

Monthly Wellness Coordinator Update

Dakota Wellness Program



November 2025

Monthly Well-being Theme

Preventing Burnout

Burnout is more than just feeling tired—it's a deep, draining exhaustion that affects your energy, mood, and motivation. It sneaks in quietly, often disguised as stress or busyness, until suddenly you feel overwhelmed, disconnected, and running on empty. Whether it's work, caregiving, or daily life demands, burnout tells us something needs to change. The good news? It's preventable and reversible. With awareness, boundaries, rest, and support, you can reclaim your energy and purpose. Burnout isn't a personal failure—it's a signal. Let it guide you toward healthier rhythms, meaningful connection, and a life where your well-being comes first.

Member Wellness Webinar

2nd Tuesday of the month

November 11th 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!

Announcements & Reminders

Stressless - Stress Challenge

in the wellness portal

Oct. 15 – Registration opened

Oct. 29 – Challenge began

Nov. 25 - Last day for 28-day challenge

Overview:

Feel the healing effect of taking “you” time during the Stressless Challenge.

The challenge: Take 5 minutes or more each day to relieve stress.

- Meet the goal at least 21 out of 28 days.
- Eligible for rewards by meeting at least 14 days.
- Print & digital communication materials.
 - o Including de-stress tips and activity ideas.

Dakota Wellness Program benefit

- Earn points in the Wellness Portal before Dec. 29, 2025
- Redeem points in the Redemption Center before 11:59 on Dec. 31, 2025

Inside this issue...

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- Wellness Webinar
- Reminders and Announcements
- Program Resources

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Monthly Book Club

An Ordinary Age: Finding Your Way In a World That Expects Exceptional by Rainesford Stauffer

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:

November 25th at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

American Diabetes
COPD Awareness
Lung Cancer Awareness
National Alzheimer's Disease Awareness
National Pancreatic Cancer Awareness
Stomach Cancer Awareness
Great American Smokeout Nov. 21

The 2026 wellness benefit begins on Jan. 1

- ✓ All Wellness portal and redemption center accounts will be reset the first 2 weeks of January during the blackout period
- ✓ Start earning points in the wellness portal on Jan. 1
- ✓ All points earned from Jan. 1-14, 2026, will transfer to the redemption center after the blackout period closes.

*Remember to take your 2026 Health Risk Assessment (HRA) early in the new year to unlock your wellness portal and prevent delays in fitness center reimbursements.

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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