

Monthly Wellness Coordinator Update

Dakota Wellness Program



December 2021

Monthly Well-being Education

Goal setting

Leading a healthy lifestyle may seem like it is up to the individual employee. Employers actually influence 70% of the employee health decisions everyday – through the workplace environment, skill building and awareness.

Environment

Access to healthy foods, regular breaks from work – especially those that incorporate movement and flexible schedules for health activities are just some of the environmental cues that nudge employees to make a healthy choice.

Build skills

Offering training and education for employees in all areas of well-being can help them to fill the knowledge gap.

Awareness tools

The Sanford Health Plan employee newsletter, poster and other health information pieces are easy ways you can increase health awareness in your workplace.

Employee well-being training

Monthly webinar December 14 at 10 a.m.

During this 15-minute LIVE webinar we'll ask some fun and challenging questions to both acknowledge where we are and consider what we want from 2022.

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 meeting series!

Wrap-up of the Quarterly Challenge

Fruits and veggies

- The last day of the challenge is December 12th
- All tracking data needs to be entered into the wellness portal to complete the goal of 5 or more servings of fruits and vegetables on 10 or more days during the challenge
- Employee participants who complete the challenge goal will receive a voucher form worth 6,000 points from Sanford Health Plan in December

Coming soon!

2022 Quarterly Challenge

Our first challenge in the new year will start February 7 in the online wellness portal. This challenge will focus on hydration with a goal to consume six glasses of water each day. More information and promotional email will be distributed in January.

New look for the online wellness portal

Starting in January the online wellness portal and health risk assessment will have an updated look and feel. We will be distributing a new brochure that outlines the 2022 Dakota Wellness Program benefit to utilize with employees. More information and outline coming in December for wellness coordinators.

Inside this issue...

Healthy lifestyle choices
Quarterly challenges
Coming soon
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Tiny Habits: The Small Changes That Change Everything by BJ Fogg, PhD

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

4th Tuesday of the month at 10 a.m.

The November 23 webinar will feature ways you can foster well-being among employees across all dimensions.

Register for the meeting series

Monthly Observances

**Impaired driving
Safe toys and gifts**

5-11—Handwashing

5-11—Influenza vaccination

Wellness Coordinator Reminders and Announcements

Employer Based Wellness Program

Discount and funding application webinar

The wellness team will walk-through the discount and funding applications for the 2022-2023 NDPERS employer-based wellness program year.

Learn tips and tricks for receiving funding for your wellness projects. Ask questions in real time and fill out your own application ahead of the February 28th deadline.

Click here to register for the meetings being held on:

Monday Nov 22 at 11 a.m.

Tuesday December 7 at 3:30 pm

If you cannot make it to one of the scheduled webinars, please contact Rachel.iverson@sanfordhealth.org.

2021 Wellness Benefit Deadlines

Employees and spouses on the NDPERS health insurance plan through Sanford Health Plan have the opportunity to earn up to \$250 in rewards (\$500 per household) this year through the Dakota Wellness Program.

Earning your benefit is easy

1. An employee or spouse logs into their personal health insurance account at sanfordhealthplan.com/memberlogin
2. Next, take the required Health Risk Assessment in the online wellness portal
3. Track health habits, check off visits to the doctor and dentist or join the Fruits and Vegetables competition that starts November 15 to earn points towards the wellness benefit

Take a Health Risk Assessment Earn points in the online wellness portal	Redeem points in the redemption center
December 29, 2021	December 31, 2021

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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