



2016 Dakota Wellness Program

Featured Wellness Activities

- Book Club: *You Only Live Once: The Roadmap to Financial Wellness and a Purposeful Life* by Jason Vitug

Webinars:

- Overview of the Tobacco Cessation Program benefits and wellness coaching. [View](#)
- Navigating the Wellness Portal. [View](#)

Share With Your Colleagues

- Monthly newsletter
- Monthly well-being theme flyer (8 1/2 x 11)
- Monthly well-being theme poster (11 x 17)
- Monthly book club

View and download all of these items by clicking: [Sanford Health Plan Dakota Wellness Program webpage](#)
Items will be available through November 30, 2016.

To view past wellness coordinator newsletter issues click [HERE](#).

November National Health Observances

- American Diabetes
 - Lung Cancer Awareness
 - Alzheimer's Disease Awareness
 - Pancreatic Cancer Awareness
- 8—World Kindness Day
14—World Diabetes Day
15—National Philanthropy Day
17—Great American Smokeout
24—National Family Health History Day

Find a complete list of observances at healthfinder.gov/NHO

Monthly well-being education

The steps to financial well-being

Planning a monthly budget and paying off debt are important steps to improve financial well-being, but there are other things to consider first.

Step 1: Find your “why”

Connect your financial goals to your life's purpose or your “why.” Develop your money mindset by analyzing how you think and feel about money. *What is most important to me? What do I value?* This will guide your choices to plan, spend or save.

Step 2: Set short and long-term goals

For short-term goals, consider:

- Every time you spend money you make a choice to manage your financial resources.
- Spend mindfully to improve your well-being. Spend money on others and experiences and avoid impulse decisions.
- Identify current spending habits and your wants versus your needs. Small changes can help put money back in your pocket. For example, skip coffee on the way to work and cut back on dining out.

For long-term goals, consider:

- Start by thinking about where you want to be in 10 years or in retirement. Make sure your strategy includes saving and spending for the things you value.
- Set up automatic deposits into a savings account or retirement fund.
- Review your current income and expenses by creating a budget. Consider all available financial resources and obligations to calculate your net worth.

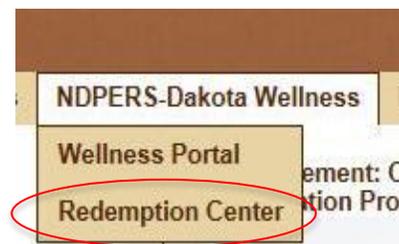
Step 3: Track your progress

Set aside time to review your progress every three or six months. If you've been successful, keep going! If you haven't made progress toward your goals, don't be too hard on yourself. Review your "why" again and adjust your goals to set yourself up for success.

Announcements

2105-2016 wellness program vouchers

Wellness program vouchers will be loaded by November 1, 2016. Employees who submitted vouchers will be able to redeem points earned through on-site activities after November 1. Find the redemption center by visiting sanfordhealthplan.com/memberlogin.



Time is running out! Redeem your \$250 wellness benefit in 2016

It can take up to one week to redeem your wellness benefit if you have not been active on *mySanfordHealthPlan* before. To redeem your wellness benefit:

1. Login to sanfordhealthplan.com/memberlogin to create a new account or access an existing account. New accounts have a three business day delay before being able to access the wellness portal.
2. Take your LifeScore (health assessment) in the wellness portal in order to redeem your points. There is a three business day delay before being able to access the redemption center.
3. Visit the redemption center found under the NDPERS-Dakota Wellness tab in *mySanfordHealthplan* member account to see your points earned through the wellness portal, vouchers and/or fitness center reimbursements.

2016 Dakota Wellness Program deadlines

Earn points	Redeem points in the redemption center
December 28 at 11:59 p.m.	December 31 at 11:59 p.m.
Fitness reimbursement: A LifeScore (health assessment) must be completed by December 31 at 11:59 p.m. to receive any unpaid 2016 fitness reimbursements. All 2016 workouts must be received by Sanford Health Plan by February 8, 2017.	

Mark Your Calendar

Register for the monthly webinars by clicking on the event.

November 2 at noon CST

December 7 at 1 p.m. CST

Did you miss a past webinar?

Click [HERE](#) to view past webinars

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Cauliflower fried rice

Serves: 4

Total time: 50 min | Prep: 15 min | Cook: 30 min

Ingredients:

1 pound boneless, skinless chicken breast	1 tsp black pepper
5 cups fresh cauliflower (1 large head)	1 Tbsp sesame oil
1/3 cup egg whites or egg substitute	1 Tbsp chopped garlic
2 cups frozen peas and carrots, defrosted	1 whole onion
2 Tbsp low sodium soy sauce	1 Tbsp red pepper flakes

Directions:

Preheat oven to 400 degrees. Season chicken with pepper and bake uncovered for about 20 minutes until chicken has reached a temperature of 165 degrees. Meanwhile, roughly chop cauliflower and place in blender or food processor to create small, rice like pieces. Dice onion and cut cooked chicken into bite sized pieces. In a large skillet sprayed with nonstick spray, add egg whites and cook until scrambled. Remove from pan and set aside. Heat oil in pan and add garlic and onion. Sauté for 2 minutes. Add defrosted peas, carrots and cauliflower along with soy sauce, red pepper and 2 tablespoons of water. Cook for 6-8 minutes until vegetables are softened. Stir in chicken and egg whites until warmed.

Nutrition Facts:

Calories: 333 Total Fat: 9 g Sodium: 482 mg Total Carbohydrates: 22 g
Dietary Fiber: 7 g Total Protein: 43 g