

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



June 2020

Monthly Well-being Education

Breaking down exercise

Health experts recommend a total of 150 minutes of moderate intensity physical activity per week. You can break that total down into any 5, 10 or 15 minute sessions of moderate intensity cardiovascular activity you like for an exercise snack.

Encourage employees to take exercise breaks during their workday. This will help to increase productivity as well as combat the stress of current times.

To create a physically active culture of health at your in person or virtual workplace you can:

- Encourage employees to make time for exercise by adding it to a calendar or daily schedule, have managers send calendar invite reminders to get up and move
- Call a co-worker on the phone and do an active break together
- Get up and move during conference calls and webinars
- Offer an online fitness class
- Promote a sign up for a free exercise consultation with a Sanford Health Plan wellness coach

Check out our monthly poster for ideas on cardiovascular and strength training exercise snacks.

Work with a Sanford Health Plan Wellness Coach or Registered Dietitian

Employees can sign up for a consult today!

Our wellness coaches can talk you through your situation and help you identify resources and supports for creating new exercise and healthy eating habits. Each telephonic consultation is free and lasts up to 30 minutes. Employees can receive a voucher form worth 3,000 points after completion.

Join us for our new monthly webinars

June 9 at 10 a.m.

This 15 minute LIVE webinar session will explore how to learn to love (or at least be at peace with) being active. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

Let employees know about these benefits by hanging up the May 2020 monthly poster and flyer at the office for those who are still working along with an email to all employees whether are at work or at home.

Visit sanfordhealthplan.org/ndpers/dakotawellnessprogram for more information and registration links that you can share with employees about our consultations or monthly webinars.

Inside this issue...

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

***The Joy of Movement:
How Exercise Helps Us
Find Happiness, Hope,
Connection, and
Courage***
by Kelly McGonigal

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

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

[Click here](#) to register

The May 26 webinar will feature incorporating exercise into the workday

Promotional Email for Employees

Dakota Wellness Program Marathon in a Month

On May 1 Sanford Health Plan and NDPERS launched Marathon in a Month, a wellness challenge for employees to complete 26.2 miles of their favorite physical activities in May.

Thank you to the 50+ sites who have registered for prizes and are participating in the challenge.

Click here to register your agency as participating in the challenge by Friday May 22 if you have not done so already. As a part of this agency registration, Sanford Health Plan will send you three prizes to use as a drawing for your wellness challenge participants. These prizes include a single serving blender, foam roller and a produce saver. Prizes will be sent to wellness coordinators in June.

Send out our e-blast to employees to join in the Facebook events happening on May 15 and May 31. If an employee RSVP's as "Going" to the Facebook event they can be entered into a drawing for additional prizes. *Note: These are not in person gatherings or events.*

Thank you to all of the wellness coordinators who implemented this challenge so quickly as a replacement for our annual Walk at Work events. As a thank you, we will be sending you a personal copy of the May book club cookbook ***The Blue Zones Kitchen: 100 Recipes to Live to 100 by Dan Buettner***. Make sure to register your agency as participating using the link above.

Wellness Coordinator Reminders and Announcements

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.

We do encourage spouses to participate in the wellness program. They can also earn up to \$250 per calendar year if they have insurance coverage through Sanford Health Plan and NDPERS.

Spouses can earn their wellness benefit in in any of the following ways:

1. Tracking health activities and challenges in the online wellness portal for points
2. Participating in the Fitness Center Reimbursement program and receiving monthly reimbursements

Spouses are also required to take a Health Risk Assessment one time per calendar year to redeem points or receive reimbursements.

[Download 2020 voucher form](#)

Contact your wellness team

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