

Monthly Wellness Coordinator Update

Dakota Wellness Program



May 2021

Monthly Well-being Education

Exercise during the workday

Building exercise opportunities into the employee workday will increase fitness, but most importantly, employees will be more happy and productive. Since we spend most of our waking hours tied to our desk, chair or focusing on work – the workplace environment can be the perfect place and time to incorporate physical activity. Even just 5 to 10 minute bouts of movement can be beneficial to health and productivity.

Add the [Dakota Wellness Program webpage](#) to your employee communications in May for information and registration for:

- Free hour long **Yoga Classes** offered at 6 a.m., Noon and 4:30 p.m.
- The **Exercise is Medicine Program** to help employees increase their exercise confidence and improve chronic health conditions
- Sign up for a one on one **Exercise Consultation** to help employees develop their plan for exercise during the workday and at home

Sanford Health Plan is also hosting other physical activity events in May including our 15-minute monthly webinar and the Marathon in a Month challenge. Attend the wellness coordinator webinar on April 27th for a detailed overview of all of our physical activity focused wellness program options.

Employee well-being training

Monthly webinar May 11 at 10 a.m.

This 15-minute LIVE webinar session will talk about the basics of exercising in a home gym. This webinar will be filmed in a very special, new location!

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!

Promoting Physical Activity in the Workplace

Walk@Work: Plan your event and [register for a gift card!](#)

- Wellness coordinators are encouraged to plan a walking event for employees at home or in the workplace - choose any day(s) in May that work best for your employees
- Some ideas already submitted by registered wellness coordinators include:
 - Photo contest or submission
 - Tying the walk to an existing social cause
- Register your agency event with Sanford Health Plan and receive gift card code by April 30 to use as a prize drawing for participants who attend a Walk@Work event
- Voucher forms can be distributed to employees who participant in your Walk@Work event

Sanford Health Plan will also be releasing a special announcement from North Dakota leadership – please watch your inbox for information to share with employees!

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter by Martin Gibala

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

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

The April 27 webinar will include ideas for hosting a Walk@Work event and the upcoming Marathon in a Month Challenge

Register for the new meeting series

Monthly Observances

Asthma and allergy
Arthritis
Blood pressure
Lupus
Mental health
Osteoporosis
Sleep
Skin cancer
Stroke
Vision

9-15—Women's health
11-17—Bike to work

Marathon in a Month

The Marathon in a Month challenge mileage tracking has transitioned to the Sanford Health Plan online wellness portal – this allows employees to track their miles or steps during the month of May for additional points towards their wellness benefit.

- All Sanford Health Plan members will automatically have access to the wellness challenge starting on Saturday May 1st
- Individual tracking in the challenge can begin at any time in May – but we highly encourage getting started early in the month
- The challenge ends on May 31st and those that complete 26.2 miles or more during May will receive 1,500 points towards their 2021 wellness benefit

An employee email notification for wellness coordinators to distribute about the challenge will be sent out on April 23 and a second email will come in early May. Thank you for helping us spread the word about this challenge.

Wellness Coordinator Reminders and Announcements

Preventive Health Toolkit

Blood pressure

May is Blood Pressure Awareness month. This toolkit provides educational handouts, e-blast and a poster to encourage employees to learn more about how they can prevent and control high blood pressure.

[Download Blood Pressure Toolkit Now](#)

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

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