

# Monthly Wellness Coordinator Update



March 2016

## Sleep

### Featured Wellness Activities

- Book Club: "Sleep Solutions" (audio CD)
- Webinar: Five Star Sleep
- Web Tool: Sleep Cycle app

### Share with Your Colleagues

- Newsletter

### Engage with Novu

Last month we introduced you to Novu, the new online wellness portal that will be launching April 1. Your healthy choices will be rewarded in a whole new way with Novu. Your first step to getting the most out of your experience is completing your online health assessment. Why is the health assessment so important? Novu needs to learn about your current health and lifestyle in order to make the best recommendations. After taking the health assessment, you will be given tips for healthy eating, exercise, and wellness, with a unique experience customized just for you.

### Programs

Novu programs are personalized, educational, step-by-step plans that guide you in taking strides toward better health. Maybe you want to try yoga, or start improving your strength. There are programs for that, and more including nutrition, cardio, stress, and smoking cessation. As you complete each step, you will earn points along the way.

### Challenges

Novu challenges are actions that you commit to for 7 days or 30 days. The challenges can focus on emotional health like the 30-Day Gratitude Challenge, or your physical health like the 7-Day Cardio Challenge. You will track your success with Novu every day of the challenge and will be rewarded with points for successful completion.

### Community

It's often easier to stick to a new eating or exercise plan if you have a support system on board. Novu allows you to invite co-workers and friends to join your programs and challenges for encouragement and some friendly competition.

You will hear more details about Novu soon. Watch your mailbox and email inbox for more information.

### Mark Your Calendar

March 2 at 1 p.m. CST - March Wellness Coordinator Monthly Meeting  
April 6 at 11 a.m. CST - April Wellness Coordinator Monthly Meeting  
May 4 at noon CST - May Wellness Coordinator Monthly Meeting

### Quick Links

Sanford Health Plan | Dakota Wellness Program  
Home Page for NDPERS - North Dakota Public Employees Retirement System

### Contact Us

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### March National Health Observances

- Colorectal Cancer Awareness
- Kidney Disease Awareness
- National Nutrition Month
- 6-12—Sleep Awareness Week
- 22—Diabetes Alert Day

*Find a complete list of observances at  
[healthfinder.aov/NHO](http://healthfinder.aov/NHO)*