



Monthly Wellness Coordinator Update

Dakota Wellness Program



January 2026

Monthly Well-being Theme

Skip the Resolutions: How SMART Goals Can Make 2026 Your Healthiest, Happiest Year Yet

Ditch the guilt and pressure of traditional New Year’s resolutions and embrace SMART goals instead. By setting goals that are Specific, Measurable, Achievable, Relevant, and Time-bound, you focus on mindful, realistic progress rather than drastic overhauls. Whether it’s taking a 30-minute walk a few times a week or spending 10 focused minutes planning your day, these small, intentional steps build confidence and momentum. SMART goals let you honor where you are, move at your own pace, and celebrate every success. In 2026, prioritize self-compassion, steady growth, and lasting wellness—because meaningful change doesn’t happen overnight, it happens thoughtfully.

Member Wellness Webinar

2nd Tuesday of the month

January 13th 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 2026 webinars!](#)

Announcements & Reminders

The 2026 Wellness Benefit

The wellness portal and Dakota Wellness benefit has been reset for the new year. If you are enrolled in fitness center reimbursements, please remember to take your 2026 health risk assessment (HRA) in January.

Dakota Wellness Program Overview

Employees can learn about the Dakota Wellness Program and wellness portal by attending a LIVE (15-minute) webinar with Sanford Health Plan.

Select a date that works for you (all in CT time):

Monday, Feb. 2 at 2 p.m.

Tuesday, Feb. 3 at 11:00 a.m.

Thursday, Feb. 5 at 9 a.m.

[Register for a Dakota Wellness Program Overview webinar](#)

Inside this issue...

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- Wellness Webinar
- Reminders and Announcements
- Program Resources

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Monthly Book Club

The Art of Setting SMART Goals

by Anisa Marku

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:

January 27th at 10 a.m.

[Register for the 2026 meetings!](#)

Monthly Observances

Cervical Health Awareness

National Blood Donor

Thyroid Awareness

Glaucoma Awareness

Jan. 3 International Mind-Body

Wellness Day

Jan. 22 Celebration of Life Day

Jan. 24 National Compliment Day

Jan. 30 National Fun at Work Day

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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