

Monthly Wellness Coordinator Update

Dakota Wellness Program



September 2020

Monthly Well-being Education

Get up and move to reduce your disease risk

Research shows that sitting increases your risk for developing chronic disease and is rising up as one of the leading causes of death globally. In a 2008 Australian study, they suggest that every hour of television watched after the age 25 reduces the viewer's life expectancy by almost 22 minutes. By comparison, smoking a single cigarette reduces the life expectancy by 11 minutes. Other studies surrounding this topic demonstrate that the effects of long-term sitting are not reversible through exercise or other good habits. This means that the 60-minute workout session performed at the end of a sedentary workday might not be enough to combat the harsh effects of sitting.

Encourage moving in the workplace and home office:

- Make gym and strength training equipment available
- Map out movement paths and estimated time it takes to complete
- Offer flexible work times and breaks for planned exercise, general movement and standing—even just five minutes will improve health
- Coordinate physical activity groups for breaks or longer workouts
- Create an exercise video or book library

2020 Wellness Benefit Challenges

Employee redemption drawing and 2020 agency health risk assessment completion

Sanford Health Plan has a goal that 20% of eligible members will complete a health assessment in 2020. Wellness coordinators can support this goal by engaging employees in the workplace through a variety of wellness activities.

Fall wellness benefit redemption drawing

- Send the September redemption contest email to your employees. The contest announcement email will include instructions on how employees take their health risk assessment, earn points towards their wellness benefit and redeem during the months of September, October and November.
- Encourage employees to redeem any amount they would like—as little as \$5 or \$10 can be redeemed in the online Redemption Center.
- In the months of September, October and November any member that redeems their wellness benefit in the Redemption Center will be automatically entered into a drawing. Employees may be in the drawing for each month. Prizes will be awarded the following month and include items like a weighted blanket, aromatherapy diffuser, trigger point massager and a healthy spices set.

2020 Agency challenge

At the end of December, if your agency has at least 20% of members 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.

- Send all wellness benefit emails and reminders to employees in September, October, November and December.
- Distribute the **NEW Dakota Wellness Program brochure** to your employees
- Display the **Wellness Benefit Drawing flyer** in your organization
- Give employees a voucher form for wellness activities you organize for your agency like a health education presentation, wellness challenge, onsite flu shot or any other approved wellness activity.

If you would like to learn your agency's current participation rate, please email ndperswellness@SanfordHealth.org.

Inside this issue...

Sitting disease
Wellness benefit challenge
ReCharge workshops
Coordinator reminders

[View past coordinator newsletters](#)
[View past coordinator webinars](#)

Monthly Book Club

Deskbound: Standing Up to a Sitting World
by Kelly Starrett, Juliett Starrett and Glen Cordoza

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

Monthly Wellness Coordinator Webinar

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

The August 25 webinar will feature creating a culture of health to encourage movement during the workday.

Wellness Coordinator Recharge Workshops

2020 Wellness Coordinator Recharge Workshops

This year the Sanford Health Plan wellness team will be holding our two hour workshop virtually via an online meeting. Each workshop will be a small group to help you continue to connect with other wellness coordinators and refine your plan for wellness at your worksite.

Our workshops will be featuring:

- Behavior-based actions for wellness challenges
- New and expanded programming for chronic disease and employee well-being
- Dakota Wellness Program and Employer Based Wellness Program overview

Contact us to join in- one live workshop left!

Thursday August 27 at 10 a.m.

In case you missed it...A recording of the workshop, PowerPoint slides and handouts will be distributed via the wellness coordinator list serve.

Employee well-being training

Monthly webinar September 8 at 10 a.m.

This 15-minute LIVE webinar session will help employees find the time to get up and move more during their workday. Employees who register and attend the live webinar can receive a voucher form for 3,000 points.

Visit sanfordhealthplan.org/ndpers/dakotawellnessprogram for registration

Promotional Email for Employees

Dakota Wellness Program

Wellness Coordinator Reminders and Announcements

2020 Voucher Program

The voucher program is for current employees only, spouses should not be given a voucher form for upload to their online wellness portal if they participate in wellness activities in person or online.

Each member has the opportunity for the 2020 wellness benefit year to earn a total of 15,000 points from voucher activities. There are five voucher activity upload options in the Sanford Health Plan wellness portal, each is worth 3,000 points. Instructions on where and how to upload the voucher are at the bottom of the form.

Please note: There has been an update to the online wellness portal feature titles and new instructions are reflected on the voucher form below.

Download 2020 voucher form

Contact your wellness team

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