

Monthly Wellness Coordinator Update

Dakota Wellness Program



April 2024

Monthly Well-being Theme

Uncover the Power of Community Well-being

Community well-being is crucial for fostering a sense of belonging, support, and shared responsibility among individuals. A thriving community contributes positively to the physical, mental, and emotional health of its members. Strong social connections within a community provide a support system, reduce feelings of isolation, and enhance overall life satisfaction. Additionally, communities that prioritize well-being often experience increased resilience, improved quality of life, and a greater capacity to address challenges collectively. Investing in community wellbeing is, therefore, an investment in the health and happiness of its individual members, creating a positive ripple effect that extends beyond individuals to the community as a whole.

Member Wellness Webinar

2nd Tuesday of the month

April 9 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

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 2024 webinars!

Wellness Coordinator Reminders and Announcements

Marathon in a Month

Are you ready to step-up your health? Then get excited for the Marathon in a Month Challenge! It's a fun way to stay active and earn rewards from the Dakota Wellness Program. During the challenge, you can walk, hike, dance or get your steps in any way you like. Just track 50,000 steps from May 1 through May 28 (must track 21 of the 28 days) to earn 1,500 points toward your wellness incentive.

To register:

- Log on to your **MyChart** account at sanfordhealthplan.com/memberlogin
- If you do not have a **MyChart** account, you will need to select **“Request access for myself.”**
- Click on the **“Your Menu”** icon
- Scroll to **“Portals and Links”** under insurance
- Click **“Wellness Portal”** inside the Portals and Links page
- Select **“Sign up”**

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- Coordinator wellness program and resources

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Monthly Book Club

***The Connected Community:** by Cormac Russell and John McKnight*

[Download poster](#)
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Wellness Coordinator Webinar

4th Tuesday of the month:
April 23 at 10 a.m.

Register for the 2024 meetings!

Monthly Observances

Alcohol awareness month
National autism awareness month
National cancer control month
Stress awareness month

April 2: World autism awareness day
April 7: World health day
April 16: Annual national healthcare decisions day
April 16-22: Oral, head, and neck cancer awareness week

Coordinator Wellness Program Resources Website and downloadable tools

[Download Dakota Wellness Program Guide 2024](#)

[Dakota Wellness website](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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