

Monthly Wellness Coordinator Update

Dakota Wellness Program



March 2022

Monthly Well-being Education

Nutrition

We all know that healthy eating is a foundational piece of our health and well-being. How do we turn the “I should be eating...” into “I am eating...”? It all starts with a healthy food environment.

Our monthly employee newsletter and poster/flyer features simple steps to start increasing intake of plant based foods. Employers can create a foundation for healthy eating by:

- Developing skills in employees and utilizing our *Healthy Meals in a Hurry*, *Mindful Eating* or *Nutrition and Hydration* presentations
- Encouraging employees to learn about their health status and try out new habits – all while getting rewarded - in the online wellness portal
- Serving healthy foods at company events and meetings as well as in vending and cafeterias
- Creating awareness of Sanford Health Plan lifestyle medicine individual options like a Nutrition Consultation with a Registered Dietitian or ongoing Lifestyle Medicine Coaching

Employee well-being training

Monthly webinar March 8 at 10 a.m.

During this 15-minute LIVE webinar we will discuss how you can use humor to improve your thinking.

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!

February Hydration Challenge

Registration ends February 22nd

Join us for a four-week hydration challenge that runs from February 15 to March 14. Employees and spouses can register for the challenge in the online wellness portal in their personal account at sanfordhealthplan.com/memberlogin.

Wellness portal feature

Daily Habits

These programs run from 4 weeks to a few months depending on the program. Each day participants can read health information and are asked to self attest or engage in habit activities that impact the health topic or condition.

Plans include:

- Back health, balance your diet, cope with the blues, enjoy exercise, keep stress in check, quit tobacco, sleep well, stay connected, work life balance
- Asthma, coronary artery disease, COPD, diabetes, heart failure, hypertension and pregnancy

Members will earn **3,000 points** towards their wellness benefit upon completion.

Inside this issue...

Physical well-being
Monthly employee training
Hydration challenge
Wellness portal feature
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Midwest Mediterranean: Finding Health & Flavor with the Foods of the North by David Clardy, Megan Myrdal, Fadel Nammour, Peter Schultz, William Schultz & Noreen Thomas

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The February 22 webinar will feature ways employers can support healthy eating in the workplace.

Register for the 2022 meeting series

Monthly Observances

Brain injury
Colorectal cancer
Kidney
Nutrition
Vision

20 – HIV/AIDS
22 – Diabetes alert
6–12 – Sleep

2022 Wellness Portal and Benefit Webinar

Recording available soon!

To view a copy of the recent LIVE wellness benefit webinars, members can visit the Dakota Wellness Program webpage to watch the 15 minute overview. [COMING SOON!]

[Dakota Wellness website](#)

An email to distribute the recording link to employees will also be shared with the wellness coordinators.

Engage employees in earning their benefit

We have a new brochure that features all the ways employees can earn \$250 in 2022. Wellness Coordinators can distribute our Dakota Wellness Program website to kick off the new wellness benefit year. The website features all the ways employees can engage in their health and get rewarded.

[Download Dakota Wellness Program Guide 2022](#)

Wellness Coordinator Reminders and Announcements

Wellness coordinator planning and consultation

Sign up for an appointment to complete your application

The 2022-2023 Employer Based Wellness Program applications are due by February 28. Sanford Health Plan is excited to offer a one on one consultation for wellness coordinators to assist with developing your plan for the next year, reviewing wellness resources and more!

[Sign up for your wellness planning appointment today!](#)

Updated Worksite Voucher Award Certificate of Completion

New instructions for employees to redeem

The instructions have changed in the online wellness portal to record participation in worksite based activities. With this change in redemption, a new certificate of completion form has been made. Please update all copies of the form you may have saved to distribute.

[Download the Certificate of Completion Voucher](#)

Employees may earn up to 12,000 points for worksite based activities in 2022. This includes worksite wellness activities sponsored by an agency wellness coordinator or Sanford Health Plan. A certificate of completion voucher form will be sent directly to employees after they participate in a Sanford Health Plan wellness activity. Wellness coordinators should distribute a copy of the form after worksite wellness activities they have implemented.

This may include:

- One day activity like a wellness presentation or health fair
- Multi-day activity like a wellness challenge or book club

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

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