

Monthly Wellness Coordinator Update

Dakota Wellness Program



January 2025

Monthly Well-being Theme

Social Wellness Toolkit: Building Strong Relationships for a Healthier Life

Building strong relationships with family, friends, and your community can reduce stress, improve mental health, and even boost physical well-being. Whether it's joining a hobby group, volunteering, or simply spending more time with loved ones, fostering these connections can make a big difference. Healthy relationships require open communication, respect, and setting boundaries. With the right tools, you can strengthen your social wellness and create a supportive network for a happier, healthier future.

Member Wellness Webinar

2nd Tuesday of the month

January 14 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!

Reminders and Announcements

Start the new year off right: Please encourage your group to complete their Health Assessment in the portal (A.S.A.P.) to prevent delays in entering and/or redeeming points.

Register for the 2025 Dakota Wellness Program Webinars

Register for one of the Dakota Wellness Program webinars to see a preview of our enhanced wellness portal and new ways you can earn your \$250 wellness benefit online. Employees and spouses with health care coverage through Sanford Health Plan can earn \$250 (\$500 per household) in rewards in 2025. Discover your path towards improved health and wellness all while getting rewarded.

Webinar dates and times (all in CST):

- Monday, Feb. 3 at 2:00 p.m.
- Tuesday, Feb. 4 at 9:00 a.m.
- Thursday, Feb. 6 at 10:30 a.m.

Register Today!

Inside this issue...

- Social Wellness
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Improve Your Social Skills- Build Self-Confidence, Manage Shyness & Make Friends by Bill Andrews

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

Wellness Coordinator Webinar

4th Tuesday of the month:
January 28 at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

Jan 1 - New Year's Day
Cervical Health Awareness
Glaucoma Awareness
National Birth Defects Prevention
National Blood Donor
Thyroid Awareness

2025 Wellness Challenges

Five to Thrive – nutrition challenge

Marathon In a Month– physical activity challenge

Seize the Zzzz's - sleep challenge

Stress-Less – stress reduction challenge

Coordinator Wellness Program Resources

Website and downloadable tools

[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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