

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



April 2022

## Monthly Well-being Education

### Lifestyle medicine

Conventional worksite wellness programs do not encompass all dimensions that make up employee well-being. They are heavy on pushing employees to exercise and eat right, even though research indicates that an individual's career well-being has the greatest impact. When employees are thriving across all six dimensions of well-being, research tells us they are not only happier at work and more productive, but also experience up to 40% lower health care costs compared to employees who are only thriving in two dimensions or less.

Support your employees across all areas of well-being with Sanford Health Plan services like **Lifestyle Medicine Coaching** and a culture of health at work that supports all areas of well-being like:

- Opportunities to give back or volunteer
- Social time and positive interactions among employees
- Support for financial wellness through education and counseling
- Stress relief resources and recognizing burnout
- Employee connection to the organization and day-to-day work purpose
- A healthy environment that supports healthy foods and physical activity during the workday

## Employee well-being training

### Monthly webinar April 12 at 10 a.m.

During this 15-minute LIVE webinar we will discuss how to surf emotional waves.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

**Register now for the entire 2022 meeting series!**

## May Well-being activities

### Marathon in a Month Challenge & Walk at Work

May is employee health and fitness month - we encourage wellness coordinators to start to think of physical activity opportunities they can implement for employees during the month. Sanford Health Plan sponsored activities include:

- **Marathon in a Month Challenge:** a steps tracking challenge will be available to employees and spouses on the wellness portal. Completing 50,000 steps – the equivalent of a marathon – will earn them 1,500 points. Registration begins April 20 and the challenge starts on May 4.
- **Walk at Work:** We will provide promotional materials including a video from Governor Bergum and fillable flyer to promote a walking event at your agency
  - **Wellness coordinators are asked to register** to receive our promotional materials as well as **one \$25 gift card** to use as a prize for Walk at Work event(s)
  - Registration will be sent out via email the last week of March
  - Don't forget to reward employee participants in your wellness activities with a voucher certificate of completion worth **3,000** points for a one day event!

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

### Monthly Book Club

***Growing Young: How Friendship, Optimism, and Kindness Can Help You Live to 100*** by Marta Zaraska

[Download poster](#)

[Download flyer](#)

### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month

The March 22 webinar will feature ways employers can support all areas of well-being for employees.

**Register for the 2022 meeting series**

### Monthly Observances

**Alcohol**  
**Autism**  
**Cancer control**  
**Donate life**  
**Stress**

3-9—Public health  
7—Alcohol screening  
16—Healthcare decisions  
17-23—Volunteer  
22—Earth

## Wellness portal feature

### Trackers

The new online wellness portal has four reward health trackers available to employees to track throughout the 2022 calendar year. The trackers include:

- Exercise: Enter in physical activity minutes and/or sync a device to track steps with a goal for 150 minutes a week
- Mood: Log your current mood including sad, down, okay or happy
- Stress: Rate your stress for the day from relaxed to highly stressed
- Diet: Monitor your daily diet as off track, a little off or on track

Login to the wellness portal at [sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin). After logging in:

- Select the 'Menu' option from the top left
- Scroll to the 'Insurance' section of the menu
- Choose 'Portals and Links'
- Select 'Wellness Portal' from the options listed
- The point earning health trackers can be accessed through the 'Rewards' tab in the wellness portal.

## Hydration Challenge

### Wrap-up

The first challenge of the year has ended! Participants have until **March 21** to enter in any remaining tracking data. Employees and spouses who completed the challenge will receive 1,500 points in their wellness portal on March 21 at 6 p.m. CST.

## 2022 Wellness Portal and Benefit Webinar

### Recording is available

To view a copy of February wellness benefit webinars, members can visit the Dakota Wellness Program webpage to watch the 15 minute overview.

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2022](#)

## Wellness Coordinator Reminders and Announcements

### Join us on Facebook

#### Free classes and well-being information

Join the Sanford Health Plan Wellness and Lifestyle Medicine Facebook group for access to our live and recorded cooking classes, workouts and well-being information all in the convenience of your newsfeed.

[Join Group](#)

## Contact your wellness team

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