

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



October 2023

### Monthly Well-being Education

#### Rest and Relaxation

Rest means taking time for yourself, which can make a difference in how healthy you are in general and how well you cope with change. Hitting the pause button allows us to focus on the present moment and gain clarity on our goals, a vital component in being productive.

### Employee Well-being Training

#### Monthly webinar October 10 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on the benefits of and ways to incorporate rest and relaxation.

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 September 2023 webinar!**

### Wellness Challenge

#### Wellness from Within Challenge

Challenge overview:

- Different emotional well-being topics each week
- Track entries in emotional health journal
- Record 'yes' on at least 21 days of the 42-day challenge

Challenge dates:

- Enrollment: October 11 – November 1
- Challenge: October 25 – December 5
- Record entries: by December 12
- Points (1,500) awarded: by December 13

Access through the challenges section within the [wellness portal](#).

### Change Your Weigh

#### CDC National Diabetes Prevention Program

This yearlong group coaching program focuses on simple strategies to help lose weight, increase physical activity and decrease risk of developing diabetes. Participants receive support from a trained lifestyle coach and class peers.

- **Eligibility:** age 18 years or older, not pregnant, not diagnosed with type 1 or type 2 diabetes, BMI of 25 or greater
- **Group Coaching:** sessions meet weekly for the first 4 months; monthly for remaining 8 months
- **Registration:** Learn more and register at [sanfordhealthplan.com/diabetes-prevention](https://sanfordhealthplan.com/diabetes-prevention)

#### Schedule

##### Introductory Session

Wednesday, September 27

Thursday, September 28

Tuesday, October 24

Wednesday, October 25

##### Schedule

Wednesdays from 12 to 1 p.m.

Thursdays from 7 to 8 a.m.

Tuesdays from 7:30 to 8:30 a.m.

Wednesdays from 6 to 7 p.m.

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

*The Art of Rest: How to Find Respite in the Modern Age* by Claudia Hammond

[Download poster](#)

[Download flyer](#)

#### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month

The next webinar will be October 24

**Register for the October 2023 meeting**

#### Monthly Observances

- National Breast Cancer Awareness Month
- Healthy Lung Month
- National Dental Hygiene Month
- Eye Injury Prevention Month
- Health Literacy Month
  
- National Primary Care Week: October 1-7
- National Physician Assistant Week: October 6-12
- Respiratory Care Week: October 22-28

## Worksite Wellness Vouchers

### Well-being Education

Health and well-being topics

- Prevention
- Nutrition
- Physical Activity
- Goal Setting and Achievement
- Emotional Well-being
- Career Well-being
- Financial Well-being

Wellness Points

- Members: 3,000 points
- Employer based wellness program: 1 point

## Coordinator Wellness Program Resources

### Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[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

**[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)**  
(800) 499-3416 (TTY: 711)