

Monthly Wellness Coordinator Update

Dakota Wellness Program



February 2021

Monthly Well-being Education Financial Well-being

National employee surveys have found that almost half of employees worry about their finances during the work day— reducing their productivity and increasing stress. While personal finances and worry may not be an area you want to intervene in as an employer, you can create a culture of health with tools and resources for employees to use to support their financial well-being.

Employers can support a healthy financial well-being for employees with a variety of options through NDPERS

- Employees can learn how to make the most out of their NDPERS benefits or plan for retirement: **Webinar recordings are available on the [NDPERS website](#)**
- The NDPERS 457 Deferred Compensation retirement plan company offers **ready to use flyers and webinars: [Learn more at TIAA](#)**
- The Employee Assistance Program (EAP) includes free and confidential counseling: **[Find your agency EAP on the NDPERS webpage](#)**

2021 Wellness Benefit Dakota Wellness Program Webinars

Live 30-minute webinars with the Sanford Health Plan wellness team will feature an overview of how to earn the \$250 wellness benefit along with wellness and lifestyle medicine programs for employees. All employees that attend the LIVE events will receive a voucher form for 3,000 points. A recording will also be made available. A promotional email to send to employees was distributed on January 7, please share with all employees.

Mark your calendars now and **[register for the live events:](#)**

- January 27 at 2:30 p.m.
- February 2 at Noon and 1 p.m.
- February 4 at 10 a.m.

Well-being Training Sanford Health Plan presentations

The Dakota Wellness Team offers free workplace trainings to help employees improve well-being and prevent chronic disease.

Training topics include

- Physical health: nutrition, exercise, sleep, pain
- Prevention: Cancer, well-being, body mechanics and nicotine cessation
- Well-being: career, financial, emotional health and mindfulness
- NEW Topic: Working well from Home

Schedule a LIVE webinar for your employees today by contacting your region's wellness educator.

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Monthly Book Club

The Year of Less: How I Stopped Shopping, Gave Away My Belongings, and Discovered Life Is Worth More Than Anything You Can Buy in a Store by Cait Flanders

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

Monthly Wellness Coordinator Webinar

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

[Click here to register for the 2021 series](#)

The January 26 webinar will include an overview of worksite trainings, and financial well-being resources.

Monthly Observances

Cancer prevention
Heart health

5—Wear Red
14—Organ donation
21-27—Eating Disorders

[Download Well-being Education brochure](#)

Wellness Coordinator Reminders and Announcements

2020 agency health risk assessment completion

Thank you to all of the agencies who helped us reach our health risk assessment completion goal in 2020. Wellness coordinators who had an agency completion rate of 20% or higher will receive a \$20 gift card from Sanford Health Plan to use for future wellness programming. The NDPERS designated wellness coordinator for the agency will receive an email with instructions for obtaining the gift card on Friday, January 22.

Congratulations to the 95 agencies with a 20% Health Risk Assessment completion rate in 2020

Employee well-being training

Monthly webinar February 9 at 10 a.m.

This 15-minute LIVE webinar session will help employees rediscover their roots of financial well-being—security and freedom. During the webinar, we will explore high level factors that make a budget work. Employees who register and attend the live webinar will receive a voucher form from Sanford Health Plan for 3,000 points.

You can [register now](#) for the entire 2021 monthly webinar series

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

NDPERS benefits and wellness

Click to “Like” the North Dakota Public Employees Retirement System page. They feature NDPERS benefit information you can use, along with Dakota Wellness Program well-being resources.



2020 Fitness Center Reimbursement Deadlines

All 2020 gym workouts must be submitted to Sanford Health Plan by February 8, 2021. Members can receive a \$20 reimbursement for any month in 2020 that they completed 12 or more visits to their gym. For workouts to be submitted, members should contact their gym for monthly visit totals and for workout submissions.

To sign up for the Fitness Center Reimbursement program, check past reimbursements and gym visit totals members can visit [nihcarewards.org/](https://www.sanfordhealthplan.com/nihcarewards.org/).

[Download Fitness Center Reimbursement Flyer](#)

Contact your wellness team

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