

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



October 2021

Monthly Well-being Education Contributions

When employees step outside of themselves and look at their contributions to co-workers or those they serve – it benefits the employer as well. You can foster a sense of purpose and improve career well-being with activities like:

- Sharing feedback and appreciation from clients you serve – this shows employees their impact
- Fostering a culture of recognition among leadership and employees – simple “Thank you” cards or emails are a great way to get started
- Providing work related training and education opportunities
- Asking for feedback from employees and actually use it to drive change in your organization
- Offering the Sanford Health Plan *Love Your Job* presentation

Employee well-being training

Monthly webinar October 12 at 10 a.m.

During this 15-minute LIVE webinar our wellness coaches will provide a meaningful conversation about contributions and well-being.

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
- 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.

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Monthly Book Club

***Life's Great Question:
Discover How You Contribute
To The World*** by Tom Rath

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

Monthly Wellness Coordinator Webinar

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

The September 28th webinar will include ideas for fostering employee purpose.

Register for the meeting series

Monthly Observances

Breast cancer
Dental hygiene
Domestic violence
Health literacy
Healthy babies
Lung
Liver
Mental health screening

17-23— Infection prevention
20—Osteoporosis
29—Stroke

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 mammogram toolkit today

Sanford Health Plan offers you employer toolkits that you can use to foster awareness and increase usage of preventive services among employees.

Breast Cancer: This toolkit includes health articles, poster, flyer, e-blast, screen saver and education

[Download Breast Cancer Toolkit](#)

Wellness Coordinator Reminders and Announcements

2021 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 2021. To earn points and redeem members can access their account at sanfordhealthplan.com/memberlogin.

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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