



February 2016

Well-doing (Volunteering)

Featured Wellness Activities

- Book Club: “Doing Good Better: How Effective Altruism Can Help You Make a Difference” by William MacAskill
- Webinar: Well-doing
- Web Tool: Allforgood.org

Share With Your Colleagues

- Newsletter
- E-blast

February National Health Observances

- American Heart Month
- National Cancer Prevention
- Wise Consumer Health
- 5—National Wear Red Day
- 14–20—Random Acts of Kindness

Get healthier and get rewarded....with **NOVU**

What is Novu? Novu is our new online wellness portal that will be available to you on April 1, 2016. The Dakota Wellness Program will continue to support and reward your wellness goals and healthy lifestyle choices with this new tool.

Novu believes that the benefits of making positive changes extend beyond a healthier body and a happier mind. From weekly challenges that match your interests to connecting with others who share your goals, Novu creates an easy path toward healthier living.

With each step you take, you will earn points, and your points will earn you rewards.

As a reminder, you will need to complete your health assessment when Novu launches in April. In the meantime, keep going to your gym to receive your fitness center reimbursement.

You will be taking your health assessment on or after April 1

Once the Novu online portal is available in April, you will need to take the health assessment to continue to receive your wellness benefits and redeem points for the remainder of 2016.

Keep watching your email and mailbox for more information!

Mark Your Calendar

February 3rd 12:00pm CST [February Wellness Coordinator Monthly Meeting](#)

March 2nd 1:00pm CST [March Wellness Coordinator Monthly Meeting](#)

April 6th 11:00am CST [April Wellness Coordinator Monthly Meeting](#)

Quick Links

[Sanford Health Plan | Dakota Wellness Program](#)

[Home Page for NDPERS - North Dakota Public Employees Retirement System](#)

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