

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



October 2022

### Monthly Well-being Education

#### Talking with kids about health

As parents and role models, we want the children in our life to be healthy and take care of their bodies. However, we often overlook the importance of how we talk about health. It is important to be objective, ask questions, and use positivity rather than fear when discussing health with the children in our life.

Sanford Health Plan's newest presentation "Psychology & Behavior Change" can equip your employees with skills to create a positive environment at home surrounding health.

Sanford FIT provides child friendly materials that can be helpful for parents and educators. Materials include various videos, activities, games and printables that give children a fun way to engage in their health in a way they understand.

### Employee Well-being Training

#### Monthly webinar October 11 at 10 a.m.

During this 15-minute LIVE webinar, join Audra and guest, Mariah Reil, for a discussion on effective ways to talk with kids about health.

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!**

### Positively Me®

#### Lifestyle & weight management coaching

Beginning in October, members will have an additional opportunity to engage in their health and wellbeing and lower the risk of developing type 2 diabetes. Positively Me® by WebMD is a one-year program that offers virtual, personalized 1 on 1 coaching that focuses on lifestyle, weight management, and addresses all aspects of wellbeing.

#### Eligibility

- BMI of 30 or greater
- Intake session with a coach to review readiness indicators and any contraindicators to the program

#### 1:1 Coaching

- Sessions every 2 weeks for 6 months
- Sessions monthly for remaining 6 months
- Weekly weight measurement

#### Inside this issue...

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Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Intuitive Eating: A revolutionary anti-diet approach*** by Evelyn Tribole, MS, RDN & Elyse Resch, MS, RDN

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

#### Monthly Wellness Coordinator Webinar

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

The Sept. 27 webinar will feature ways to talk to kids about health

**Register for the 2022 meeting series**

#### Monthly Observances

**Breast cancer**  
**Children's health**  
**Dental hygiene**  
**Domestic violence**  
**Health literacy**  
**Healthy babies**  
**Healthy lung**

**2-8 – Mental illness**  
**20 – Osteoporosis**  
**20 – Stroke**  
**22 – Make a difference**

## Q4 Wellness Challenge

### Seize the Zzzz's challenge

When it comes to sleep, how well you sleep is just as important as how long you sleep. Lack of sleep or poor-quality sleep can lead to memory problems, depression, a weaker immune system, occupational risks, as well as an increased risk of certain chronic diseases.

Make your Zzzz's count. Tracking whether or not you had a good night's sleep will help pinpoint things that may be helping or hurting your sleep routine. Lay your sleep troubles to rest and start dreaming of a happier, healthier you.

#### Rules & Rewards

- Length: Nov. 16 through Dec. 13 (28 days). Challenge enrollment opens Nov. 2 and closes Nov. 23. Participants can log data until Dec. 20.
- What to record: "Yes" or "No" to getting a good night's sleep
- This wellness challenge will take place in the wellness portal. To **earn 1,500 points** in the wellness portal, participants will track 21 of 28 days and will record "Yes" to getting a good night's sleep at least 14 days. Points will automatically be uploaded into the portal on Dec. 27.

## 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 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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