

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



February 2022

Monthly Well-being Education

Financial well-being

Developing a healthy financial outlook is more than just math and spreadsheets. There are many factors that contribute to financial well-being — emotions, past experiences with money and mindset. Our monthly employee wellness newsletter offers tips to overcome emotional spending — a costly habit that affects around 50% of consumers.

Employers can support their employees with a variety of financial awareness and training tools to create a culture of health. Current tools include:

- The Financial Essentials Workshop or Pre-Retirement Education programs: **Webinar recordings and downloadable resources are available on the [NDPERS website](#)**
- The NDPERS 457 Deferred Compensation retirement plan company provides **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](#)**

Employee well-being training

Monthly webinar February 8 at 10 a.m.

During this 15-minute LIVE webinar we will discuss how our battling states of mind come together to form successful habit change.

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!

February Hydration Challenge

Registration begins on February 1

Join us for a four-week hydration challenge that runs from February 15 to March 14. Employees and spouses can register for the challenge in the online wellness portal in their personal account at sanfordhealthplan.com/memberlogin.

After registration, the challenge will be available for tracking their hydration starting Tuesday, February 15.

- **Participation Goal:** Track 21 out of 28 days
- **Challenge Goal:** Consume 6 or more glasses of water on 14 days during the challenge
- The challenge features a simple Yes or No answer to consuming six or more glasses of water each day
- Employees and spouses who complete both the participation and challenge goals will receive 1,500 point reward on March 21

Promotional registration email will be sent through the list serve for wellness coordinators to distribute in early February.

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Monthly Book Club

The Psychology of Money: Timeless Lessons on Wealth, Greed, and Happiness
by Morgan Housel

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The January 25 webinar will feature a detailed overview of the new wellness portal, hydration challenge and financial well-being resources.

Register for the 2022 meeting series

Monthly Observances

Cancer
Heart
Health consumer
Vision

4—Wear Red
20-26—Eating disorders

2022 Wellness Portal and Benefit Webinars

Enhanced online wellness portal is now live

Employees can learn more about the Dakota Wellness Program and new wellness portal by attending a LIVE webinar with Sanford Health Plan. A registration email has been distributed on the wellness coordinator list serve to send to employees.

Mark your calendars and [register for our webinars](#)

- Tuesday, February 8 at 3 p.m. CST
- Wednesday, February 9 at 12:30 p.m. CST
- Thursday, February 10 at 10 a.m. CST

The online wellness portal and health risk assessment now have an updated look and feel. We are excited to partner with WebMD to bring you a new experience for your wellness benefit this year.

Engage employees in earning their benefit

We have a new brochure that features all the ways employees can earn \$250 in 2022. Wellness Coordinators can distribute our Dakota Wellness Program website to kick off the new wellness benefit year. The website features all the ways employees can engage in their health and get rewarded.

[Download Dakota Wellness Program Guide 2022](#)

[Dakota Wellness website](#)

Wellness Coordinator Reminders and Announcements

Updated Worksite Voucher Award Certificate of Completion New instructions for employees to redeem

The instructions have changed in the online wellness portal to record participation in worksite based activities. With this change in redemption, a new certificate of completion form has been made. Please update all copies of the form you may have saved to distribute.

[Download the Certificate of Completion Voucher](#)

Employees may earn up to 12,000 points for worksite based activities in 2022. This includes worksite wellness activities sponsored by an agency wellness coordinator or Sanford Health Plan. A certificate of completion voucher form will be sent directly to employees after they participate in a Sanford Health Plan wellness activity. Wellness coordinators should distribute a copy of the form after worksite wellness activities they have implemented.

This may include:

- One day activity like a wellness presentation or health fair
- Multi-day activity like a wellness challenge or book club

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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