

Monthly Wellness Coordinator Update

Dakota Wellness Program



December 2025

Monthly Well-being Theme Overcoming procrastination

Procrastination steals time, energy, and peace of mind, but it can be overcome. Start small. Break tasks into bite-sized pieces and tackle just one step. Set a timer for 10 focused minutes—momentum often follows action. Ditch perfectionism; done is better than perfect. Identify what's holding you back: fear, boredom, overwhelm? Then rewrite the script. Use rewards, accountability, and a clear “why” to stay motivated. Progress, not pressure, drives real change. You have the power to take control of your time and your goals—one intentional step at a time. Don't wait for motivation—move, and it will meet you there.

Member Wellness Webinar

2nd Tuesday of the month

December 9th 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 2025 webinars!

Announcements & Reminders

Dakota Wellness Program benefit

The 2025 wellness benefit expires soon

Earn points in the Wellness Portal BEFORE December 28, 2025

Redeem points in the Redemption Center BEFORE 11:59 on December 31, 2025.

The 2026 wellness benefit begins on January 1

- ✓ All Wellness portal and redemption center accounts will be reset on Jan. 1, 2026.
- ✓ Complete your 2026 Health Risk Assessment (HRA) early in the new year to unlock your wellness portal and prevent delays in fitness center reimbursements.
- ✓ Start earning points in the wellness portal on January 1
 - All points earned in the wellness portal from Jan. 1-14, 2026, will be transferred to the redemption center after the redemption center BLACKOUT period closes around Jan. 14.

Coordinator Wellness Program Resources Website and downloadable tools

Inside this issue...

- Overcoming procrastination
- Wellness Webinar
- Reminders and Announcements
- Program Resources

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[View past coordinator webinars](#)

Monthly Book Club

The 5 Second Rule

by Mel Robbins

[Download poster](#)

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Wellness Coordinator Webinar

4th Tuesday of the month:

December 23rd at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

- National Safe Toys and Gifts
- National Handwashing Awareness Week December 7-13
- National Influenza Vaccination Week December 7-13
- World AIDS Day December 1

Dakota Wellness Website

Dakota Wellness Program Guide

Dakota Wellness Program Certificate of Completion

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Contact your wellness team

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