

Monthly Wellness Coordinator Update

Dakota Wellness Program



January 2022

Monthly Well-being Education

Social well-being

Loneliness is a state of mind that many face – despite being physically surrounded by friends, family or co-workers. Recent research has found that the health risks associated with loneliness are as bad for health as smoking 15 cigarettes a day. Building high quality connections among co-workers is essential for employers to reduce health risks and the feeling of social isolation.

To build connections among employees:

- Create time for employees to purposefully connect
- Include gratitude and incorporate into daily work practice
- Foster collaboration in work and increase points of interaction

Employee well-being training

Monthly webinar January 11 at 10 a.m.

During this 15-minute LIVE webinar we will discuss how to begin charting your "emotional weather patterns" so you can enjoy more sunny days.

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 entire 2022 meeting series!

Promote this quick and easy wellness event to your employees by:

- Including the webinar registration link in ALL wellness communications and platforms – it does not change from month to month
- Sending out the monthly employee wellness newsletter that features the webinar registration on the front page
- Driving employees to our Dakota Wellness Program website with all the information they need earn their benefit

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. Join us for an overview of the wellness portal, featured resources and more in the December 21 wellness coordinator webinar.

Distribute our Dakota Wellness Program website in January to kick off the new wellness benefit year. We also have a new brochure that features all the ways employees can earn \$250 in the New Year.

[Download Dakota Wellness Program Guide 2022](#)

[Dakota Wellness website](#)

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Monthly Book Club

Together: Why Social Connection Holds the Key to Better Health, Higher Performance, and Greater Happiness

by Vivek H. Murthy, MD

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

December only: 3rd Tuesday of the month at 10 a.m.

The December 21 webinar will feature ways your wellness coordinators can increase connection among employees.

Register for the 2022 meeting series

Monthly Observances

**Birth defects
Cervical health
Thyroid**

16-22—Healthy weight
17—King day of service

Employees can learn more about the Dakota Wellness Program and new wellness portal by attending a LIVE webinar with Sanford Health Plan. Registration email coming in early 2022 to distribute 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

Wellness Coordinator Reminders and Announcements

Quarterly Challenges

Fruits and veggies

The last challenge of 2021 has come to an end. We had 993 participants in the challenge in the online wellness portal. Employees who completed the challenge of tracking 5 or more servings of fruits and veggies over 10 days of the challenge received a voucher form from Sanford Health Plan.

Coming soon!

2022 Quarterly Challenge

Our first challenge in the new year will start in February 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.

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.

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.



Contact your wellness team

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