

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



June 2024

### Monthly Well-being Theme

#### Uncover the Power of Men's Health

Prioritizing Men's health enhances overall life quality and prevents health issues. Regular exercise, a balanced diet, and sufficient sleep are crucial for physical well-being, reducing the risk of diseases. Mental health involves breaking free from societal expectations and stereotypes, fostering open conversations, and seeking support. Preventive measures like health check-ups, screenings, and vaccinations are vital for early detection. Creating a supportive environment, dispelling stereotypes, and normalizing self-care are key. A holistic approach to men's health, encompassing physical, mental, and social aspects, is essential for fostering well-being and preventing issues before they arise.

### Member Wellness Webinar

2<sup>nd</sup> Tuesday of the month

June 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 2024 webinars!**

### Reminders and Announcements



As a Sanford Health Plan member, you have a diabetes prevention program offering to help you make small lifestyle changes that can lead to big health improvements.

[Change Your Weigh](#) is an evidence-based program offered in partnership with the CDC's National Diabetes Prevention Program. This yearlong, group-coaching program focuses on simple strategies to help you lose weight, increase physical activity and decrease your risk for developing type 2 diabetes.

The group virtual program includes:

- Weekly meetings for the first four months
- Monthly meetings for the last eight months
- Support from a trained lifestyle coach and class peers

**REGISTRATION IS NOW OPEN** for summer and fall program start dates. This diabetes prevention program is **free** of charge for eligible members that meet the qualification criteria.

### Inside this issue...

- Men's health
- Well-being webinar
- Reminders and announcements
- Program and resources

[View past coordinator newsletters](#)

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### Monthly Book Club

*Young Forever: The Secrets to Living Your Longest, Healthiest Life* by Dr. Mark Hyman MD

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

### Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month:  
June 25 at 10 a.m.

**Register for the 2024 meetings!**

### Monthly Observances

Great Outdoors  
Migraine and headache  
Post traumatic stress disorder  
June 2: Cancer survivor day  
June 8: Family health and fitness day  
June 10-16: Men's health week

## Coordinator Wellness Program Resources Website and downloadable tools

[Download Dakota Wellness Program Guide 2024](#)

[Dakota Wellness website](#)

[Download the Certificate of Completion Voucher](#)

## Join us on Facebook Free wellbeing 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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