

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



August 2021

## Monthly Well-being Education

### Healthy eating

Our monthly theme may feel like it takes place more at home than in the workplace. Healthy eating among children is greatly influenced by the eating habits of the parent.

As an employer, you can foster healthy eating in the workplace (or home) with these tips:

- Serve at least one healthy food option at all employer sponsored events
- Host healthy potlucks – make your sign up include healthy options as an idea for employees to bring
- Assist employees in building skills for shopping, meal planning and preparation of healthy foods by hosting one of our nutrition presentations like *Healthy Meals in a Hurry*, *Mindful Eating* or our *Nutrition and Hydration* worksite trainings
- Create a workplace culture that includes breaks for more mindful munching
- Promote the wellness benefit trackers like the Fruits and Vegetables, Low Calorie Snacks or Cups of Water for employees to engage in their health while earning rewards
- Use our Healthy Food at Work toolkit to promote awareness and give a simple nudge to employees to make a healthy choice when they are eating due to boredom, stress and more!

Visit [sanfordhealthplan.com/business/toolkits](http://sanfordhealthplan.com/business/toolkits) to download

## Employee well-being training

### Monthly webinar August 10 at 10 a.m.

During this 15-minute LIVE webinar session a Registered Dietitian will answer employee questions about healthy eating for kids and help parents foster healthy habits for the little ones.

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

**Register now for the new monthly meeting series!**

## New Quarterly Wellness Challenge

### Focus on financial well-being

Join us in hosting the next quarterly wellness challenge in September where we are featuring Financial Fitness Bingo.

**Participants:** Will have a bingo card to fill in with their personalized financial well-being choices related to their personal financial goals.

**Wellness coordinators:** [Register for the toolkit](#) that will be sent out the last week of August.

The challenge toolkit will include:

- Fillable, blank bingo card
- Financial well-being activity suggestions to distribute with the card
- Directions for setting up the challenge

### Inside this issue...

Healthy eating  
Quarterly wellness challenge  
Wellness Coordinator  
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

### Monthly Book Club

***Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*** by *Ellyn Satter*

[Download poster](#)  
[Download flyer](#)

### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month at 10 a.m.

The July 27 webinar will include a discussion on healthy eating during the workday.

### Register for the new meeting series

[Monthly Observances](#)  
**Breastfeeding**  
**Immunization**

## Wellness Coordinator Reminders and Announcements

### Dakota Wellness Program

#### Document updates

Members will now experience an enhanced website when they log into their *MySanfordHealthPlan* account at [sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin). Navigation to the wellness portal and redemption center has changed.

Download, save and utilize the updated Dakota Wellness Program Guide and 2021 Voucher form for your wellness programming needs.

[Download 2021 voucher form](#)

[Download Dakota Wellness Program Guide 2021](#)

### 2021 Wellness Coordinator ReCharge Workshops

#### Free virtual events in July and August

This workshop will help you recharge your organization's wellness program. You'll learn more about Dakota Wellness Program and ways you can engage employees in their personal health and wellness.

**Click here to register.** If you do not see a workshop that works for you, please contact [alexis.allen@sanfordhealth.org](mailto:alexis.allen@sanfordhealth.org). All times listed below are in CST.

- Tuesday, July 20 10:00 a.m. to noon
- Thursday, July 22 10:00 a.m. to noon
- Monday, July 26 1:00 p.m. to 3:00 p.m.
- Wednesday, July 28 1:00 p.m. to 3:00 p.m.
- Tuesday, August 3 1:00 p.m. to 3:00 p.m.
- Thursday, August 5 10:00 a.m. to noon

This workshop is offered as a part of the NDPERS Employer Based Wellness Program. Wellness Coordinators are required to attend this workshop or a ND Worksite Wellness Training as a part of the Wellness Coordinator role.

### 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

#### Wellness Benefits

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