

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



May 2022

Monthly Well-being Education

Exercise at work

Making physical activity easy to do and accessible during the workday is the first step in creating a culture of health for exercise. Employers can remove barriers that employees may face to getting in their steps or preferred workout by:

- Increasing awareness of easy ways to move by hanging up or emailing our monthly poster, flyer and Take the Stairs awareness campaign series
- Providing walking routes in 5, 10 and 15 minute increments around workspace or outdoors
- Building skills and motivation to move by hosting a Get Moving at Work or Exercise Without Perfection presentation from Sanford Health Plan
- Promoting the Marathon in a Month challenge and Exercise Tracker in the online wellness portal
- Creating an environment that supports movement with regular employee breaks, walking club or a flexible schedule to go to a gym or fitness class

Employee well-being training

Monthly webinar May 10 at 10 a.m.

During this 15-minute LIVE webinar, join Audra and a special guest as they discuss local food.

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!

May Well-being activities

Walk at Work

Sanford Health Plan will provide promotional materials including a video from Governor Burgum, fillable flyer and email to promote a walking event at your agency:

- Wellness coordinators are asked to register to receive our promotional materials as well as **one \$25 gift card** to use as a prize or for supplies for Walk at Work event(s).

Click here to register your agency by April 29

- Gift card redemption codes and promotional materials will be sent out to registered agencies at the end of the month

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!

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Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones
by James Clear

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The April 26 webinar will feature ways employers can support physical activity at work.

Register for the 2022 meeting series

Monthly Observances

Asthma and allergy
Arthritis
Bike
Blood pressure
Employee health and fitness
Melanoma
Mental health
Sleep
Stroke
Vision

8-14—Women's health
15-21—Bike to work

Marathon in a Month Challenge

A steps tracking challenge will be available to employees and spouses on the wellness portal with registration beginning on April 20. Participants will earn 1,500 points if they complete both the tracking and participation goals. Challenge starts on May 4 and points are awarded in the wellness portal on June 7.

- **Challenge goal:** Complete 50,000 steps – the equivalent of a marathon – which is an average of less than 1,800 steps a day during the entire challenge
- **Participation goal:** Track for at least 21 of the 28 days during the challenge

Wellness Coordinator Reminders and Announcements

Exercise is Medicine program

In-person classes have resumed in Bismarck and Fargo

This lifestyle medicine program has returned to the gym. Participants in the program must qualify and have a chronic health condition like high blood pressure or cholesterol, pre-diabetes or type 2, metabolic syndrome or obesity.

Classes are now meeting at:

Fargo Family Wellness on Tuesday and Thursday from 6 to 7 p.m.

Bismarck Family Wellness on Tuesday and Thursday from 5:30 to 6:30 p.m.

New enrollments are now being accepted for the 12 week program. An employee email will be distributed on the list serve for wellness coordinators in these cities to distribute as a promotional tool.

Registration for in-person or the virtual program – accessible from anywhere - can be found at sanfordhealthplan.com/exercise-is-medicine. Employees who complete the program also earn \$50 towards their wellness benefit.

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

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