

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



SANFORD  
HEALTH PLAN



June 2022

## Monthly Well-being Education

### Employee stress

Survey after survey continues to reveal that employees are stressed – and the cause is the workplace. Modern work practices are taking a toll on their physical health habits – like sleep, eating choices and exercise – as well as relationships and productivity.

While some may think that a busy and stressed employee, who works in the evenings and weekends is more productive – the opposite is actually true.

Employers can create a culture of health to support emotional well-being by:

- Providing one on one counseling resources like an **Employee Assistance Program**
- Reducing the stigma surrounding mental health by learning the signs and symptoms of common conditions as well as sources of employee stress
- Fostering positive relationships among co-workers through social activities
- Setting up consistent expectations for work teams and a no email or work policy for evenings and weekends
- Providing training and building employee skills on stress reduction with a presentation like Overcoming Stress from Sanford Health Plan

## Employee well-being training

### Monthly webinar June 14 at 10 a.m.

During this 15-minute LIVE webinar, join Audra for a discussion about staying true to yourself, taking care of others, and feeling more comfortable during conflict.

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!**

## NEW! Employee Well-being Training

### The myths of dieting and weight loss

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 on page 2 of this newsletter.

## 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 LIVE or view a recording of the ReCharge workshop or attend an alternative ND Worksite Wellness Training.

### Inside this issue...

Emotional well-being  
Employee training  
Wellness Coordinator ReCharge  
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

### Monthly Book Club

***Can't Even: How Millennials Became the Burnout Generation*** by Anne Helen Petersen

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

## Monthly Wellness Coordinator Webinar

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

The May 24 webinar will feature ways employers can support employee emotional well-being.

## Register for the 2022 meeting series

### Monthly Observances

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

5—Cancer survivor  
11—Family health and fitness  
13-19—Men's health

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

- Tuesday, July 26 - 10:00am - 12:00pm
- Thursday, July 28 - 10:00am - 12:00pm
- Monday, August 1 - 1:00pm - 3:00pm
- Wednesday, August 3 - 10:00am - 12:00pm
- Tuesday, August 9 - 1:00pm - 3:00pm
- Thursday, August 11 - 10:00am - 12:00pm

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

## Wellness Coordinator Reminders and Announcements

### May Well-being Activities

#### Walk at Work

We had 93 agencies register to host a Walk at Work event for their employees. Thank you to all the wellness coordinators for your hard work this month to encourage physical activity and social well-being in the workplace.

Don't forget to reward employee participants in your Walk at Work wellness activity with a voucher certificate of completion worth **3,000 (\$30)** points for attending a one-day event!

### 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

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