

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



January 2023

### Monthly Well-being Education

#### Goal Setting

As we head into the New Year, we all start to think about what our New Year's resolutions might be. Set small, SMART goals that you can build on over time to boost self-confidence. This allows you to celebrate the small wins along the way, which can increase motivation.

- S – Specific
- M – Measurable
- A – Attainable/Achievable
- R – Relevant
- T – Time bound

#### Coming Soon!

Information for employees to engage with lifestyle coaching on the wellness portal.

### Employee Well-being Training

#### Monthly webinar January 10 at 10 a.m.

During this 15-minute LIVE webinar, join Alexis Allen, RD, LRD for a discussion on goal setting.

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 Wellness Benefit

#### Dakota Wellness Program

Distribute our Dakota Wellness Program brochure that features all the ways employees can earn \$250 in January to kick off the new wellness benefit year. Beginning in January 2023, the wellness portal will have new trackers available for members to earn points including sleep and blood pressure.

Employees can learn more about the Dakota Wellness Program and wellness portal by attending a LIVE webinar with Sanford Health Plan. Registration email coming in early 2023 to distribute to employees.

#### Mark your calendars:

- Tuesday February 7 at 3 p.m. CST
- Wednesday February 8 at 12:30 p.m. CST
- Thursday February 9 at 10 a.m. CST

### Wellness Coordinator Reminders and Announcements

#### Virtual Book Club

We will be sun-setting the virtual book club (WebEx meetings) offered by Sanford Health Plan moving forward. If you have previously distributed marketing materials for the virtual book club at your agency, please alert employees that it will no longer be available. Thank you to those who have participated!

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#### Monthly Book Club

***The Desire Map: A guide to creating goals with soul***  
by Danielle LaPorte

[Download poster](#)

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#### Monthly Wellness Coordinator Webinar

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

The next webinar will be on January 24

**Register for the 2023 meeting series**

#### Monthly Observances

**Birth defects**  
**Cervical health**  
**Thyroid**

**15-21 – Healthy weight**  
**17 – King of service**

## End of Year Reminders

### Wellness Coordinators

Please distribute any end of year reminder emails that you receive to employees/members.

### Employees/Members

Reminder that all 2022 points must be redeemed by December 31 in the redemption center. Points take 2-3 days to transfer from the wellness portal to the redemption center, so it is recommended that all points are uploaded into the wellness portal by December 28.

## 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 well-being information

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

[Join Group](#)

## Contact your wellness team

### Primary Contact

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