

Monthly Wellness Coordinator Update

Dakota Wellness Program



January 2021

Monthly Well-being Education Organization

According to our monthly book club author, Gretchen Rubin, the average person wastes about an hour of their day just looking for things. The benefits of organization can go beyond just a good looking desk.

Here are some other health benefits employees may experience a long with increased productivity:

- A decrease in stress due to less visual distractions and improved focus
- A boost to creativity, employees will feel a lot more calm and open creative channels
- An increase in time with less energy spent looking to find lost items

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 lifestyle medicine and prevention programs for employees. All employees that attend will receive a voucher form for 3,000 points. A recording will also be made available.

A promotional email to send to employees will be distributed in early 2021. 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.

Wellness challenge toolkit Emotional well-being

Our first toolkit of 2021 will focus on improving emotional well-being and stress relief. Please contact alexis.allen@sanfordhealth.org with questions about the challenge.

Challenge details

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

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

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

The challenge runs January 18 to 31. **Register now to receive your toolkit!**

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Wellness Coordinator Announcements

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Monthly Book Club

Happier at Home: Kiss More, Jump More, Abandon Self-Control, and My Other Experiments in Everyday Life
by Gretchen Rubin

[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 December 22 webinar will include an overview of the upcoming wellness challenge, the 2021 wellness benefit launch and productivity boosters.

Monthly Observances

**Birth defects
Blood donor
Cervical health**

17-23—Healthy weight
18—King day of service

Wellness Coordinator Reminders and Announcements

Employee well-being training

Monthly webinar January 12 at 10 a.m.

This 15-minute LIVE webinar session will help employees learn more about our monthly theme of organization. Give your organization system a tune up with ideas to bring some order to 2021. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

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

Preventive Health – Cervical Cancer awareness

January is cervical cancer awareness month. Use our toolkit to as a tool to create a conversation about preventive screenings to detect cervical cancer early when it is most treatable.

[Download Cervical Cancer Toolkit](#)

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.



Employee redemption drawing

November redemptions were the last month for our employee drawing. Thank you to everyone who participated! This month's winners include:

- Kristin, Field Services Division
- Stephanie, Game and Fish

2020 agency health risk assessment completion

At the end of December, if your agency has at least 20% of members— which includes employees and spouses that have elected health insurance coverage— completing a health risk assessment, your agency will receive a gift card to use for wellness programming. Recognition and awards will go out at the end of January 2021. If you would like to learn your agency's current participation rate, please email ndperswellness@SanfordHealth.org.

2020 Fitness Center Reimbursement Deadlines

All members who want to receive their 2020 wellness benefit as a fitness center reimbursement, need to take a health risk assessment by December 29, 2020.

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/.

[Download Fitness Center Reimbursement Flyer](#)

Contact your wellness team

Wellness Benefits

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