

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



March 2024

### Monthly Well-being Theme

#### Building a Balanced Life: The 6 Pillars of Wellness

Embark on a transformative journey toward a life of balance and fulfillment! Our latest article delves deep into "Building a Balanced Life: The 6 Pillars of Wellness." Explore the intricate tapestry of physical vitality, emotional resilience, social connections, intellectual growth, occupational satisfaction, and spiritual fulfillment. It's a roadmap to unlock your fullest potential—one pillar at a time. Are you ready to sculpt a life that radiates well-being? Dive in and discover the art of holistic living!

### Member Wellness Webinar

2<sup>nd</sup> Tuesday of the month

Monthly webinar March 12 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your 6 Pillars of Wellness.

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 2024 webinars!**

### Wellness Coordinator Reminders and Announcements

**Health Assessment - 500 BONUS POINTS** for Early Completion  
Complete this step first if you want to redeem your \$250 benefit or receive fitness center reimbursements. Earn 3,000 total points if you complete it by **3/31/2024!**

#### Five to Thrive Challenge

Challenge runs from February 21-March 19  
Last day to enter data – March 26

### Quarterly challenges for 2024

- Marathon In a Month
- Sleep Challenge
- Stress Challenge

More details coming soon!

### Coordinator Wellness Program Resources Website and downloadable tools

#### Inside this issue...

- 6 Pillars of Wellness
- Wellness webinar
- Reminders and Announcements
- Coordinator Wellness Program and Resources

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#### Monthly Book Club

***The Pillars of Health: Your Foundations for Lifelong Wellness***

by John Pierre

[Download poster](#)  
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#### Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month:  
March 26 at 10 a.m.

**Register for the 2024 meetings!**

#### Monthly Observances

Traumatic brain injury  
Colorectal cancer  
Kidney  
Multiple sclerosis  
Nutrition  
Workplace eye wellness

3 World birth defects day  
9 World kidney day  
10-16 Sleep awareness week  
11-17 Brain awareness Week  
15 World sleep day  
18-24 National drug and alcohol facts week

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2024](#)

[Download the Certificate of Completion Voucher](#)

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### Free wellbeing information

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



## Contact your wellness team

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