

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



August 2020

Monthly Well-being Education Emotional Eating

Negative and positive moods lead to preferences for different kinds of foods. If someone is choosing between grapes and candy they are more likely to choose grapes if they are in a good mood and candy when in a bad mood. Employers can influence the choices that individuals make – no matter what type of mood they are in - by providing a healthy food environment and focusing on stress reduction in the workplace.

A healthy food environment includes:

- Serving healthy food at employer sponsored events and meetings
- Suggesting healthy foods be present at employee gatherings or potlucks
- Providing a *Fresh to Desk* program and healthy vending options
- Using our Food in Common areas poster campaign to influence employee choices and help them to take pause before stress eating occurs

Reducing stress in the workplace may include:

- Employee training and tools for stress relief and self-care
- Focus on career well-being and the employee/manager relationship
- Asking employees “What is stressing you the most right now?”

Wellness Coordinator Recharge Workshops 2020 Wellness Coordinator Recharge Workshops

This year the Sanford Health Plan wellness team will be holding our two hour workshop virtually via an online meeting. Each workshop will be a small group to help you continue to connect with other wellness coordinators and refine your plan for wellness at your worksite.

Our workshops will be featuring:

- Behavior-based actions for wellness challenges
- New and expanded programming for chronic disease and employee well-being
- Dakota Wellness Program and Employer Based Wellness Program overview

Register for one of our workshops today!

Tuesday August 11 at 10 a.m.	Wednesday August 19 at 10 a.m.
Thursday August 13 at 10 a.m.	Tuesday August 25 at 1:00 p.m.
Monday August 17 at 1:00 p.m.	Thursday August 27 at 10 a.m.

Employee well-being training Monthly webinar August 11 at 10 a.m.

This 15-minute LIVE webinar session will explore how to eat for joy AND satisfaction. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

Visit sanfordhealthplan.org/ndpers/dakotawellnessprogram for registration

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health
by Emeran Mayer

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

4th Tuesday of the month at 10 a.m.
[Click here](#) to register

The July 28 webinar will feature creating a healthy food environment and a culture of health to reduce workplace stress.

Promotional Email for Employees

Virtual wellness presentations

Sanford Health Plan offers many educational trainings to help employees improve their health and well-being. Currently these are being offered as a webinar only for the health and safety of our staff and your employees. Click the button below for a complete list of our wellness trainings.

Featured employee training topics include:

Overcoming Stress: Encourage employees to cultivate new self-care and stress relief practices during this interactive presentation. Learners also receive an overview of the effects that chronic stress has on the body along with guidance to identify their current personal stressors.

Mindful Eating: Establishing a new healthy relationship with food can help to reduce emotional and stress eating. The mindful eating cycle and practices are introduced in this presentation.

[Wellness Trainings Brochure](#)

Dakota Wellness Program

Wellness Coordinator Reminders and Announcements

2020 Voucher Program

The voucher program is for current employees only, spouses should not be given a voucher form for upload to their online wellness portal if they participate in wellness activities in person or online.

Each member has the opportunity for the 2020 wellness benefit year to earn a total of 15,000 points from voucher activities. There are five voucher activity upload options in the Sanford Health Plan wellness portal, each is worth 3,000 points. Instructions on where and how to upload the voucher are at the bottom of the form.

Please note: There has been an update to the online wellness portal feature titles and new instructions are reflected on the voucher form below.

[Download 2020 voucher form](#)

Contact your wellness team

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