

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



December 2024

### Monthly Well-being Theme

#### Mastering Goal Setting: The Key to Success

Mastering goal setting is the compass guiding your journey to success. With clear objectives, you carve a path towards your dreams, fueling your determination and focus. Each goal becomes a stepping-stone, propelling you forward with purpose and clarity. Embrace the power of intentionality, breaking down aspirations into actionable steps. Through resilience and adaptability, you transcend obstacles, transforming challenges into opportunities for growth. Mastering goal setting isn't just about reaching destinations; it's about becoming the architect of your destiny.

### Member Wellness Webinar

2<sup>nd</sup> Tuesday of the month

December 10 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

**Register for the 2024 webinars!**

### Reminders and Announcements

- Earn points in the Wellness Portal by December 29
- Redeem points in the Redemption Center before 11:59 on December 31

#### The 2025 wellness benefit begins on January 1

- The portal and wellness benefit will reset the first week to 10 days of January during the blackout
- Remember to take your 2025 Health Risk Assessment (HRA) in January to unlock your wellness portal and prevent delays in fitness center reimbursements.

### Coordinator Wellness Program Resources Website and downloadable tools

Dakota Wellness website

#### Inside this issue...

- Goal setting
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals*** by Michael Hyatt

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

#### Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month:  
December 24 at 10 a.m.

**Register for the 2024 meetings!**

#### Monthly Observances

Safe Toys and Gifts

December 1-7 Handwashing awareness

December 1-7 Influenza vaccination

December 1 World AIDS day

Download Dakota Wellness Program Guide 2024

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.



## Contact your wellness team

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