October 2016

2016 Dakota Wellness Program

Featured Wellness Activities

- Book Club: *Crucial Conversations: Tools for Talking When the Stakes are High* by Kerry Patterson, Joseph Grenny, Ron McMillian and Al Switzler

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 ½ 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 October 31, 2016.

To view past wellness coordinator newsletter issues click HERE

October National Health Observances

- Children's Health
- Health Literacy
- Healthy Lung
- Breast Cancer Awareness
- Bullying Prevention
- Dental Hygiene
- Depression and Mental Health Screening

2-8—Mental Illness Awareness
20—World Osteoporosis Day
22—Make a Difference

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

Monthly well-being education

Positive interactions

Life is composed of millions of interactions which give our lives a positive or negative charge. *Are you Fully Charged?* by Tom Rath reveals that there are three keys that matter most in our daily well-being: energy, meaning and interactions. All interactions we encounter become a choice we make.

Every communication you have on a daily or weekly basis influences your well-being—and you have the ability to add a positive charge to every conversation. Positive exchanges boost your body's production of oxytocin, a feel-good hormone which increases our ability to communicate, collaborate and trust others. Cortisol, a stress hormone, is produced by negative interactions and remains in our bodies much longer than oxytocin. We need at least three to five positive interactions to outweigh one bad interaction.

At least 80 percent of your conversations or interactions should be positive in tone to keep the positive charge. Think of your positive words as glue. Positive words, both verbal and written, are the glue that holds relationships together. Balance the overall conversations with far more positive than negative words.

And finally take a break for relationships. Your interactions with others directly influence your behaviors and habits. When we do something kind for another person, they are more likely to pay it forward.

What have you done to infuse positivity into an interaction today?

Announcements

Online wellness portal app launching October 6

Our new wellness portal app makes it easy for members to earn points at work, at home and on the go. Members that currently use the website from a computer will receive an email on October 6 from "Your Health Today". This email is from Novu, the company that powers the wellness portal. The email will contain an individual custom code that is needed to access the app. These codes cannot be shared or transferred.

The email will also list the steps to download the app, in addition to the custom code. Any member who joins the online wellness portal for the first time after October 6 will receive their code and download information via email within a few days of their initial login to the wellness portal.

Frequently Asked Questions

- *I can't find my email with the custom code.*
  If you misplace your code, contact Novu customer service at (888) 237-5916. Remember, if you sign up for the wellness portal after October 6, the email will arrive a few days after your first login.

- *Are the points I earn on the app synced with my computer?*
  Yes, all the points you earn from the app or on your computer are synced together and tabulated in real time. However, there is still a three-day waiting period to redeem your points in the redemption center.

- *I want to use the app on my tablet and on my phone. Do I need my code for both devices?*
  When you download the app on the first device, you will enter the custom code and create a password. Then you can download the app on the second device and sign in using the name and password you created on the first device.

Mark Your Calendar

Register for the monthly webinars by clicking on the event.

October 5 at 11 a.m. CST
November 2 at noon CST
December 7 at 1 p.m. CST

Did you miss a past webinar?
Click HERE to view past webinars

Contact Wellness Education Team

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Curry pumpkin and carrot soup

Serves: 8
Total Time: 25 min | *Prep:* 10 min | *Cook:* 15 min

Ingredients:

- 2 Tbsp olive oil
- 2 cups carrot, finely diced
- 1 cup onion, finely diced
- 3 Tbsp yellow curry powder
- 1 (29 ounce) can of pumpkin
- Optional: chopped cilantro
- 1 ½ cups of light or fat free half and half
- 2 Tbsp light soy sauce
- 1 Tbsp garlic powder
- 1 tsp pepper
- 4 cups low sodium vegetable broth

Directions:
Finely dice carrots and onion to your preferred chunk size (it may be helpful put into a food processor for very fine shredding). Heat oil in pan for 2 minutes over medium heat. Add carrots and onion, sauté for 3 minutes. Add curry powder, broth, pumpkin and simmer for 5 minutes, stirring frequently. Turn heat to high. Mix in half and half, soy sauce and seasonings. Bring to slight boil and remove from heat. Garnish with cilantro and your favorite crackers.

Nutrition Facts:
Calories: 144 Total Fat: 5 g Sodium: 267 mg Total Carbohydrates: 21 g Dietary Fiber: 5 g Total Protein: 6 g