

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



June 2021

Monthly Well-being Education Community well-being

It is no surprise that your environment – at home, work or the office – plays a key role in your day-to-day choices. When healthy choices are presented to employees and made easily accessible, employees are more likely to engage and choose them.

One of the foundational pieces of a healthy community well-being is the physical environment including areas for physical activity, access to healthy foods and safe places for connection to others like neighbors or co-workers.

As an employer you can create the foundational piece of a healthy workplace community and environment that supports employees by:

- Offering healthy snacks in the breakroom vending and throughout office areas to make the healthy choice, the easy choice
- Implementing a Fresh to Desk program
- Creating physical activity breaks along with offering classes, clubs, groups and sports teams
- Offer skill building for healthy habits through worksite training and presentations like our Working Well from Home (or the office)
- Creating awareness for volunteering or other opportunities to give back to the local community

Employee well-being training

Monthly webinar June 8 at 10 a.m.

This 15-minute LIVE webinar session will enlighten participants about how they can improve their community well-being and its importance to overall health.

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!

Marathon in a Month

Ends May 31

The Marathon in a Month challenge is coming to an end soon. Sanford Health Plan will be doing a drawing for three sets of Apple AirPods for all members – employees or spouses – who finish the marathon mileage of 26.2 miles during the month of May. Encourage employees to enter in their total miles for the month by May 31st.

Prize drawing winners will be announced in early June via email.

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.

Inside this issue...

Healthy environments
Physical activity
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Happy City: Transforming Our Lives Through Urban Design by Charles Montgomery

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

Monthly Wellness Coordinator Webinar

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

The May 25 webinar will include ideas for creating a healthy workplace environment

Register for the new meeting series

Monthly Observances

- **Migraine and headache**
- **Post-traumatic stress disorder**
- **Safety**

5—Trails
6—Cancer survivors
14-20—Men's health

Wellness Coordinator Reminders and Announcements

Preventive Health Toolkit

Download today!

Sanford Health Plan offers several toolkits to help you create a healthy community as well as lift up safety in your workplace. Visit [here](#) to download toolkits related to our monthly well-being theme and employee health including:

- Healthy Food at Work
- Fresh to Desk
- Back Pain

2021 Wellness Coordinator ReCharge Workshops

Free virtual meetings in July and August

Creating a culture of wellness at your worksite is a tough task. Sanford Health Plan is here to help you with tools and resources you can use to guide employees toward a healthier life. This workshop will help you restart and plan 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.

Hold your calendar for one of the two-hour virtual workshops – **registration coming soon**

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

Voucher Program

Reward employees for participating in your workplace wellness activities

Wellness Coordinators can distribute a voucher form to employees for participation in wellness activities they sponsor throughout 2021. Employees can earn up to 12,000 points (\$120) towards their wellness benefit in 2021.

1. Host a one day or multi-day wellness event for the employees from your workplace (in person or virtual)
 - a. One day example events: Presentation or health fair
 - b. Multi day example events: Book club meeting, wellness challenge
2. Take attendance or participation in the activity and distribute the voucher form after the activity is completed
3. Employees can upload the form into their personal wellness portal found at sanfordhealthplan.com/memberlogin and redeem for wellness rewards

[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

Wellness Benefits

Angela Oberg
ndperswellness@sanfordhealthplan.com
(701) 323-2132

Western Region

Rachel Iverson
rachel.iverson@sanfordhealth.org
(701) 323-6069

Eastern Region

Alexis Allen
alexis.allen@sanfordhealth.org
(701) 417-6537