

Monthly Wellness Coordinator Update

Dakota Wellness Program



February 2025

Monthly Well-being Theme

Financial Wellness: What It Is and How to Achieve It

Financial wellness is about mastering your money to enhance your overall well-being. It goes beyond earning a good salary, focusing instead on effective budgeting, saving, and planning for the future. By understanding and managing your finances, you can reduce stress, enjoy financial security, and make life choices aligned with your values. Achieving financial wellness involves tracking expenses, building an emergency fund, investing wisely, and minimizing debt. With mindful spending and professional advice, you can achieve a balanced financial life, leading to greater peace of mind and freedom.

Member Wellness Webinar

2nd Tuesday of the month

February 11 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 2025 webinars!

Reminders and Announcements

Register for the 2025 Dakota Wellness Program Webinars

Register for one of the Dakota Wellness Program webinars to see a preview of our enhanced wellness portal and new ways you can earn your \$250 wellness benefit online. Employees and spouses with health care coverage through Sanford Health Plan can earn \$250 (\$500 per household) in rewards in 2025. Discover your path towards improved health and wellness all while getting rewarded.

Webinar dates and times (all in CST):

- Monday, Feb. 3 at 2 p.m.
- Tuesday, Feb. 4 at 9 a.m.
- Thursday, Feb. 6 at 10:30 a.m.

Register Today!

Inside this issue...

- Financial Wellness
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- Reminders and Announcements
- Program Resources

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Monthly Book Club

The Family Bank: The Key to Generational Wealth by John H. Nebeker

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

Wellness Coordinator Webinar

4th Tuesday of the month:
February 25 at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

February 2 National Wear Red Day
February 14 National Donor Day
American Heart Month
Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month
National Cancer Prevention Month

Five to Thrive - Nutrition Challenge in the Wellness Portal

Feb. 19: First day participants can begin to enter data

Feb. 26: Last day participants can sign up to participate

March 18: Last day for 28-day challenge

Coordinator Wellness Program Resources

Website and downloadable tools

Dakota Wellness Website

Dakota Wellness Program Guide

Dakota Wellness Program Certificate of Completion

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Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



Contact your wellness team

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