

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



July 2022

### Monthly Well-being Education

#### Employee happiness

Happiness changes throughout our lives and is highest when we are young and in our later years. This leaves the working years as a time where our happiness is at lower levels for many. Employers can influence employee happiness in a variety of ways with a healthy and supportive environment.

Environmental factors that boost employee happiness include:

- Access to natural light and time outdoors during the workday
- A visually pleasing workspace that is free of clutter and appropriate noise levels
- Break times for movement, access to a refrigerator to bring a lunch and regular time away from screens
- Connection and team building with co-workers on a deeper, personal level

Join us for the monthly wellness coordinator webinar on June 28 at 10 a.m. to discuss more in depth how employers can create a work environment that supports employee happiness and engagement.

### Employee Well-being Training

#### Monthly webinar July 12 at 10 a.m.

During this 15-minute LIVE webinar, join Audra for a refreshing conversation on health and aging.

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!

### Wellness Coordinator ReCharge Workshop

#### Virtual event in July and August

Join the Dakota Wellness team for a two-hour workshop to strengthen your wellness program, learn about the NDPERS wellness benefits and network with other wellness coordinators.

As a part of the Employer Based Wellness Program – Wellness Coordinators are required to attend or view a recording of the ReCharge workshop. As an alternate option, coordinators can attend a ND Worksite Wellness Training.

**This year's events will be held** in CST on the following dates and times:

- Tuesday, July 26 – 11:00 a.m. – 1:00 pm
- Thursday, July 28 - 10:00 a.m. - noon
- Monday, August 1 - 1:00 p.m. - 3:00 p.m.
- Wednesday, August 3 - 10:00 a.m. - noon
- Tuesday, August 9 - 1:00 p.m. - 3:00 p.m.
- Thursday, August 11 - 10:00 a.m. - noon

[Click here](#) to register for your preferred workshop time.

#### Inside this issue...

Emotional well-being  
Wellness Coordinator ReCharge  
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

*The Atlas of Happiness: The Global Secrets of How to Be Happy* by Helen Russell

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

#### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month

The June 28 webinar will feature ways employers can increase happiness and engagement among employees.

[Register for the 2022 meeting series](#)

#### Monthly Observances

Park and recreation  
UV safety

## Wellness Coordinator Reminders and Announcements

### NEW! Employee Well-being Training Phase Out Fads

A new nutrition presentation is available to schedule in-person or virtually from Sanford Health Plan. The presentation reviews fad diets and their failures, along with the many myths of weight loss our registered dietitians are often asked.

Contact your regions wellness educator for more information or to schedule. Contact information is at the end of this newsletter.

### May Well-being Activities Marathon in a Month Challenge

We had 1,408 employees and spouses complete the 50,000 steps challenge this year. A reward to redeem of 1,500 points has been added to their personal online wellness portal accounts as of June 7<sup>th</sup>.

Sanford Health Plan also completed a prize drawing from participants for a Garmin Watch. The individual winners have been contacted and are from:

- Stacy - ND Supreme Court
- Trisha - Field Services Division
- Joseph - Department of Commerce

### Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2022](#)

[Download the Certificate of Completion Voucher](#)

### 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

Wellness Benefits  
Angela Oberg  
[ndperswellness@sanfordhealthplan.com](mailto:ndperswellness@sanfordhealthplan.com)  
(701) 323-2132

Western Region  
Rachel Iverson  
[rachel.iverson@sanfordhealth.org](mailto:rachel.iverson@sanfordhealth.org)  
(701) 323-6069

Eastern Region  
Alexis Allen  
[alexis.allen@sanfordhealth.org](mailto:alexis.allen@sanfordhealth.org)  
(701) 417-6537