

Monthly Wellness Coordinator Update

Dakota Wellness Program



May 2023

Monthly Well-being Education

Physical activity at work

Making physical activity easy to do and accessible during the workday is the first step in creating a culture of health for exercise. Employers can remove barriers that employees may face to getting in their steps or preferred workout by:

- Increasing awareness of easy ways to move by hanging up or emailing our monthly poster, flyer, and Take the Stairs awareness campaign series
- Providing walking routes in 5-, 10-, and 15-minute increments around workspace or outdoors
- Building skills and motivation by hosting a Get Moving at Work or Exercise Without Perfection presentation from Sanford Health Plan
- Hosting a Walk @ Work event at your agency – More information below
- Promoting the Marathon in a Month challenge and Exercise Tracker in the online wellness portal
- Creating an environment that supports movement with regular employee breaks, walking club, or a flexible schedule to go to a gym or fitness class

Employee Well-being Training

Monthly webinar May 16 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on how to incorporate physical activity into the workday.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

Register now for the 2023 meeting series!

2023 May Wellness Challenge

Walk@Work & Marathon in a Month

May is employee health and fitness month - we encourage wellness coordinators to start to think of physical activity opportunities they can implement for employees during the month. Sanford Health Plan sponsored activities include:

Marathon in a Month Challenge: a steps tracking challenge will be available to employees and spouses on the wellness portal. Completing 50,000 steps – the equivalent of a marathon – will earn them 1,500 points. Registration begins April 20, and the challenge starts on May 4.

Walk@Work: We will provide promotional materials including a video from Governor Burgum and fillable flyer to promote a walking event at your agency

- **Wellness coordinators are asked to register** to receive our promotional materials as well as **one \$25 gift card** to use as a prize for Walk at Work event(s)
- Register by April 28 and receive \$25 gift card the first week of May

Inside this issue...

Physical activity at work
May wellness challenges
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The Elephant in the Gym: Your Body-Positive Guide to Writing Your Own Health and Fitness Story

by Gillian Goerzen

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be May 23

Register for the 2023 meeting series

Monthly Observances

Asthma and allergy

Arthritis

Bike

Blood pressure

Employee health and fitness

Melanoma

Mental health

Sleep

Stroke

Vision

14-20 - Women's health

15-21 Bike to work

- Don't forget to reward employee participants in your wellness activities with a voucher certificate of completion worth **3,000** points for a one-day event!

[Register your agency for Walk @ Work here](#)

Wellness Coordinator Reminders and Announcements

Employer-Based Wellness Program

Application review timeline

Mid-April: Notice on 1% discount

June: Notice on fund requests

Coordinator Wellness Program Resources

Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[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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