

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



SANFORD  
HEALTH PLAN



September 2023

### Monthly Well-being Education

#### Nutrition and physical activity for kids

Physical activity and healthy eating are important for kids of all ages. Physical activity has benefits that stretch beyond physical health; it impacts behavior, cognitive ability and school performance. Nutrition provides fuel for our physical activity. Good nutrition and positive eating experiences help provide a foundation for a healthy relationship with food that will last from childhood through adulthood.

### Employee Well-being Training

#### Monthly webinar September 12 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on ways to encourage and foster healthy habits with kids.

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 September 2023 webinar!**

### Wellness Challenges

#### Rethink Your Drink Challenge

Challenge overview: drink six or more glasses of water per day

Challenge dates

- Challenge: August 2 – August 29
- Record entries: by September 5
- Points awarded: by September 6

Access through the challenges section within the [wellness portal](#).

### Wellness Coordinator Recharge Workshops

#### Virtual event in August

Join the Dakota Wellness team for an overview of the Dakota Wellness Program, NDPERS wellness benefits and how Sanford Health Plan can support your agency's wellness programming.

As a part of the Employer Based Wellness Program, wellness coordinators are required to attend or view a recording of the Recharge workshop. As an alternate option, coordinators can attend a ND Worksite Wellness Training.

This year's events will be held in CST on the following dates and times:

- **Tuesday, August 22 from 1 to 3 p.m.**
- **Wednesday, August 23 from 10 a.m. to 12 p.m.**
- **Tuesday, August 29 from 1 to 3 p.m.**

**Click the date/time above to register for your preferred Recharge Workshop!**

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- Change Your Weight

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

### Monthly Book Club

***The 7 Habits of Highly Effective Teens*** by Sean Covey

[Download poster](#)

[Download flyer](#)

### Monthly Wellness Coordinator Webinar

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

The next webinar will be September 26

**Register for the September 2023 meeting**

### Monthly Observances

- National childhood obesity awareness month
- National cholesterol education month
- Ovarian cancer awareness month
- Childhood cancer awareness month
- Pain awareness month
- Prostate cancer awareness month
  
- National suicide prevention week: September 10-16
- Falls prevention awareness week: September 17-23

## Change Your Weigh

### CDC National Diabetes Prevention Program

This yearlong group coaching program focuses on simple strategies to help lose weight, increase physical activity and decrease risk of developing diabetes. Participants receive support from a trained lifestyle coach and class peers.

#### Eligibility

- Age 18 years or older, not pregnant and not diagnosed with type 1 or type 2 diabetes
- BMI of 25 or greater

#### Group Coaching

- Sessions weekly for the first 4 months
- Sessions monthly for remaining 8 months
- Report weight and physical activity

#### Registration

- Eligible members will receive a brochure in the mail
- Learn more and register at [sanfordhealthplan.com/diabetes-prevention](https://sanfordhealthplan.com/diabetes-prevention)

## Coordinator Wellness Program Resources

Dakota Wellness website

Website and downloadable tools

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 well-being information all in the convenience of your newsfeed.



## Contact your wellness team

[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)

(800) 499-3416 (TTY: 711)