

Monthly Wellness Coordinator Update

Dakota Wellness Program



July 2020

Monthly Well-being Education

Financial Health

Achieving clarity about the financial lifestyle you want to live and goals you want to attain will make day-to-day financial decisions easier. This means that every money choice you make connects you to your long-term goals.

Another foundational piece to being able to make healthy money decisions is to focus on the relationship you have with money. Those who understand this relationship are able to reduce negative feelings and emotions surrounding finances and are more likely to stick to the financial plans they develop. Reviewing past and current financial experiences, along with feelings and beliefs about money are just some of the ways individuals can focus on the relationship they have with money.

As an employer, you can increase awareness of tools that employees can use to clarify their relationship with money and help them to set long term goals.

Our recommended employer tools:

- [Money relationship quiz](#) from the University of Minnesota
- Provide a copy of our monthly book club that is full of self-assessment options, tools and techniques for a healthier money relationship and setting goals
- Promote [one-on-one meetings](#) with a TIAA representative for employees who have elected the 457 Deferred Compensation Program
- Offer a financial well-being presentation:
 - Sanford Health Plan: Financial Flourishing
 - Contact your employer contracted [Employee Assistance Program](#) for topics and presentation delivery modes
 - [A webinar](#) from TIAA for employers with the 457 Deferred Compensation Program

Employee well-being training

Monthly webinar July 14 at 10 a.m.

This 15-minute LIVE webinar session will explore one of the biggest contributors to financial well-being: how you think about money. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

Visit sanfordhealthplan.org/ndpers/dakotawellnessprogram for registration

Virtual wellness presentations

Sanford Health Plan offers many educational trainings to help employees improve their health and well-being. Currently these are being offered as a webinar only for the health and safety of our staff and your employees. Click the button below for a complete list of our wellness trainings.

Featured employee training topics include:

Gratitude: Encourage employees to cultivate positive thoughts and actions towards themselves and others using gratitude to improve your overall well-being.

Mindfulness: This four-week course will help employees develop the foundations of mindfulness including stress reduction, self-awareness, focus and connectivity by practicing neuro-science based techniques. By offering a series, employees are encouraged to try out new practices and discuss the changes they experience with their overall health. A one-time introduction class is also available.

Download our [Wellness trainings brochure](#)

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Monthly Book Club
The Art of Money: A Life-Changing Guide to Financial Happiness by **Bari Tessler**

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month at 10 a.m. [Click here](#) to register

The June 23 webinar will feature workplace well-being presentations and financial well-being tools

Dakota Wellness Program Wellness Coordinator Reminders and Announcements Marathon in a Month

Thank you to all of the wellness coordinators who implemented the May 2020 challenge. We hope this challenge inspires employees to continue to be active all summer long.

Prize shipments have begun and just as a reminder, your prizes may come in different packages or on different days of the week. If you have any questions about the prize shipments please contact alexis.allen@sanfordhealth.org.

60 month long challenge events were held across North Dakota with over 1,200 employees participating

We also had a second opportunity to win a prize for any Sanford Health Plan and NDPERS members who responded as “Going” to any of the NDPERS office’s three Facebook events. Winners of the Facebook drawing have been notified and were sent a set of Apple AirPods.

Facebook event drawing winners:

1. Chad, Bank of North Dakota
2. Gwen, North Dakota State University
3. Jeanette, North Dakota Industrial Commission

Reminder: All employees who participated in the month long challenge can receive a voucher form for a multiday event—worth 6,000 points (\$60) towards their 2020 wellness benefit. Wellness coordinators should distribute this form via email to participants. Sanford Health Plan is not distributing voucher forms for this challenge.

2020 Wellness Coordinator Recharge Workshops

This year the Sanford Health Plan wellness team will be holding the workshops virtually via an online meeting. We will be hosting these workshops in small groups to help you continue to connect with other wellness coordinators and refine your plan for wellness at your worksite.

Watch for registration coming in July and events taking place in August 2020

2020 Voucher Program

The voucher program is for current employees only, spouses should not be given a voucher form for upload to their online wellness portal if they participate in wellness activities in person or online.

Each member has the opportunity for the 2020 wellness benefit year to earn a total of 15,000 points from voucher activities. There are five voucher activity upload options in the Sanford Health Plan wellness portal, each is worth 3,000 points. Instructions on where and how to upload the voucher are at the bottom of the form.

Please note: There has been an update to the online wellness portal feature titles and new instructions are reflected on the voucher form below.

Voucher form 2020

Contact your wellness team

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