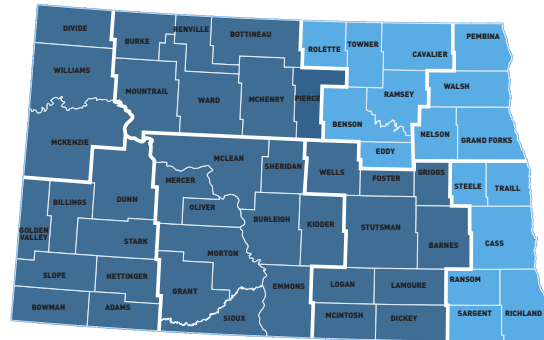


Wellness challenges

Trying out a new habit is one of the best ways to make a permanent lifestyle change. We offer a variety of ways for employees to try out new habits in nutrition, physical activity, financial fitness, stress management, sleep and weight loss, along with goal setting and habit change.

Written education

To increase health and wellness knowledge in your workplace, we provide monthly written education. This includes a themed newsletter to share with employees with featured articles, recipes and small actions that make a big difference. A poster to hang in your workplace and a book club selection are also available.



Contact our wellness coordinators
to bring Sanford Health Plan's
well-being education to your
workplace at no cost.

Call (888) 448-0157 or email
ndperswellness@sanfordhealth.org



Well-being education



Educational webinars

Our team of experts provide interactive and engaging education in all areas of health and well-being. These are available to you through a live webinar.

Our offerings include:

- **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

- **Exercise Without Perfection:** Create a sustainable exercise routine, that you enjoy

- **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

- **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:** An introduction to the foundations of mindfulness including stress reduction, self-awareness, focus and connectivity by practicing neuroscience based techniques

- **Nutrition and Hydration:** Learn how different food groups provide your body

with essential nutrients and find ways to increase hydration

- **Overcoming Stress:** Review the sources of stress and techniques to reduce it

- **Phase Out Fads:** Learn how to spot fad diets and choose sustainable eating options

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

- **Promoting Healthy Behaviors with Positivity:** Understand the individual motivations for creating healthy changes and assistance in fostering a supportive environment for those changes.

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

- **Working from Home that Works:** Learn how to maximize productivity and work satisfaction by tweaking your work-from-home routine and environment

