

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



July 2021

Monthly Well-being Education

Active listening

Improved working relationships. Professional and personal growth. Heightened productivity. These are just a few of the benefits of incorporating active listening at work. Wellness coordinators have the opportunity to improve social well-being along with career well-being by promoting the benefits of and how to practice active listening skills. Social resources employees possess play a vital role in individual happiness and well-being at work.

Check out these communication games and exercises for teams and individuals:

- Back to back drawing – one is the speaker giving directions and descriptions on what to draw to the listener
- Worksheet of imaginary scenarios where employees practice “I” statements about how the story makes them feel
- Story telling exercises using work related scenarios

Most importantly, with all of the communication exercises presented here and in our monthly webinar, these give the chance for employees to reflect back on “what I heard” and practice deeper listening and interpretation skills in a non-judgmental setting.

Employee well-being training

Monthly webinar July 13 at 10 a.m.

During this 15-minute LIVE webinar session we will explore effective ways to jumpstart conversations. From small talk to deep connection, better conversational connections are on the way!

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 new monthly meeting series!

2021 Wellness Coordinator ReCharge Workshops

Free virtual events in July and August

This workshop will help you recharge your organization’s wellness program. You’ll learn more about Dakota Wellness Program and ways you can engage employees in their personal health and wellness.

Click here to register. If you do not see a workshop that works for you, please contact alexis.allen@sanfordhealth.org. All times listed below are in CST.

- Tuesday, July 20 10:00 a.m. to noon
- Thursday, July 22 10:00 a.m. to noon
- Monday, July 26 1:00 p.m. to 3:00 p.m.
- Wednesday, July 28 1:00 p.m. to 3:00 p.m.
- Tuesday, August 3 1:00 p.m. to 3:00 p.m.
- Thursday, August 5 10:00 a.m. to noon

This workshop is offered as a part of the NDPERS Employer Based Wellness Program. Wellness Coordinators are required to attend this workshop or a ND Worksite Wellness Training as a part of the Wellness Coordinator role.

Inside this issue...

Social Well-being
Summer workshop
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The Lost Art of Listening, Third Edition: How Learning to Listen Can Improve Relationships

by Michael P. Nichols and Martha B. Straus

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

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

The June 22 webinar will include more ideas for active listening and communication at work.

Register for the new meeting series

Monthly Observances

**Park and recreation
UV safety**

Wellness Coordinator Reminders and Announcements

Marathon in a Month

Apple AirPods winners have been selected

There were 2,176 members who completed the 26.2 mile marathon during the month of May in the online wellness portal. Three winners from these completers were chosen from the following agencies:

- Attorney General's Office
- Game & Fish Department
- North Dakota State University

Thank you wellness coordinators for your help in promoting this wellness challenge.

New! Nutrition and Hydration Presentation

Schedule your employee training today

The Dakota Wellness Program team has developed a new employee training on nutrition and hydration. This presentation gives a full overview of healthy eating, along with vitamins and minerals from each food group. Learners will find new ways to increase hydration and set-up a plan to fuel their body with nutritious foods.

Dakota Wellness Program

Document updates

Members will now experience an enhanced website when they log into their *mySanfordHealthPlan* account at sanfordhealthplan.com/memberlogin. Navigation to the wellness portal and redemption center has changed.

Download, save and utilize the updated Dakota Wellness Program Guide and 2021 Voucher form for your wellness programming needs.

[Download Dakota Wellness Program Guide 2021](#)

[Download 2021 voucher form](#)

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](#)

Contact your wellness team

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