and spouse).

Worksite Events (Vouchers)

Overview

- Participate in workplace events led by Sanford Health Plan's Wellness team or by an NDPERS Wellness Coordinator
 - Single day events - 3,000 points
 - Multi-day events - 6,000 points
- After the event, your wellness coordinator will distribute a voucher form
- Follow the instructions on the form to upload a copy to your online wellness portal
- Receive your points right away



The image shows a 'NDPERS Dakota Wellness Program Voucher' form. The form is titled 'Event Code & Point Value (to be completed by Wellness Coordinator)'. It has two checkboxes: 'One-Day Wellness Program 3,000 points' and 'Multi-Day Wellness Program 6,000 points'. Below these are fields for 'Event Date' (MM-DD-CCYY), 'Event Title', 'Print Coordinator Name', and 'Agency Name'. A section titled 'To earn points towards your wellness benefit for participating in the wellness program event, please fill out your full name and follow the instructions below to upload your completed form in the online wellness portal.' contains fields for 'Last Name' and 'First Name'. Below this is a numbered list of instructions: 1. Login to your online wellness portal at sanfordhealthplan.com/memberlogin or by using the My StayWell app. 2. From the top left menu icon, scroll down to Insurance, click Portals and Links, then select Wellness Portal. 3. Click the "Wellness Requirements" tab on top. a. For a one-day wellness program select one 3,000 (\$30 value) point Worksite Voucher Award option and drag/drop the voucher file or take a photo of this completed voucher form. b. For a multi-day wellness program select two 3,000 point (for a total of 6,000 points, \$60 value) Worksite Voucher Award options and drag/drop the voucher file or take a photo of this completed voucher form in both options. 4. Points will be available in the redemption center three business days after submitting. If you are creating an account for the first time, allow an additional three days for wellness portal access. Redeem points for gift cards or merchandise by December 31. A note says 'Please retain a copy of this form for your records.' The form includes logos for NDPERS (North Dakota Public Employees Retirement System) and Sanford Health Plan.

Earn Your Wellness Benefit Online

Challenges

- Steps
- Fruits & Vegetables
- Strength

Health trackers

- Latest Weight
- Low Calorie Snacks
- Cups of Water
- Aerobic Exercise

Monthly Sessions

- New topic released at the beginning of every month
- Features a game or quiz, reading material and a new habit to try out
- Includes topics like energy balance, fats and sleep

Combine Points and Reimbursements

Combine your fitness center reimbursements with worksite events and wellness portal points to earn a maximum of \$250

Example

- Fitness center reimbursements: $\$20 \times 7 \text{ months} = \140
- Worksite event: 3,000 points = \$30
- Wellness portal: 8,000 points = \$80

$$\mathbf{\$140 + \$30 + \$80 = \$250}$$



Improve employee engagement in wellness programming at your workplace

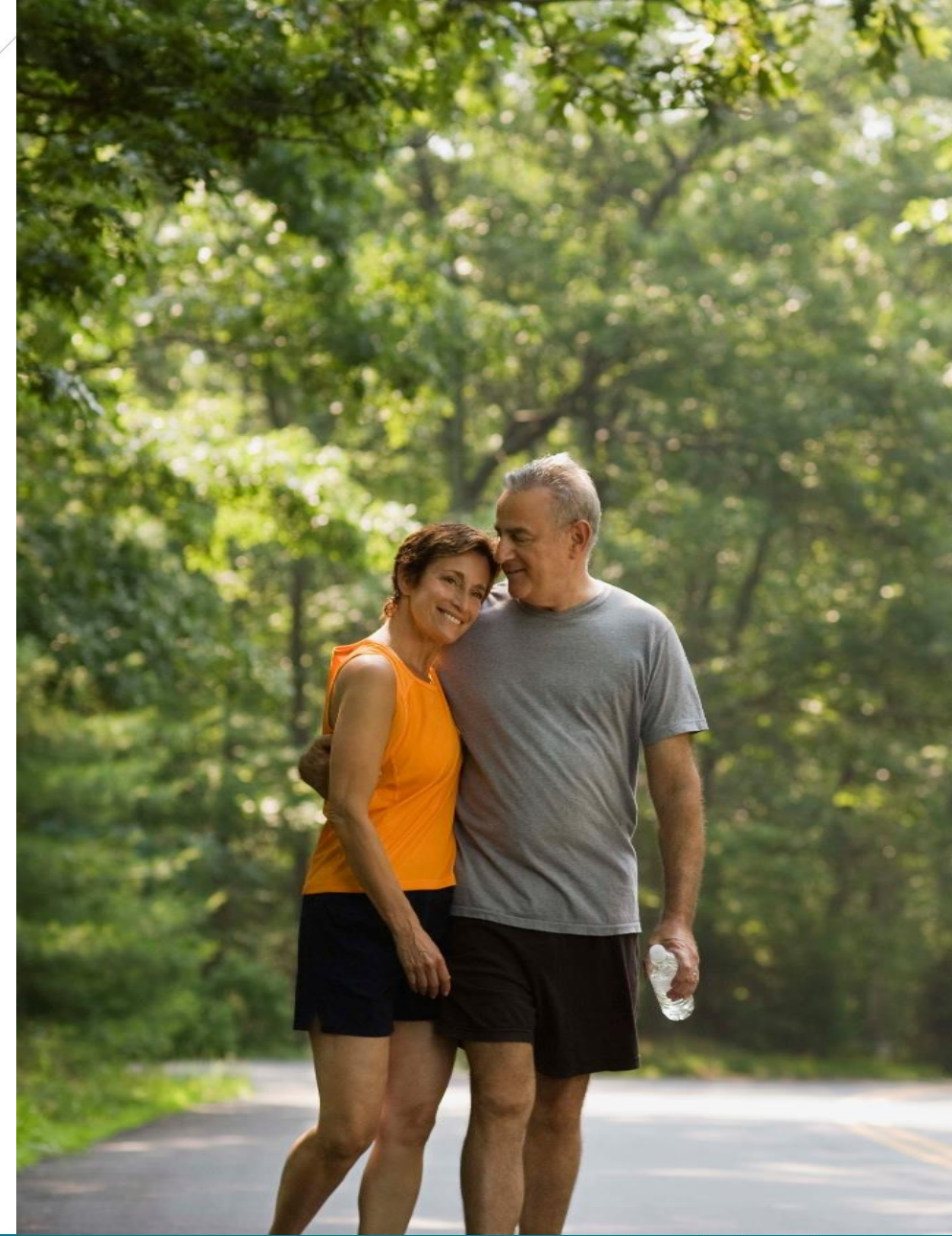
What wellness programming does your agency currently promote?

What wellness programming would you like to promote?



What is your average participation rate in wellness programming?

Why do you think this is?





Gauge Interest

- Survey employees
 - What events are they interested in?
 - What topics are they interested in?
 - Which days and/or times would employees most likely attend?



Survey your employees

- Set up a voting system to determine the top 3 topics employees would enjoy learning about.
- The Sanford Health team can help you create an interest survey, just ask!



Survey your employees

- Look at past events to determine which have been successful.
- Ask employees about community or volunteer events during work meetings.





Marketing wellness programming

The recommended timeline for marketing includes:

- Distribute, announce, send out information about the training about 2-4 weeks prior to the event
- Repeat information about the training 1 week prior to the event
- Remind and engage with a final reminder the day before the event

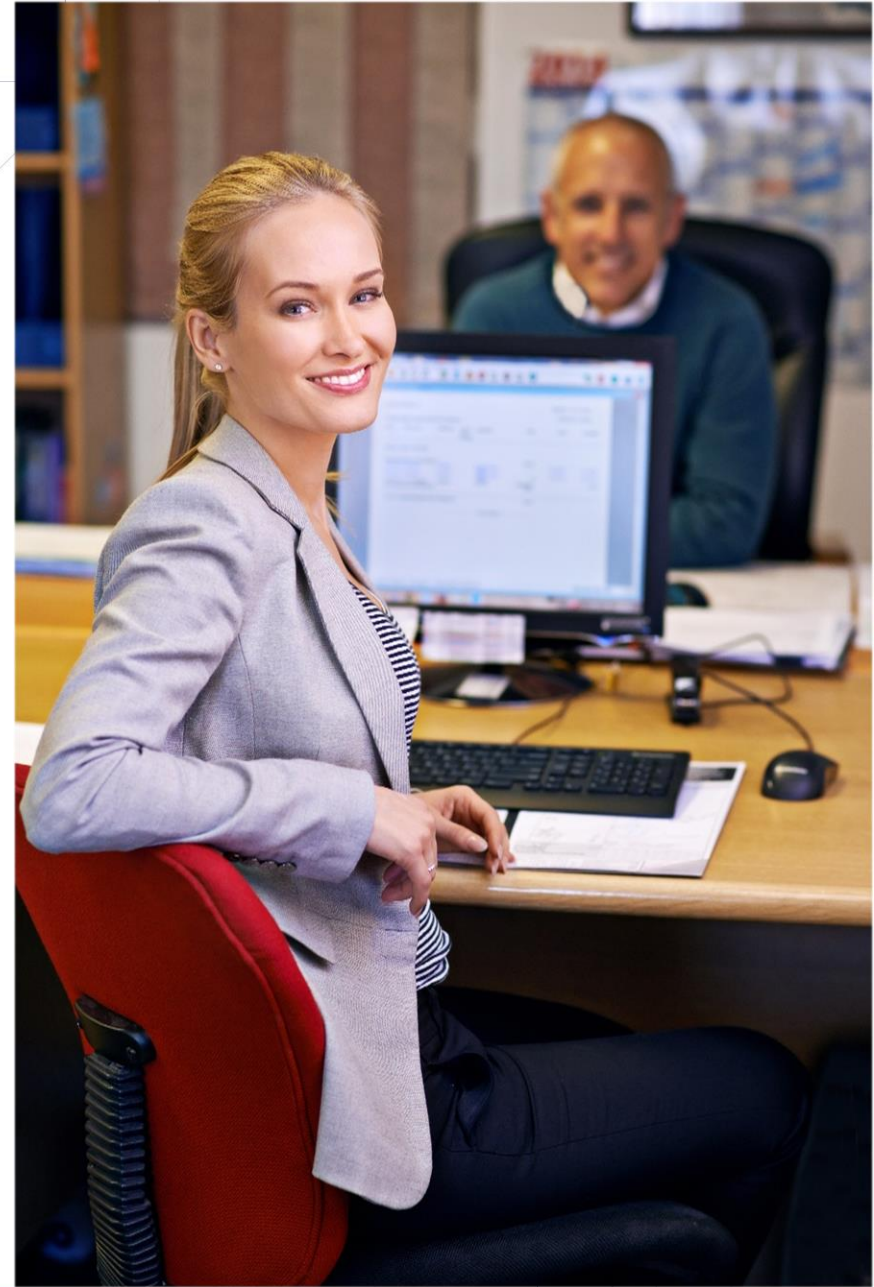
Marketing well-being trainings

- Employees are more likely to view the training as valuable and be willing to attend if announcements encouragement comes from direct supervisors and/or senior leadership
- Remember to create value and urgency around attending
 - Limited spots available
 - Only 1 more week to sign up
- Encourage employees to take the post presentation survey to help us customize these presentations to your needs



Incorporate Variety

- Screenings
- Monthly Webinars
- Wellness Training
- Cooking Classes
- Quarterly Wellness Challenges
- Wellness Portal



Variety

What other wellness programming do you think employees would enjoy?



Value and Engagement

- Give employees a compelling reason to participate
- Offer wellness programming in a group setting
- Usage of teams/groups in wellness programming to encourage teamwork and accountability



Value and Engagement

- Offer wellness programming during work hours
- Wellness programming that involves the community
 - i.e. volunteering/ VTO
- Engage remote employees
- Make it the “easy” choice by cultivating a wellness-minded environment at the workplace



Value and Engagement

How can you add value to your wellness programming in relation to employee wellness?



Expanded programming for chronic disease and employee well-being

Diabetes Prevention Program

- 1 in 3 Americans have prediabetes
- 90% of people with prediabetes don't know they have it
- Up to 30% of people with prediabetes will develop type 2 diabetes within 5 years



Diabetes Prevention Program

What is it?

A research-based program focusing on healthy eating, physical activity and decreasing stress



Why participate?

People with prediabetes who take part in a structured lifestyle change program can decrease their risk of developing type 2 diabetes by 58% (71% for people over 60 years old)

Diabetes Prevention Program

How is it put together

- **CDC-approved curriculum** with lessons, handouts, and other resources to help you make healthy changes
- **A lifestyle coach, specially trained to lead the program**, to help you learn new skills, encourage you to set and meet goals, and keep you motivated
 - *The coach will also facilitate discussions and help make the program fun and engaging*
- **A support group of people with similar goals and challenges** who work together, you can share ideas, celebrate successes, and work to overcome obstacles



Diabetes Prevention Program



Who is eligible?

- Age 18 years or older, not pregnant and not diagnosed with Type 1 or Type 2 diabetes
- Have a body mass index above 25

How do you qualify?

- Have had a recent blood test in the prediabetes range
- A history of Gestational Diabetes
- Assessed as having a high risk for type 2 diabetes on the [Prediabetes Risk Test](#)

Diabetes Prevention Program

Time Commitment

Four months

- Weekly, hour-long sessions
- Report nutrition and exercise information
- Weekly weigh-in

Eight months

- Monthly, hour-long sessions
- Report nutrition and exercise information
- Monthly weigh-in



Virtual Exercise is Medicine

How can you qualify?

- 18 years or older
- One or more of the following conditions:
 - BMI of 30 or greater
 - Hypertension
 - Hyperlipidemia
 - Depression/Anxiety
 - Prediabetes
 - Type 2 Diabetes
 - Metabolic syndrome
 - Cancer





Virtual Exercise is Medicine

\$99 for all qualifying participants

Participants must attend three live classes each week

Once registered: WebEx link provided

Check-in wellness coaching

Fitness box delivered to home

- EIM workbook
- Healthy recipes cookbook
- Yoga mat
- Lacrosse ball
- Handled resistance band



Exercise is Medicine

- **74% increase in physical activity**
(6-month post program)
- **63%** of participants reported **increased energy** after the program
- **61%** of participants said their **awareness of eating healthy improved** after the program
- **68%** felt their **confidence increased** toward working out alone

Nutrition Consults

- Free 30-minute free telephonic nutrition consults with a Registered Dietitian
- Personalized plan surrounding nutrition and how to adopt healthy eating habits into your routine
- Employee will receive a voucher form worth \$30 to redeem in the redemption center



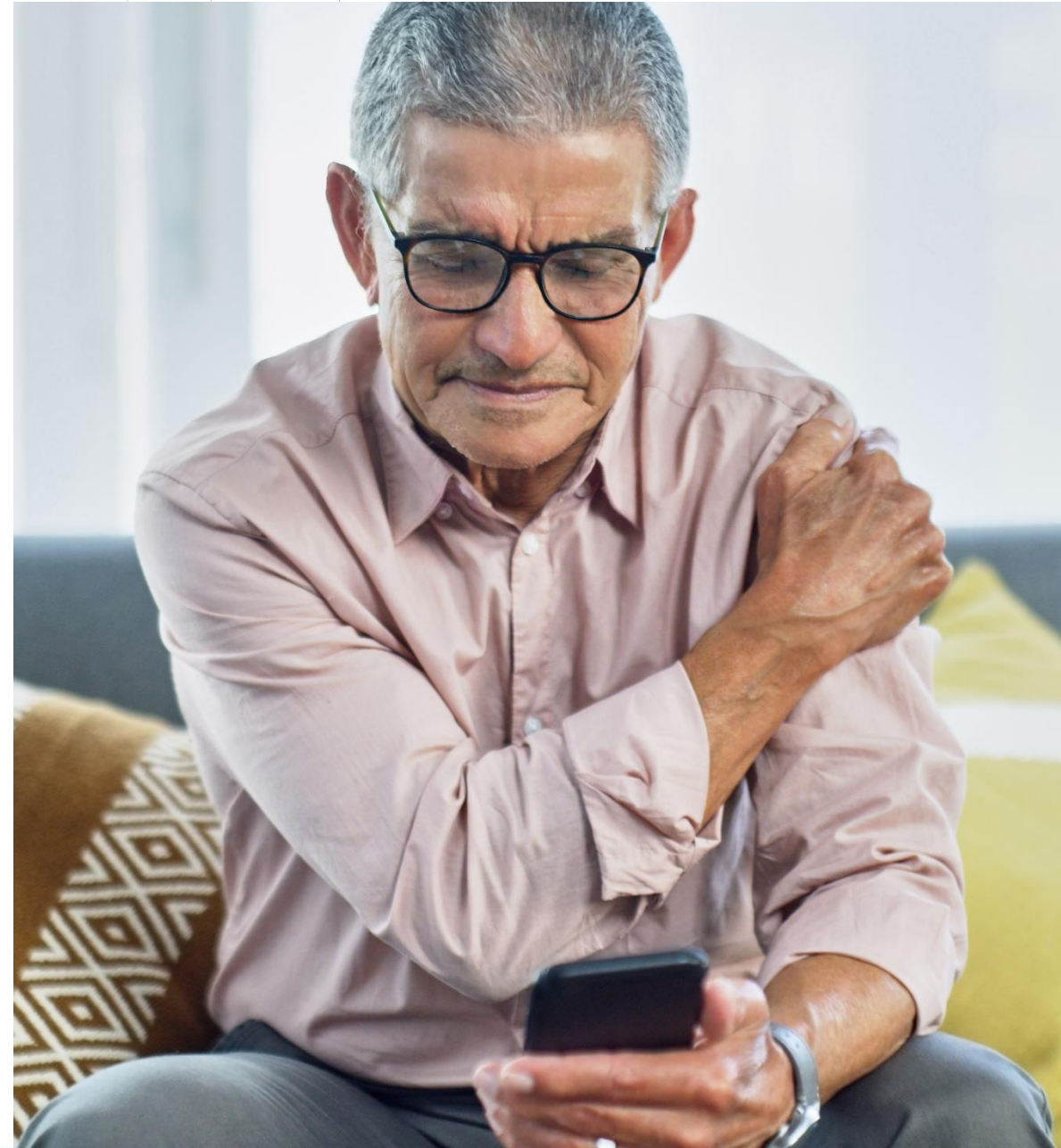


Exercise Consults

- Free 30-minute free telephonic exercise consults with a exercise specialist
- Personalized exercise plan that takes into account current lifestyle, modifications and fitness status
- Employee will receive a voucher form worth \$30 to redeem in the redemption center

Pain Consults

- Free 30 minute telephonic visit on self-care for pain
- Personalized plan that may include
 - Assessing lifestyle factors contributing pain and how to overcome
 - Techniques to prevent and relieve pain
- Employee will receive a voucher form worth \$30 to redeem in the redemption center



Stress Management Consults

- Free 30 minute telephonic visit on how to identify stressors and manage them
- Personalized plan that may include
 - Identifying your sources of stress
 - Effective ways to increase recovery
 - Exploring ways to increase resiliency
- Employee will receive a voucher form worth \$30 to redeem in the redemption center





Well-being trainings

- Receive 1 point for every wellness training towards the 1% premium discount on your employer based wellness program
- Employees receive a voucher worth \$30 for participating in a wellness training
- Wellness trainings provide employees with up-to-date information on current health topics

Well-being trainings

- **Body Mechanics and Posture**

Build a solid foundation to energize movement and prevent injuries

- **Cancer Prevention**

Review healthy habits to reduce risk for certain cancers and recommended screenings to catch cancer early

- **Dakota Wellness Program**

Engage employees in earning their \$250 wellness benefit

- **Flourishing Financially**

Review the ways your choices to spend or save impact overall well-being

- **Five Star Sleep**

Learn to create healthy conditions that promote the rest and recharge we need to be safe and productive at work

- **Get Moving at Work**

Learn about the harmful effects sitting too often has on your health and how to add exercise to your workday

- **Gratitude**

Create positive thoughts and actions using gratitude to improve your overall well-being

Well-being trainings

- **Healthy Meals in a Hurry**

Set yourself up for success to shop, plan and cook healthy meals

- **Love Your Job**

Explore new ways to think about and cope with the same old hustle and bustle

- **Make it Happen**

Set yourself up for lasting change and create an action plan to reach your goals

- **Mindful Eating**

Break away from poor eating habits and establish a healthy relationship with food

- **Mindfulness**

This four-week course offers an introduction to the foundations of mindfulness including stress reduction, self-awareness, focus and connectivity by practicing neuro-science based techniques

- **Overcoming Stress**

Review the sources of stress and techniques to reduce it

Well-being trainings

- **Quit Clinic**

Jump-start your journey to being nicotine free by exploring ways to crush cravings and developing important skills for handling tough moments

- **Self-care for Pain**

Develop a personal self-care plan to reduce and manage pain

- **Well-being for Prevention**

Discover what it means to thrive in all six areas of well-being and its impact on overall health



NEW Well-being trainings




- **Working from Home that Works**
Learn how to maximize productivity and work satisfaction by tweaking your work-from-home routine and environment.
- **Exercise without perfection**
Create a sustainable exercise routine, that you enjoy.
- **Nutrition and Hydration**
Learn about the food groups and how they impact your health.



Cook with ME

Join us weekly to discover that cooking healthy can be easy. Cooking classes will be held as live events on the Sanford Health Wellness and Lifestyle Medicine Facebook group.

Join today!  

SANFORD
HEALTH PLAN

Cook with me

- Weekly classes on Facebook
- Focus on entrees, snacks, desserts and food hacks
- Ask questions and have them answered by Registered Dietitians
- Cook along with us: recipes and equipment needed are posted prior to class
- Anyone can join in



Virtual Yoga: Update

Employer Based Wellness Program

Premium Discount and Program Funding

Employer Based Program

- A **Premium Discount** and **Wellness Program Funding** can be awarded to agencies that carryout the NDPERS Employer Based Wellness Program
- Both applications are due Feb. 28 each year
- Program runs July 1- June 30
- Program confirmation: Due May 31





Employer Based Program

1% Premium Discount

5 Points Required

1 point total for these steps

- Submit Commitment Agreement
- Appoint a Wellness Coordinator
- Attend an annual workshop

4 points for remaining program activities

- One Day Program: 1 point each
- Multi-Day Program: 2 points each
- Comprehensive Program: 4 points

Employer Based Wellness Program

Comprehensive Program (optional)

Requirements to earn remaining 4 points:

- Form a wellness committee
- Develop wellness mission and goals that align with the organization's mission and goals
- Carry out specific initiatives to realize goal and mission
 - Monthly wellness activities
 - Kick-off or notification to employees
 - Educational materials
 - Follow up surveys and evaluation
 - Staff track their progress during initiatives as applicable



Employer Based Program

Wellness Program Funding

- Fee for presentations
- Ergonomics assessment
- Flu or tetanus vaccinations
- Screenings – cholesterol, blood pressure, glucose
- Wellness fairs
- CPR training in conjunction with heart health awareness and education
- Self-defense
- **New!** Fitness equipment and health monitoring devices
- Hand sanitizer for a clean desk campaign in conjunction with cold or flu season for awareness/education
- Pedometers (reasonably priced) in conjunction with a walking program
- Wellness related books, videos for creating a wellness library at employer worksite

Employer Based Program Year End Confirmation

- At the end of the program year, coordinators are required to submit a confirmation application
- Due May 31



Wellness Program Planning

Sanford Health Plan Resources

Coordinators

- Monthly Coordinator Webinar: *Stay updated, learn how to implement new wellness topics into the workplace*
- Monthly Wellness flyers
- Monthly Coordinator newsletter
- Assistance with workplace planning



April 2021

Monthly Wellness Coordinator Update
Dakota Wellness Program

Monthly Well-being Education
Exercise during the workday
Building exercise opportunities into the employee workday will increase fitness, but most importantly, employees will be more happy and productive. Since we spend most of our waking hours tied to our desk, chair or focusing on work – the workplace environment can be the perfect place and time to incorporate physical activity. Even just 5 to 10 minute bouts of movement can be beneficial to health and productivity.

Add the Dakota Wellness Program webpage to your employee communications in May for information and registration for:

- Free hour long **Yoga Classes** offered at 6 a.m., Noon and 4:30 p.m.
- **The Exercise is Medicine Program** to help employees increase their exercise confidence and improve chronic health conditions
- Sign up for a one on one **Exercise Consultation** to help employees develop their plan for exercise during the workday and at home

Sanford Health Plan is also hosting other physical activity events in May including our 15-minute monthly webinar and the Marathon in a Month challenge. Attend the wellness coordinator webinar on April 27th for a detailed overview of all of our physical activity focused wellness program options.

Employee well-being training
Monthly webinar May 11 at 10 a.m.
This 15-minute LIVE webinar session will talk about the basics of exercising in a home gym. This webinar will be filmed in a very special, new location!

Employees who register and attend the live webinar will receive a voucher form from Sanford Health Plan for 3,000 points.
Register now for the new monthly meeting series!

Promoting Physical Activity in the Workplace

Walk@Work: Plan your event and register for a gift card!

- Wellness coordinators are encouraged to plan a walking event for employees at home or in the workplace - choose any day(s) in May that work best for your employees
- Some ideas already submitted by registered wellness coordinators include:
 - Photo contest or submission
 - Tying the walk to an existing social cause
- Register your agency event with Sanford Health Plan and receive gift card code by April 30 to use as a prize drawing for participants who attend a Walk @Work event
- Voucher forms can be distributed to employees who participant in your Walk@Work event

Sanford Health Plan will also be releasing a special announcement from North Dakota leadership – please watch your inbox for information to share with employees!

May 2021

Inside this issue...
Workouts during work
Physical activity
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club
The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter by Martin Gibala

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month at 10 a.m.

The April 27 webinar will include ideas for hosting a Walk@Work event and the upcoming Marathon in a Month Challenge

Register for the new meeting series

Monthly Observances
Asthma and allergy
Arthritis
Blood pressure
Lupus
Mental health
Osteoporosis
Sleep
Skin cancer
Stroke
Vision

9-15—Women's health
11-17—Bike to work

Inside this issue...
Burnout
Physical activity
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club
Start Here: Master the Lifelong Habit of Wellbeing by Eric Langshur and Nate Klemp, PhD

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month at 10 a.m.

The March 23 webinar will include tools to create a culture of health to reduce employee burnout. We will also discuss ideas for hosting a Walk@Work event and Marathon in a Month Challenge

Monthly Observances
Alcohol
Autism
Cancer
Counseling
Donate life
Stress

5—Alcohol screening
5-11—Public health
16—Healthcare decisions

Sanford Health Plan Resources

Members

- Monthly newsletter, including a book club
- Monthly Member Webinar
- Live webinars, scheduled by agency
- Annual Walking Challenge
- Quarterly Wellness Challenge Toolkits
- Cook with Me
- Virtual Yoga

Dakota Wellness Program
June 2021
 Inside this issue...
 Community well-being
 Monthly book club
 Healthy rewards
 Nicotine cessation
 Workout tech
 Local food
 Chimichurri chicken
 Preventive health

Join Sanford Health Plan for a 15-minute webinar on community well-being. During this time we will explore how your community influences your health and how you can foster your personal and community wellness.
[Click here to register today!](#)

NORTH DAKOTA PUBLIC EMPLOYEES RETIREMENT SYSTEM | **SANFORD HEALTH PLAN**

Charles Montgomery
Happy City
 Transforming Our Lives Through Urban Design

Book Club
Happy City: Transforming Our Lives Through Urban Design
 by Charles Montgomery

Monthly Observances
Great outdoors
Migraine and headache
Post-traumatic stress disorder (PTSD)
Safety

5—Trails
6—Cancer survivors
14-20—Men's health

Prevention: Ties or toolboxes – staying healthy at work
 Our work environment influences our health. Both offices work and field labor provide unique challenges to health and safety. Below are tips to help ensure a healthy work environment:

Ties (office)

- Minimize distraction by oriented only looking at distinct object.
- Avoid neck and back strain and grabback blood circulation ergonomics.
- Move and stretch throughout the day.

Toolboxes (skilled labor)

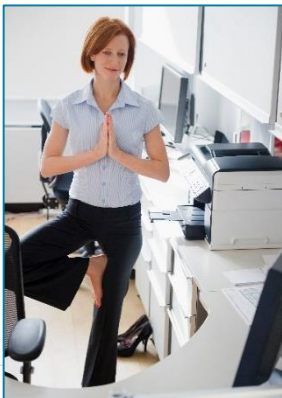
- Wear personal protective equipment.
- Practice back safety techniques and industrial ergonomics.
- Stretch.
- Protect skin, particularly in outdoor environments and moisture.
- Keep hydrated and choose healthy snacks.

QUICK LINKS
sanfordhealthplan.com/ndpers

SET-UP A
mySanfordHealthPlan
ONLINE ACCOUNT
sanfordhealthplan.com/memberlogin

CONTACT US
 NDPER Wellness@
sanfordhealthplan.com
 (800) 499-5416

NORTH DAKOTA PUBLIC EMPLOYEES RETIREMENT SYSTEM | **SANFORD HEALTH PLAN**



Chimichurri Chicken
 Serves 4
 Total Time: 25 minutes

Ingredients:
 1 cup frozen peas, as they thaw
 2 medium red onions, sliced
 2 small red bell peppers, sliced
 4 scallions, cut into 1-inch pieces
 2 cloves garlic, minced
 1/2 cup olive oil
 2 tsp of lemon juice
 1/2 tsp of salt
 1/2 tsp of black pepper
 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes

Directions:
 For the marinade: Add the parsley, vinegar, scallions, and garlic to a bowl. Add the olive oil and lemon juice. Whisk together. Add the chicken and toss to coat. Let the chicken marinate for 30 minutes. In a large skillet, heat the oil over medium heat. Add the chicken and cook for 5-6 minutes. Add the peas, onions, and peppers. Cook for 5-6 minutes. Add the chimichurri sauce. Cook for 5-6 minutes. Serve with rice and bread.

Nutrition Facts:
 Total Fat: 2g
 Total Carbohydrate: 1g
 Dietary Fiber: 1g
 Total Protein: 1g

Join us for live cooking classes on our Facebook Group. [REGISTER HERE!](#)

NORTH DAKOTA PUBLIC EMPLOYEES RETIREMENT SYSTEM | **SANFORD HEALTH PLAN**

Wellness Coordinator Role

- Collaborate
- Stay informed
- Spread the word



What we covered:

1. Quick overview of the Dakota Wellness Program
2. Improve employee engagement in wellness programming
3. Expanded programming for chronic disease and employee well-being
 - Diabetes Prevention Programs
 - Exercise is Medicine
 - Virtual Consults
 - Virtual Presentations (NEW presentations)
4. Wellness program planning
5. Employer Based Wellness Program

Q & A

Thank you!

Please send us your feedback

<https://www.surveymonkey.com/r/38QCPH5>