

Monthly Wellness Coordinator Update

Dakota Wellness Program



August 2022

Monthly Well-being Education

Fostering healthy habits among employees

Changing behaviors is difficult for everyone. Many try and fail on the first try, only to feel defeated and give up. Employers can influence many pieces of the puzzle for employees and foster healthy habits by taking a one-size-fits-one approach.

- **Motivation:** Promoting the Sanford Health Plan individual exercise, nutrition, pain and stress consults can empower employees to make changes to their health.
- **Skill building:** Utilizing educational activities like a free well-being training from Sanford Health Plan, a fitness or cooking class or developing a health library are just a few ways employers encourage skill building.
- **Environment:** This includes making the healthy choice, the easy choice. Having healthy people surrounding you is a very influential factor in your health habits. Forming walking or running clubs, connecting employees together with a healthy potluck or even sharing stories of healthy employees can create healthy connections.

Employee Well-being Training

Monthly webinar August 9 at 10 a.m.

During this 15-minute LIVE webinar, join Audra for a discussion on how to smoothly build healthy habits.

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!

Quarterly Wellness Challenge

Emotional well-being

This quarter will focus on improving emotional well-being and stress relief. Please contact alexis.allen@sanfordhealth.org with questions about the challenge.

This challenge will be a worksite led challenge – we invite wellness coordinators to use a voucher form as a reward for participants who complete the challenge.

Challenge details

- Wellness coordinators can define any type(s) of BINGO for employees to work towards during the two weeks
- Participants fill in the blank BINGO card with their stress relief activities of choice, multiple activities are allowed each day
- Goal is for employees to achieve as many bingo chains as possible, as defined by the wellness coordinator

Our toolkit for Wellness Coordinators will feature everything you need to implement the challenge with your employees:

- Promotional email
- Fillable bingo card with instructions
- Sample stress relief ideas and activities for employees to stress less

The challenge runs September 12 to 23. **Register now to receive your toolkit!**

Inside this issue...

Health habits
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Wellness Coordinator ReCharge
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The Science of Getting from Where You Are to Where You Want to Be by Katy Milkman

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The July 26 webinar will feature ways employers can create a foundation for healthy habits among employees.

Register for the 2022 meeting series

Monthly Observances

**Breastfeeding
Immunization**

Wellness Coordinator ReCharge Workshop

Virtual event in July and August

Join the Dakota Wellness team for a two-hour workshop to strengthen your wellness program, learn about the NDPERS wellness benefits and network with other wellness coordinators.

As a part of the Employer Based Wellness Program – Wellness Coordinators are required to attend or view a recording of the ReCharge workshop. As an alternate option, coordinators can attend a ND Worksite Wellness Training.

This year's events will be held in CST on the following dates and times:

- Tuesday, July 26 – 11:00 a.m. – 1:00 pm
- Thursday, July 28 - 10:00 a.m. - noon
- Monday, August 1 - 1:00 p.m. - 3:00 p.m.
- Wednesday, August 3 - 10:00 a.m. - noon
- Tuesday, August 9 - 1:00 p.m. - 3:00 p.m.
- Thursday, August 11 - 10:00 a.m. - noon

[Click here](#) to register for your preferred workshop time.

Wellness Coordinator Reminders and Announcements

Coordinator Wellness Program Resources

Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2022](#)

[Download the Certificate of Completion Voucher](#)

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.

[f Join Group](#)

Contact your wellness team

Wellness Benefits

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