

Monthly Wellness Coordinator Update

Dakota Wellness Program



September 2021

Monthly Well-being Education

Active employees are productive employees

Exercise has many benefits to individual health, but it also has a big impact on employers as well. When employees are physically active and take breaks during their workday to move, they are found to have increased productivity and focus, along with fewer sick days.

As an employer, you can foster increased interest and action for your employees to move more and sit less through:

- Flexible schedules to allow employees to exercise
- Awareness tools on how easy it is to fit in movement in during work hours such as taking the stairs, walking maps in or around the workplace or other local physical activity options
- Assisting employees to build skills for increasing physical activity during their workday with our presentations like *Get Moving at Work and Creating an Exercise Routine You Enjoy*
- Hosting a live yoga demonstration class for your employees as an employee presentation option
- Promoting the Sanford Health Plan free Virtual Yoga classes through the registration in the monthly employee newsletter, Facebook group or [share our class registration link](#)
- Promoting the Exercise is Medicine program through e-blasts provided on the Wellness Coordinator list serve every quarter

Employee well-being training

Monthly webinar September 14 at 10 a.m.

During this 15-minute LIVE webinar our certified yoga instructor will be live to answer questions about yoga and take a deeper dive into the philosophies of the practice.

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!

New employee training

Creating an exercise routine that you enjoy

Our wellness team is excited to announce our latest employee presentation aimed to help all discover joy when moving their body.

During this new training, attendees will:

- Focus on using exercise for disease prevention based on family history
- Learn how to create a sustainable routine based on activities they enjoy
- Try out positive motivation tools to get back on track after a break

You can schedule this new employee training by contacting your wellness educator today!

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Yoga as Medicine: The Yogic Prescription for Health and Healing by Timothy McCall, M.D.

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

Monthly Wellness Coordinator Webinar

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

The August 24 webinar will include ideas for increasing employee physical activity.

Register for the meeting series

Monthly Observances

Blood cancer
Childhood cancer
Childhood obesity
Cholesterol
Fruits and veggies
Ovarian cancer
Prostate health
Recovery
Yoga

5-11— Suicide prevention
11—Day of service and remembrance

State Employee Recognition Month

Sanford Health Plan is hosting four well-being webinars

Throughout the month of September the Dakota Wellness team is partnering with the ND Council of State Employees to host additional health and well-being educational webinars for employees.

The 15 minute webinars hosted on Wednesdays at 10 a.m. will include:

- September 8 –Yoga
- September 15 –Work-Life Balance
- September 22– Stop and Smell the Roses: guided walking meditation
- September 29 – Mindful Eating

For more information on each topic and to register for the webinars [click here](#).

Wellness Coordinator Reminders and Announcements

Quarterly Wellness Challenge

Focus on financial well-being

Join us in hosting the next quarterly wellness challenge in September where we are featuring Financial Fitness Bingo.

Participants: Will have a bingo card to fill in with their personalized financial well-being choices related to their personal financial goals.

Wellness coordinators: [Register for the toolkit](#) that will be sent out the last week of August.

The challenge toolkit will include:

- Fillable, blank bingo card
- Financial well-being activity suggestions to distribute with the card
- Directions for setting up the challenge

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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