

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



October 2024

### Monthly Well-being Theme

#### Mastering Emotional Health: Strategies for Well-Being

Embark on a journey towards emotional well-being to navigate life's ups and downs. Explore the power of self-awareness, constructive expression, and thoughtful reflection to manage emotions effectively. Discover how stress management techniques like meditation and exercise can bring balance to your life. Cultivate meaningful connections and find purpose in your daily pursuits. Seeking professional support is key for persistent challenges. Consult with a healthcare provider to customize your path to emotional wellness.

### Member Wellness Webinar

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

October 8 at 10 a.m.

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

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

#### Best practices for NDPERS members:

- A Health Assessment must be completed each calendar year to unlock your wellness portal.
  - Do this early in the new year to prevent delays in Fitness Center reimbursements and rewards
- Redeem your points in the redemption center ASAP after they have been earned.
  - Deadline for points to be redeemed 11:59 PM 12/31/24
  - Please do not wait until the last minute, as accounts wiped out at midnight for the new year
- Every order placed in the redemption center will receive a confirmation email – please check your junk/spam folder for it.
  - KEEP this confirmation email until your order arrives
  - Most orders are received within 10-15 business days
- Be mindful when placing your order; a physical gift card is sent via postal mail to the address you provide. Keep an eye out for it in your mail in the week or 2 after placing your order.

#### Inside this issue...

- Emotional health
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- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Untangle Your Emotions:  
Naming What You Feel and  
Knowing What to Do About It***  
by Jennie Allen

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

#### Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month:  
October 22 at 10 a.m.

**Register for the 2024 meetings!**

#### Monthly Observances

Eye injury prevention  
Health literacy  
Healthy lung  
National breast cancer awareness  
National dental hygiene  
October 6-12 National primary care week  
October 6-12 National physician assistant week

- A digital claim code will be sent to the email you provide. Review your junk/spam folder for your claim code in the coming days.
- Contact the wellness team (include a screenshot of your confirmation email) at **NDPERSWellness@sanfordhealth.org** if your order has not arrived in the specified timeframe.

## 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

**[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)**

(800) 499-3416 (TTY: 711)