

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



November 2021

Monthly Well-being Education

Build strength to prevent injury

Workplace injuries cost both the employee and employers. Lost wages, decreased productivity, medical expenses and more lead to billions of dollars lost each year due to workplace injuries. Employers can help foster a culture of health and safety to prevent workplace injuries.

Regular movement, strength training and stretching of the body can decrease the likelihood of injuries. Activities for injury prevention include:

- Planned stretch or movement breaks during the workday
- Skill building for increasing physical activity and safety with presentations like *Body Mechanics*, *Get Moving at Work* and *Creating an Exercise Routine You Enjoy*
- Pain or other Sanford Health Plan free consultations – register at sanfordhealthplan.com/ndpers/dakotawellnessprogram

Employee well-being training

Monthly webinar November 9 at 10 a.m.

During this 15-minute LIVE webinar our team of exercise experts will help employees develop a plan to move well during the busy holidays and beyond!

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 meeting series!

Quarterly Challenge

Track fruits and veggies in the online wellness portal

A new competition is coming to the online wellness portal starting November 15!

- The challenge will run 4 weeks and all tracking is done in the online wellness portal
- **Challenge goal:** Track five servings of fruits and vegetables per day for any 10 days during the competition
- **Employee participants** who complete the challenge goal will receive a voucher form worth 6,000 points from Sanford Health Plan in December

A promotional email will be available to distribute to employees a week prior to the start of the challenge. All members with a wellness portal account will be automatically enrolled in the competition.

Employer Based Wellness Program

Discount and funding application webinar

The wellness team will walk-through the discount and funding applications for the 2022-2023 NDPERS employer-based wellness program year.

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Announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

ChiWalking: Fitness Walking for Lifelong Health and Energy by Danny Dreyer and Katherine Dreyer

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

Monthly Wellness Coordinator Webinar

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

The October 26th webinar will feature information on injury prevention.

Register for the meeting series

Monthly Observances

Alzheimers
Diabetes
Healthy skin
Lung cancer
Pancreatic cancer
Prematurity

18—Smoke out
25—Health history

Learn tips and tricks for receiving funding for your wellness projects. Ask questions in real time and fill out your own application ahead of the February 28th deadline.

Click here to register for the meetings being held on:

- Wednesday Nov 10 at 1 p.m.
- Monday Nov 22 at 11 a.m.
- Tuesday December 7 at 3:30 pm

Wellness Coordinator Reminders and Announcements

2021 ReCharge Workshop Recording

Webinar and handouts are now available

In case you missed it... You can download all of the materials and watch a replay of one of the workshops by visiting the [NDPERS Wellness Coordinator Webinars](#) webpage.

Prevention toolkits

Use our flu & COVID-19 vaccination toolkit today

Flu and COVID-19 vaccinations are important in keeping your employees healthy and are included as part of your preventive benefits. Employers can play an important role in giving your employees convenient access to this important benefit.

[Download Flu & COVID-19 Vaccination Toolkit](#)

2021 Wellness Benefit Deadlines

Employees and spouses on the NDPERS health insurance plan through Sanford Health Plan have the opportunity to earn up to \$250 in rewards (\$500 per household) this year through the Dakota Wellness Program.

Earning your benefit is easy

1. An employee or spouse logs into their personal health insurance account at sanfordhealthplan.com/memberlogin
2. Next, take the required Health Risk Assessment in the online wellness portal
3. Track health habits, check off visits to the doctor and dentist or join the Fruits and Vegetables competition that starts November 15 to earn points towards the wellness benefit

Take a Health Risk Assessment Earn points in the online wellness portal	Redeem points in the redemption center
December 29, 2021	December 31, 2021

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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