

Monthly Wellness Coordinator Update

Dakota Wellness Program



SANFORD
HEALTH PLAN



February 2023

Monthly Well-being Education

Financial well-being

The NDPERS Employee Assistance Program (EAP) is a great resource for financial tools and education. Visit the NDPERS website to find your provider for your agency or if your employer is not listed, contact your human resources for another possible contracted EAP that is not organized through the NDPERS office. The NDPERS site also houses a list of the resources that your EAP provides employees.

NDPERS Employee Assistance Program (EAP)

Click [here](#) to get more information on the following education opportunities available to active members.

- Financial Essentials Workshop (FEW)
- Pre-Retirement Education Program (PREP)

Recordings of these trainings are available on the NDPERS website. Access the recordings [here](#).

Click [here](#) for more information on retirement plans for active members.

The Consumer Financial Protection Bureau created a survey with 10 questions to measure your current financial well-being and steps to improve your financial well-being based on your score. [Take the survey](#).

Employee Well-being Training

Monthly webinar February 14 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on financial 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 now for the 2023 meeting series!](#)

2023 Wellness Benefit

Dakota Wellness Program

Distribute our Dakota Wellness Program brochure that features all the ways employees can earn \$250 in January to kick off the new wellness benefit year. Beginning in January 2023, the wellness portal will have new trackers available for members to earn points including sleep and blood pressure.

Employees can learn more about the Dakota Wellness Program and wellness portal by attending a LIVE webinar with Sanford Health Plan. Registration email coming in early 2023 to distribute to employees.

Mark your calendars:

- Tuesday February 7 at 3 p.m. CST
- Wednesday February 8 at 12:30 p.m. CST
- Thursday February 9 at 10 a.m. CST

Inside this issue...

Financial well-being
2023 Dakota Wellness Program webinars
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Five Steps to Financial Wellbeing: How changing your relationship with money can change your whole life

by Clare Seal

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be February 28

[Register for the 2023 meeting series](#)

Monthly Observances

Cancer
Heart health
Health consumer
Low vision

3 – Wear red
20-26 – Eating disorders

Register for a webinar

Wellness Coordinator Reminders and Announcements

Redemption Center is re-opened

The redemption center is now re-opened for the 2023 calendar year. Members are now able to start redeeming their 2023 points!

Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[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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