

Monthly Wellness Coordinator Update

Dakota Wellness Program



April 2021

Monthly Well-being Education Strengthening employee resilience

Current times and the many changes we are all facing each day are pushing employees to their max. Do you know the warning signs of employee burnout? Increased leave/sick time, lower quality work or decreased productivity are just some of the signs your employees may be on the brink of burnout. Employers can create a culture of health to reduce stress and improve well-being

- Share the March employee newsletter featuring a resiliency quiz and monthly wellness webinar registration to teach skills to employees to build resiliency
- Offer employee training presentations on Mindfulness, Sleep, Gratitude or Overcoming Stress
- Increase awareness among your employees of the [Employee Assistance Program](#) for free confidential, short term counseling
- Join the Monthly Wellness Coordinator webinar for more ideas to decrease stress for employees by developing a culture of health and support

Employee well-being training Monthly webinar April 13 at 10 a.m.

This 15-minute LIVE webinar session will offer tips and tricks to deal with tough moments and increase resiliency. Employees who register and attend the live webinar will receive a voucher form from Sanford Health Plan for 3,000 points.

Promoting Physical Activity in the Workplace Walk@Work Day and Marathon in a Month challenge

We have exciting updates on our annual physical activity in the workplace well-being theme and events happening in May

Walk@Work

- A special event with North Dakota leaders is currently being planned for May – watch your email for more information
- Wellness coordinators are encouraged to plan a walking event for employees at home or in the workplace
- A gift card prize will be available to wellness coordinators to distribute as a drawing for participants who attend a Walk at Work Day event
- Voucher forms can be distributed to employees who participant in a Walk at Work Day event

Marathon in a Month

- The Marathon in a Month challenge mileage tracking has transitioned to the online wellness portal – this allows employees to track their miles or steps during the month of May for additional points towards their wellness benefit

A registration for coordinators to share their Walk@Work event plans, to receive a gift card code as a prize and to receive promotional materials will be sent out in March.

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

Wellness Coordinator Reminders and Announcements

Preventive Health Toolkit

Screening and services to help employees live a healthy lifestyle

Help employees make the most of their health insurance and learn about preventive care visits and screenings. Use our toolkit to encourage employees to review their preventive care benefits and recommended screenings.

[Download Preventive Health Toolkit Now](#)

Voucher Program

Reward employees for participating in your workplace wellness activities

Wellness Coordinators can distribute a voucher form to employees for participation in wellness activities they sponsor throughout 2021. Employees can earn up to 12,000 points (\$120) towards their wellness benefit in 2021.

1. Host a one day or multi-day wellness event for the employees from your workplace (in person or virtual)
 - a. One day example events: Presentation or health fair
 - b. Multi day example events: Book club meeting, wellness challenge
2. Take attendance or participation in the activity and distribute the voucher form after the activity is completed
3. Employees can upload the form into their personal wellness portal found at sanfordhealthplan.com/memberlogin and redeem for wellness rewards

[Download 2021 voucher form](#)

Join us on Facebook

Cooking and yoga classes

Join the Sanford Health Plan Wellness and Lifestyle Medicine Facebook group for access to our cooking classes, registration for weekly yoga sessions and well-being information.

[Join Group](#)

Contact your wellness team

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