

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



December 2022

Monthly Well-being Education

Positive Thinking

We may not realize the impact positive thinking can have on our overall health and well-being. We may also not realize how our environment sometimes pre-determines us to think more negatively. By trying to think more positively, you can lower your stress, preventing chronic disease long-term. You can also create a more positive outlook on life and build resiliency to traumatic events.

70% of employee's health decisions are influenced by their leadership and their environment. By cultivating a positive work environment, employees are more likely to enjoy their job, be more productive, and create more meaningful relationships with co-workers.

Sanford Health Plan can support your employees in workplace productivity by offering worksite trainings such as Promoting Healthy Behaviors through Positivity, Make it Happen, and Overcoming Stress. To schedule a worksite training, reach out to Alexis Allen at alexis.allen@sanfordhealth.org.

Employee Well-being Training

Monthly webinar December 13 at 10 a.m.

During this 15-minute LIVE webinar, join Alexis Allen, RD, LRD, for a discussion on realistic positivity.

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!

Discount & Funding Applications

2022 Workshops

Plan your upcoming wellness year at our discount and funding application workshops. View both a discount and funding application filled out in real time and ask questions about what you can and cannot request funding dollars for.

Workshop dates & times

- Tuesday, November 29
 - o 10:00 a.m. – 11:00 a.m.
- Thursday, December 8
 - o Noon – 1:00 p.m.
- Wednesday, December 14
 - o 3:00 p.m. – 4:00 p.m.

[Register for a workshop here](#)

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Monthly Book Club

Let Your Mind Run: A memoir of thinking my way to victory
by Deena Kastor

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be on December 20

Register for the 2022 meeting series

Monthly Observances

AIDS awareness
Drunk and drugged driving prevention

1-7 – Crohn's & Colitis awareness

4-10 – Handwashing awareness
4-10 Influenza vaccination week

End of Year Reminders Wellness Portal

Wellness Coordinators

Please distribute any end of year reminder emails that you receive to employees/members.

Employees/Members

Reminder that all 2022 points must be redeemed by December 31 in the redemption center. Points take 2-3 days to transfer from the wellness portal to the redemption center, so it is recommended that all points are uploaded into the wellness portal by December 28.

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 well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.

[Join Group](#)

Contact your wellness team

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