

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



June 2023

### Monthly Well-being Education Sleep

Sleep is an essential function of the body that plays a crucial role in maintaining our physical and mental health. It is a natural process that allows the body to repair and rejuvenate itself. Improving sleep quality can be achieved through a variety of lifestyle changes and habits. One important factor is creating a relaxing bedtime routine, such as taking a warm bath or reading a book, which can help signal to the body that it's time to wind down. Additionally, avoiding caffeine and alcohol before bed, as well as minimizing exposure to screens and bright lights, can help prepare the body for sleep.

Employees and spouses can log into the wellness portal at [sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin) to engage in various activities that encourage improved sleep. Employees can track sleep for points in the rewards tab. They can also participate in a 30-day Daily Habits course that focuses on sleeping well.

### Employee Well-being Training Monthly webinar June 13 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on the importance of sleep and strategies that encourage improved sleep.

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 May Wellness Challenges Wrap-up

**Marathon in a Month Challenge:** Challenge ends on May 31 – make sure participants log their steps. 1,500 points will be automatically awarded to those who completed the challenge by June 14.

There will be a prize drawing among all challenge completers for three Garmin Watches. Someone from the Sanford Health Plan team will reach out to the winners sometime in June.

**Total participants: 2,075**

#### Walk@Work

**Agencies registered: 79**

Please send any photos from your agency's Walk @ Work event to [NDPERWellness@sanfordhealthplan.com](mailto:NDPERWellness@sanfordhealthplan.com). If you came up with a great idea for your event and you would like to share it with the Sanford Health Plan team, please send that in as well!

### Wellness Coordinator Reminders and Announcements

**Annual Wellness Coordinator Recharge Workshop:** More information on dates/registration coming soon!

#### Inside this issue...

Sleep

May wellness challenges wrap-up  
Wellness coordinator announcements

[View past coordinator newsletters](#)

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#### Monthly Book Club

***The Sleep Solution: Why Your Sleep is Broken and How to Fix It***  
by W. Chris Winter

[Download poster](#)

[Download flyer](#)

#### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month

The next webinar will be May 23

**Register for the 2023 meeting series**

#### Monthly Observances

**Great outdoors**

**Migraine and headache**

**Post-traumatic stress disorder  
Safety**

**4 – Cancer survivor**

**10 – Family health and fitness**

**12-18 – Men's health**

## Employer-Based Wellness Program

### Application review timeline

Mid-April: Notice on 1% discount (completed)

June: Notice on fund requests

## 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 wellbeing information

Follow Sanford Health Plan's Facebook page for access to our wellbeing information all in the convenience of your newsfeed.



## Contact your wellness team

### Primary Contact

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