



January 2016

Monthly Health Topic: Organize my life

Featured Wellness Activities

- Monthly Book Club: *Getting Things Done: The Art of Stress Free Productivity* By David Allen
- Webinar: Organize my life
- Web Tool: Evernote

Share With Your Colleagues

- Newsletter
- Eblast

January National Observances

- Cervical Health Awareness
- National Birth Defects Prevention
- National Blood Donor
- 18–King Day of Service

Redemption Center & Health Assessment

Points must be redeemed by 11:59 p.m. on December 31, 2015.

Sanford Health is pleased to announce that we are working on a new and improved online wellness portal. This new portal will be ready for you on April 1, 2016.

What does this mean now? We are turning OFF the current online wellness program.

Can you still earn your \$250 wellness benefit? YES!

At work: You can still participate in worksite education and wellness activities. The wellness coordinators will continue to have vouchers to record this activity.

At the gym: You can still receive up to \$20/month if you go to the gym 12 times per month through the Fitness Center Reimbursement Program.

Online: This will be disabled from Jan. 1, 2016 to March 31, 2016.

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

Haven't taken your health assessment yet? No worries — we are temporarily waiving that requirement. You do NOT need to take your health assessment in January to receive your monthly gym reimbursement. However, once the new 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

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

February 3rd 12:00pm CST [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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