

Monthly Wellness Coordinator Update

Dakota Wellness Program



February 2024

Monthly Well-being Theme

Cultivating Financial Wellbeing: A Year of Growth and Prosperity

Envision your financial well-being as a lush garden, where strategic decisions and intentional habits are the seeds of stability. Water this garden with continuous learning, staying informed about personal finance and economic trends. Periodically prune excess expenses and debts, fostering a healthier financial ecosystem. Fertilize your garden with well-defined goals, adapting them as needed for robust growth. Establish a financial safety net through emergency funds and insurance to weather unexpected storms. Celebrate milestones, acknowledging achievements like debt repayment and successful investments. Cheers to another year of nurturing and cultivating the thriving garden of your financial well-being!

Member Wellness Webinar

2nd Tuesday of the month

February 13 at 10 a.m.

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

The 2024 wellness benefit

The portal and wellness benefit has been reset for the new year. If you are enrolled in Fitness Center Reimbursements, please remember to take your 2024 Health Risk Assessment (HRA) in January.

Dakota Wellness Program

Employees can learn about the Dakota Wellness Program and wellness portal by attending a LIVE (15-minute) webinar with Sanford Health Plan.

Select a date that works for you (all in CST time):

Monday, February 5 at 2 p.m.

Tuesday, February 6 at 11:00 a.m.

Thursday, February 8 at 9 a.m.

Register for a Dakota Wellness Program webinar

Inside this issue...

- Financial well-being
- Well-being webinar
- Wellness coordinator reminders and announcements
- Coordinator wellness program and resources

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Monthly Book Club

How to Adult: Personal Finance for the Real World

by Jake Cousineau

[Download poster](#)
[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
February 27 at 10 a.m.

Register for the 2024 meetings!

Monthly Observances

- American Heart Month
- National Cancer Prevention Month
- **Feb 3:** National Wear Red Day
- **Feb 7-14:** Congenital Heart Defect Awareness Week
- **Feb 11-17:** Heart Failure Awareness Week
- **Feb 14:** National Donor Day
- **Feb 26 - March 4:** National Eating Disorder Awareness Week

Wellness Challenges

Five to Thrive Challenge:

Registration is open from **Feb 7 to Feb 28**

Challenge runs from **Feb 21 to March 19**

Last day to enter data is **March 26**

The Five to Thrive Nutrition Challenge encourages people to eat 5 or more servings of fruit and vegetables each day for better health. During the challenge, participants must track and record fruit and vegetable consumption for at least 21 out of 28 days and are eligible to earn rewards if they consume 5 or more servings per day for at least 14 days.

Other challenges in 2024:

- Marathon In a Month
- Sleep Challenge
- Stress Challenge

Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2024](#)

[Download the Certificate of Completion Voucher](#)

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Free wellbeing information

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Contact your wellness team

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