

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



September 2024

### Monthly Well-being Theme

#### Empowering Kids for Lifelong Wellness: Five Rules for a Healthy Lifestyle

Being a fit kid means more than physical health—it's about overall well-being. Parents, doctors, and educators guide children, but kids should take charge too. Five rules help: eat varied foods, hydrate with water and milk, listen to body cues, limit screen time, and stay active. These habits instill lifelong wellness. Parents model behaviors and provide support, fostering a healthy family dynamic. Together, families embark on a journey toward vitality and fulfillment, ensuring everyone enjoys a healthier lifestyle.

### Member Wellness Webinar

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

**September 10 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

Thanks for attending a LIVE recharge event in August. If you weren't able to attend a live session or you want to watch it again, you can find a recording on the website.

As a Wellness Coordinator you earn 6,000 points for the calendar year. Your points will automatically be added to your account in the wellness portal this fall – there is nothing for you to upload.

Look for the Stress-less challenge Starting in early November!

### Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

#### Inside this issue...

- Kid's health and wellness
- Wellness webinar
- Reminders and announcements
- Program and resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Supporting Children's Health and Wellbeing***

*by Jackie Musgrave*

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

#### Wellness Coordinator Webinar

*4<sup>th</sup> Tuesday of the month:*  
September 24 at 10 a.m.

**Register for the 2024 meetings!**

#### Monthly Observances

Childhood cancer awareness  
National childhood obesity awareness  
National cholesterol education  
Newborn screening awareness  
Ovarian cancer awareness  
Pain awareness  
Prostate cancer awareness  
World Alzheimer's month  
September 8-14 National suicide prevention week  
September 17-23 Falls prevention awareness week

Download Dakota Wellness Program Guide 2024

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)