



Dakota Wellness Program

JANUARY 2023

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Join Sanford Health Plan's wellness team to discuss goal setting during our monthly 15-minute wellness webinar.

Click here to register today!



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

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HEALTH PLAN

Goal Setting

As we head into the New Year, we all start to think about what our New Year's resolutions might be. Are we going to eat more fruits and veggies? Be more active? Finally implement that new program at work? When setting goals, we often think about a long-term goal that seems so far in the distance. It can become stressful and overwhelming – who needs more stress in their life, right? We don't always think about the journey of how we are going to get there and the steps it requires. Having long-term goals is important, but we also need to back up a bit and focus on “hopping over puddles” instead of trying to “hop over oceans.”

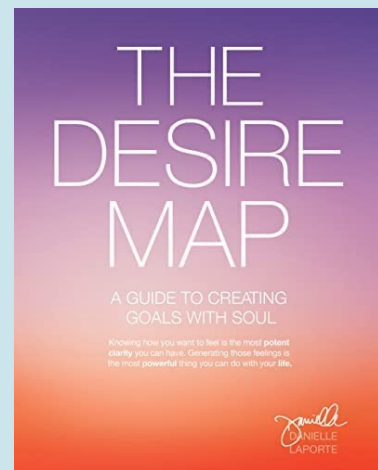
Set small, **SMART goals** that you can build on over time to boost self-confidence. This allows you to celebrate the small wins along the way, which can increase motivation. If you are a chronic New Year's resolution-setter, try setting a different goal for each month of the year.

Let's look at what goes into creating a **SMART goal**.

- S** – **Specific.** What exactly are you trying to achieve?
- M** – **Measurable.** Be sure you can clearly measure the success of your goal.
- A** – **Attainable/Achievable.** Set goals you know you can achieve and are realistic.
- R** – **Relevant.** Set goals that are in line with your values and long-term goals.
- T** – **Time-bound.** Give yourself a timeline.

Tip: When setting goals, try to focus on what you can include, rather than what you can exclude from your routine.

Happy goal setting!



Book Club

The Desire Map: A guide to creating goal with soul

by Danielle LaPorte

Your bucket list. Quarterly objectives. Strategic plans. Big dreams. Goals. Lots of goals and plans to achieve those goals-no matter what. Except ...

You're not chasing the goal itself, you're actually chasing the feeling that you hope achieving that goal will give you. Which means we have the procedures of achievement upside down. We go after the stuff we want to have, get, or accomplish, and we hope that we'll be fulfilled when we get there. It's backwards. And it's burning us out. So, what if you first got clear on how you wanted to feel in your life, and then created some “Goals with Soul”?

With The Desire Map, Danielle LaPorte brings you a holistic life-planning tool that will revolutionize the way you go after what you want in life. Unapologetically passionate and with plenty of warm wit, LaPorte turns the concept of ambition inside out and offers an inspired, refreshingly practical workbook for using the Desire Map process:

Identify your “core desired feelings” in every life domain: livelihood & lifestyle, body & wellness, creativity & learning, relationships & society, and essence & spirituality.

DISCUSSION QUESTIONS

- 1. Do you have any desires/goals that you feel guilty or shy about wanting?**
- 2. What goals do you need to make space for in your life right now?**
- 3. What is your relationship to goal setting before reading Desire Map? What is your relationship to goal setting now?**

Ask the Expert

Registered Dietitian

Question: How important is Vitamin D?

Vitamin D can be especially beneficial in building bone by helping our bodies absorb calcium and phosphorus, reducing our risk for osteopenia and osteoporosis. Vitamin D can also help control infections and reduce inflammation. Sources of Vitamin D can come from food as well as exposure to sunshine. However, in the Midwest, we are at a higher risk for Vitamin D deficiency.

Some foods that are high in Vitamin D include fatty fish (salmon and tuna), orange juice fortified with Vitamin D, dairy and plant milks fortified with Vitamin D, egg yolks, and Vitamin D fortified cereals.

Increase absorption of Vitamin D by consuming calcium. Foods high in calcium include dairy products, soybeans, dark, leafy green vegetables and calcium fortified cereals.

If you are not able to get enough nutrients through your dietary intake, consult with your medical provider about supplementation.

2023 Dakota Wellness Program

With a new year comes the opportunity to earn up to \$250 in rewards for employees and spouses (\$500 per household) with Sanford Health Plan and NDPERS insurance coverage. To get started visit sanfordhealthplan.com/memberlogin. From the top left "Your Menu" icon, scroll down to Insurance, click "Portals and Links", then select "Wellness Portal". Take the annual Health Risk Assessment and earn \$25 towards your benefit. This is required each year to redeem your benefit or receive fitness center reimbursements. **Earn your incentive a variety of ways that helps you to meet your health and wellness goals.**

Online wellness portal:

- Preventive care doctor and dental visits, preventive health screenings
- Participate in a Daily Habits program to turn small goals into long term behavior changes
- Track your diet, exercise, mood or stress and participate in a quarterly wellness challenge
- Participate in workplace wellness activities brought to you by your wellness coordinator and Sanford Health Plan (employees only)

Visit the gym:

- Head to your local gym for a workout 12 times a month and receive a \$20 per month direct deposit

Learn more about the Dakota Wellness Program and review all the ways you can engage in your health and get rewarded. Visit sanfordhealthplan.com/ndpers/dakotawellnessprogram.

Eating the Rainbow

You may have heard the term "eat the rainbow" before, but what does it mean and why do we need to do it? By incorporating different colors of fruits and vegetables, you are actually consuming a wider variety of nutrients. This is critical in insuring our bodies' processes are running as efficiently as possible. Here are what the different colors of nutrients can provide:

Red fruits and vegetables are high in Vitamin C, Vitamin A, potassium, and antioxidants – Great for heart health.

Yellow/Orange fruits and vegetables can improve vision and enhance the immune system.

Green produce can be high in potassium and Vitamin K which aids in the blood clotting process. They are also high in fiber and additionally can help with vision and bone density.

Blue/Purple fruits and vegetables are packed with antioxidants, can boost urinary tract health, memory health and promote aging.

White produce is good for the heart and can help control cholesterol levels.



Preventive Health

Winter Skin Protection

As we venture out into the cold month of January to do winter activities, such as snowmobiling, skiing and ice fishing, it is important to remember to protect your largest organ, your skin, from frostbite.

Frostbite is an injury where your skin freezes during exposure to cold weather or water. It most often affects the nose, ears, fingers, toes, cheeks and chin.

Signs of frostbite:

- A reddish or white grayish-yellow skin area
- Skin that feels firm or waxy
- Numbness
- A prickling feeling at the exposed area
- Swelling
- Blisters
- Loss of coordination due to stiffness
- Pain when rewarming the affected area

If frostbite occurs:

- Find a warm shelter
- Immerse affected area in warm water
- Warm area using body heat
- Do not rub/massage the area
- Do not use heating devices on affected area

Ways to prevent frostbite:

- Limit your time outdoors
- Dress in several layers of loose, warm clothing
- Wear a hat that covers your ears
- Wear mittens not gloves
- Wear socks that wick moisture and provide insulation

Monthly Observances

Birth defects

Cervical health

Thyroid

15-21 – Healthy weight

17 – King day of service

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

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ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

NDPERSwellness@

sanfordhealthplan.com

(800) 499-3416

NYE Cranberry Cosmo Mocktail

Serves: 2

Ingredients:

1 ¾ C cranberry juice,
no sugar added
¼ C sparkling water
1 Tbsp lime juice

Add orange juice or orange
zest to taste
Garnish options – fresh lime slice
or frozen cranberries

Directions:

1. Add cranberry juice, sparkling water, lime juice, and orange flavoring to a glass, mix, and chill. Ingredients should be chilled prior if serving immediately.
2. Add garnishes, serve, and enjoy!

Nutrition Facts: (Nutrition information is for one drink)

Calories: 100 | Total fat: 0g | Total Carbohydrate: 25g

Dietary Fiber: 1g | Total Protein: 0g | Sodium: 12mg

Nutrition information compiled using MyNetDiary.com



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.



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