

2016 Dakota Wellness Program

Featured Wellness Activities

- Book Club: *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* by Jim Loehr and Tony Schwartz
- Webinar: Navigating the Wellness Portal
[View it now](#)
- Presentation: Dakota Wellness Program Introducing the Wellness Portal.
[Read or download](#) a copy of our presentation for a detailed look at the Dakota Wellness Program and the wellness portal.

August National Health Observances

- Breast Feeding
- Immunization Awareness

Find a complete list of observances at healthfinder.gov/NHO

Share with Your Colleagues

- Monthly newsletter
- Monthly well-being theme flyer (8 1/2 x 11)
- Monthly well-being theme poster (11 x 17)
- Monthly book club

View and download all of these items by clicking: [Sanford Health Plan Dakota Wellness Program webpage](#)
Items will be available through August 31, 2016.

To view past wellness coordinator newsletter issues click [HERE](#)

Monthly well-being education

Create balance in your life

Life can often seem like it's on a teeter-totter. Achieving balance in your life is not something you find, but a way of life that you have to create over time. Here are some simple tips and tricks to live a more balanced life.

1. **Choose your priorities.** What is most important for you to do today?
2. **Don't say yes to everything.** Consider your prior commitments and energy level before taking on new obligations.
3. **Create a plan.** Strategize the steps needed to complete a task.
4. **Schedule events you enjoy.** Plan vacations or events that will increase your happiness.
5. **Do something for yourself every day.** Make time to do something you enjoy.
6. **Get sleep.** Create a nightly routine to relax and promote rest.
7. **Keep your space tidy.** Keep a clean environment with less clutter to increase productivity.
8. **Unplug.** Set aside technology and be present when socializing.
9. **Take regular breaks.** Set stopping points in your work to take a short break and recharge.
10. **Plan ahead.** Prepare easy to grab meals ahead of time.

Place visual reminders of your priorities, values and goals. A favorite quote can be a helpful to see every day to remind you of what is most important.

"The key is not to prioritize what's on your schedule, but to schedule your priorities."
– Stephen Covey

Announcements

Vouchers due by August 31, 2016

The 2015-2016 Employer Based Wellness Program year has ended. Please fax your vouchers to (605) 312-9016 by August 31, 2016. For an updated form please click [HERE](#). Please do not email the vouchers due to privacy concerns with email security. You can send them via postal mail to:

Sanford Health Plan
Attn: Angela Oberg
222 N 7th Street
Bismarck, ND 58501

Voucher points will be available in the redemption center by November 1, 2016.

Take your LifeScore to earn your fitness center reimbursement

There are 3 ways to earn your \$250 wellness incentive in 2016.

1. Go to the gym 12 times a month.
2. Engage in the online wellness portal.
3. Attend on-site activities.

However, in order to redeem any points or receive further fitness center reimbursements, you must take your LifeScore health assessment first. Starting in July, Sanford Health Plan will notify fitness center reimbursement participants who have not met their health assessment requirement in 2016. Please direct these employees to call the wellness team at (844) 742-0014 with questions about the requirements to receive a fitness center reimbursement.

Promote the Tobacco Cessation Program

A webinar will soon be available to educate employees about their options to quit tobacco with Sanford Health Plan. The NDPERS Tobacco Cessation Program includes \$700 every six months to pay for quitting related expenses. Details on this monetary benefit can be found [HERE](#). This program is available to covered employees of the State of North Dakota, North Dakota University system, district health units and Garrison Diversion Conservation District

Covered dependents age 18 and older are also eligible. County, city and other members of the NDPERS group are not eligible through this program. However, tobacco cessation funds may be available at the local level. Help employees in their journey to quit by promoting the program with the webinar, informational flyer and posters in your workplace.

Mark Your Calendar

Register for the monthly webinars by clicking on the event.

August 3 at noon CST

September 7 at 1 p.m. CST

October 5 at 11 a.m. CST

Did you miss a past webinar?

Click [HERE](#) to view past webinars

Contact Wellness Education Team

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Tuna or chicken salad wraps

Serves: 2

Total Time: 15 min | Prep: 10 min | Cook: 0 min

Ingredients:

3/4 cup cooked chicken breast or low sodium canned tuna
1/2 cup carrots, shredded
1 cup fresh spinach, chopped
1/2 cup fresh tomato, chopped
1/2 cup frozen corn, thawed
2 tsp garlic herb seasoning
3 tbsp reduced-fat mayonnaise or Greek yogurt
8 romaine lettuce leaves, washed

Directions:

Combine all ingredients except lettuce leaves and mix well. To eat, place equal amount of salad mixture on each lettuce leaf. Roll from one end of the lettuce leaf to the middle. Fold in the sides and continue to roll.

Nutrition Facts:

Calories: 222 Total Fat: 8 g Sodium: 234 mg
Total Carbohydrates: 18 g Dietary Fiber: 4 g Total Protein: 20 g

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