

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



SANFORD  
HEALTH PLAN



November 2022

### Monthly Well-being Education

#### Productivity at Work

There are many methods for being productive at work, but perhaps the most important is the ability to set healthy boundaries around workload.

Ways to increase productivity at work include setting healthy boundaries, taking regular lunch breaks, and incorporating walking and/or physical activity during the workday. Research has shown that it takes only 10 minutes of movement to increase mental focus ([Juststand.org](https://www.juststand.org)).

Sanford Health Plan can support your employees in workplace productivity by offering worksite trainings such as Get Moving at Work or Love Your Job. To schedule a worksite training, reach out to Alexis Allen at [alexis.allen@sanfordhealth.org](mailto:alexis.allen@sanfordhealth.org).

[Exercise is Medicine](#) is another program that offers virtual and in person exercise classes before work, during lunch, and after work.

### Employee Well-being Training

#### Monthly webinar November 8 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on effective committee meetings.

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!**

### Discount & Funding Applications

#### 2022 Workshops

Plan your upcoming wellness year at our discount and funding application workshops. View both a discount and funding application filled out in real time and ask questions about what you can and cannot request funding dollars for.

#### Workshop dates & times

- Tuesday, November 29
  - o 10:00 a.m. – 11:00 a.m.
- Thursday, December 8
  - o Noon – 1:00 p.m.
- Wednesday, December 14
  - o 3:00 p.m. – 4:00 p.m.

[Register for a workshop here](#)

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#### Monthly Book Club

***Four Thousand Weeks: Time Management for Mortals***  
by Oliver Burkeman

[Download poster](#)  
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#### Monthly Wellness Coordinator Webinar

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

The October 25 webinar will feature ways to increase productivity at work

**Register for the 2022 meeting series**

#### Monthly Observances

**Alzheimer's**  
**COPD**  
**Diabetes**  
**Lung cancer**  
**Pancreatic cancer**  
**Stomach cancer**

**17 – Great American Smokeout**  
**18-24 – Antibiotic awareness**

## End of Year Reminders Wellness Portal

### Wellness Coordinators

6,000 points will be uploaded to your wellness portal for your role as wellness coordinator. If you have not received your points by November 1, please contact [NDPERSWellness@sanfordhealthplan.com](mailto:NDPERSWellness@sanfordhealthplan.com).

### Employees/Members

Reminder that all 2022 points must be redeemed by December 29 in the redemption center.

## Wellness Coordinator Reminders and Announcements

### 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 well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



### Contact your wellness team

#### Primary Contact

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