

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



May 2024

### Monthly Well-being Theme

#### Uncover the Power of Women's Health

Women's health and well-being are intricately connected to preventive healthcare, emphasizing regular check-ups, screenings, and vaccinations, alongside promoting healthy lifestyle choices. Mental well-being is a focal point, breaking down stigma and offering accessible resources and community programs to address stressors. The quality of life for women is enhanced through equal access to education and employment opportunities, fostering empowerment and a sense of belonging. Reproductive health involves providing comprehensive information and ensuring access to safe and affordable healthcare services. By prioritizing preventive measures, mental health support, and efforts to improve overall quality of life, societies can create environments where women can lead healthy, fulfilling lives.

### Member Wellness Webinar

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

May 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 2024 webinars!

#### Preventing Type 2 Diabetes

As a Sanford Health Plan member, you have a diabetes prevention program offering to help you make small lifestyle changes that can lead to big health improvements.

Change Your Weigh is an evidence-based program offered in partnership with the CDC's National Diabetes Prevention Program. This yearlong, group-coaching program focuses on simple strategies to help you lose weight, increase physical activity and decrease your risk for developing type 2 diabetes.

The group virtual program includes:

- Weekly meetings for the first four months
- Monthly meetings for the last eight months

### Inside this issue...

- Women's health
- Well-being webinar
- Reminders and announcements
- Coordinator wellness program and resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

### Monthly Book Club

***Taking Care of Yourself** by Mary I. O'Connor, MD & Kanwall L Haq, MS*

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

### Wellness Coordinator Webinar

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

May 28 at 10 a.m.

**Register for the 2024 meetings!**

### Monthly Observances

Arthritis awareness month  
Global employee health and fitness month  
Mental health awareness month  
National asthma & allergy awareness month  
National high blood pressure education month  
National stroke awareness month  
National women's health month

May 7: World asthma day  
May 8: National women's checkup day  
May 5-11: Children's mental health awareness week  
May 12-18: National women's health week  
May 13-19: Bike to work week

- Support from a trained lifestyle coach and class peers

Summer and fall cohorts available for registration by visiting [here](#). This diabetes prevention program is **free** of charge for eligible members that meet the qualification criteria.

## Reminders and Announcements

### Marathon in a Month

Are you ready to step-up your health? Then get excited for the Marathon in a Month Challenge! It's a fun way to stay active and earn rewards from the Dakota Wellness Program. During the challenge, you can walk, hike, dance or get your steps in any way you like. Just track 50,000 steps from May 1 through May 28 (must track 21 of the 28 days) to earn 1,500 points toward your wellness incentive.

### Coordinator Wellness Program Resources

Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2024](#)

[Download the Certificate of Completion Voucher](#)

### Join us on Facebook

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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