

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



November 2020

### Monthly Well-being Education Gratitude

Many recognize goodness and feel appreciation for others, but expression outside of ourselves remains low. Increasing our expression of gratitude can improve all areas of our health and well-being. Reducing loneliness, increased positive emotions, lower blood pressure and even better sleep are just some of the health benefits of this powerful tool.

Employers can use gratitude as an influencer on career well-being. It creates more connection among employees and increases productivity. The nice thing about gratitude is that it is contagious. The more often one receives gratitude, they are more likely to pass it along to others as well.

- Set a reminder to send a thank you email or note to a co-worker once a week
- Provide gratitude cards or quotes throughout the workplace
- Create a central board or online space to for employees to post notes or kudos of gratitude
- Use gratitude as a way to overcome a difficult project or problem, what improvements did we gain from this experience?

Gratitude is a career skill that should be a part of the workplace. You can help employees understand and gain skills to use gratitude more often by hosting a watch party for our 15 minute monthly well-being webinar or contacting your wellness educator for live webinar on gratitude for your agency.

### 2020 Wellness Benefit Employee redemption drawing and 2020 agency health risk assessment completion

The employee wellness benefit redemption challenge has begun! October winners include:

- Tiffany, North Dakota State University
- Charles, Department of Environmental Quality
- Caitlin (spouse), Department of Trust Lands
- Rosa, Department of Human Services

To keep the challenge going through November please remember to:

- Share our monthly employee wellness newsletter and employee emails
- Display the **Wellness Benefit Drawing flyer** in your organization

### 2020 Agency challenge

At the end of December, if your agency has at least 20% of members— which includes employees and spouses that have elected health insurance coverage— completing a health risk assessment, your agency will receive a gift card to use for wellness programming. Recognition and awards will go out at the end of January 2021.

If you would like to learn your agency's current participation rate, please email [ndperswellness@SanfordHealth.org](mailto:ndperswellness@SanfordHealth.org).

#### Inside this issue...

Gratitude  
2020 Wellness benefit  
Live and recorded webinars  
Coordinator reminders

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

**Monthly Book Club**  
*Good Days Start with Gratitude: A 52 Week Guide To Cultivate An Attitude Of Gratitude Journal*

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

**Monthly Wellness Coordinator Webinar**

4<sup>th</sup> Tuesday of the month at 10 a.m.  
[Click here](#) to register

The October 27 webinar will include more information on our how you can increase gratitude in the workplace.

## Employee well-being training

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

This 15-minute LIVE webinar session will help employees learn how cultivate an attitude of gratitude. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

Visit [sanfordhealthplan.org/ndpers/dakotawellnessprogram](https://sanfordhealthplan.org/ndpers/dakotawellnessprogram) for registration

## The Best of Stress

### COSE Employee appreciation webinars now available online

The five-part series presented for employees during live webinars in September are now available for viewing online. Topics included breath, body, feelings, mind, and strategy to help EMPLOYEES fill up their stress-busting toolkit.

Visit the COSE webinar website to watch a replay. Wellness coordinators can also promote the recordings to employees as a one day voucher wellness activity <https://www.cose.nd.gov/wellness-programs/sanford-weekly-webinars>

## Wellness Coordinator Reminders and Announcements

### 2020 Wellness Benefit Deadlines

The wellness benefit year is starting to wind down and we want to make sure employees and spouses are able to earn and redeem their full wellness benefit in 2020. To earn points and redeem members can access their account at [sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin).

<b>Take Health Risk Assessment Earn points in the online wellness portal</b>	<b>Redeem points in the redemption center</b>
<b>December 29, 2020</b>	<b>December 31, 2020</b>

## 2020 Wellness Coordinator Recharge Workshops

***In case you missed it...***A recording of the workshop, PowerPoint slides and handouts have been distributed on the wellness coordinator list serve. You can also download all of the materials and watch a replay of one of the workshops by visiting the [NDPERS Wellness Coordinator Webinars](#) webpage.

In the coming months we will be working on new wellness programming opportunities based on the discussions and feedback from the workshops.

These new wellness program features will include:

- Quarterly wellness challenge toolkits for 2021
- Continued virtual wellness programming options and ideas

Thank you to all the Wellness Coordinators who joined us live at the workshops. Your ideas and thoughts on wellness programming in the workplace are energizing for us all.

## Contact your wellness team

### Wellness Benefits

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