

Monthly Wellness Coordinator Update

Dakota Wellness Program



March 2021

Monthly Well-being Education

Celebrate National Nutrition Month

March is national nutrition month and the Sanford Health Plan Registered Dietitians have many tools and resources Wellness Coordinators can use to assist employees in developing healthier eating and grocery shopping habits.

- Share the March employee newsletter and monthly wellness webinar registration featuring information on food and health claims found on food packaging
- Offer an employee training presentation on nutrition like our Healthy Meals in a Hurry, Mindful Eating or Cancer Prevention
- Send an email with the registration for a free 30 minute Nutrition Consultation to employees
- Distribute our Facebook Group email for free cooking classes, after employees join our group they will receive notifications and alerts in their Facebook feed on our classes and nutrition information

Nutrition Consultations

Telephonic visit with a Registered Dietitian

Sanford Health Plan Registered Dietitians are here to discuss employee nutrition questions and help employees create a plan and goals for healthier eating to control or prevent disease. Each 30-minute visit is held over the phone for the health, safety and convenience of employees.

Employees will receive a voucher from Sanford Health Plan for 3,000 points (\$30) after consult completion.



Nutrition Consultation

Personalized advice to improve your physical well-being

Nutrition is a powerful tool to help prevent and manage chronic disease. Meet with a registered dietitian to receive an individual plan to meet your health and wellness goals. This is a free service for Sanford Health Plan members.

Nutrition consultations include:

- Nutrition and health conditions
- Weight loss
- Meal planning and shopping
- And more

Schedule your personal Nutrition Consultation today.

[SIGN UP HERE →](#)

For questions, please contact
lindsay.stern@sanfordhealth.org



Inside this issue...

Physical Well-being
Nutrition Consultations
Wellness Coordinator
Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

In Defense of Food by Michael Pollen

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

Monthly Wellness Coordinator Webinar

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

[Click here to register for the 2021 series](#)

The February 23 webinar will include tools to support healthy eating among employees.

Monthly Observances

Colorectal cancer
Kidney
Nutrition
Vision

7-13—Sleep
23—Diabetes alert

Wellness Coordinator Reminders and Announcements

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 multiday 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](#)

Employee well-being training

Monthly webinar March 9 at 10 a.m.

This 15-minute LIVE webinar session will feature Registered Dietitian Alexis along with our usual presenter for an all-natural, free-range, organic discussion of a recent trend in food marketing- the "Health Halo." Employees who register and attend the live webinar will receive a voucher form from Sanford Health Plan for 3,000 points.

You can [register now](#) for the entire 2021 monthly webinar series

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](#)

NDPERS benefits and wellness

Click to "Like" the North Dakota Public Employees Retirement System page. They feature NDPERS benefit information you can use, along with Dakota Wellness Program well-being resources.



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