

NDPERS Dakota Wellness Program

at Sanford Health Plan



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits



Engaging in your health

You make choices every day that affect your overall wellbeing and health; from waking up and brushing your teeth to eating breakfast to going for a quick walk around the block. These small choices may make you feel well in the short term, but to truly be living a healthy life, it's about more than just your daily choices. Having a health care team that you can depend on in times of sickness and in health will help you live a long and healthy life. And no one can build your team better than you.

WHAT YOUR HEALTH TEAM CAN DO FOR YOU:

Sanford Health Plan

- Information about your health insurance benefits
- Access to a medical library and drug information in the bWell Health Management Tool
- Opportunities to help you take control of your medical conditions

Physician

- Helps you to coordinate all your health care in one place
- Build your medical history
- Learn about your body from the inside out

You

- Choosing to live a healthy lifestyle
- Participate in preventive health care: screenings, visits to your doctor and immunizations
- Know your family health history
- Ask questions of your healthcare team

OCTOBER 2015

MEMBER NEWSLETTER

Inside *this issue...*

Engage in your health
No gym? No problem
Preventive health

MONTHLY OBSERVANCES

Breast cancer awareness
Dental hygiene
Depression and mental health screening
Health literacy

A complete list of observances can be viewed at healthfinder.gov

WELLNESS ACTIVITIES

Monthly Book Club: *The Blue Zones* by Dan Buettner

October Challenge: Log your preventive screenings in bWell

Webinar: Worksite Wellness Circuit Training at Home

SANFORD
HEALTH PLAN

Give it a try

"I don't have time to exercise" is a common excuse for not getting in any movement during the day. Creating an active action plan and squeezing in exercise where you can may really add up!



How will you get your 30 minutes today?

- 10 minutes walking with the dog
- 10 minutes of stretching at work
- 10 minute walking meeting

CONTACT US AT

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QUICK LINKS:

sanfordhealthplan.com/ndpers/dakotawellnessprogram

SETTING UP A MYSANFORDHEALTHPLAN ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

No gym? No problem!

You can have a great workout without stepping outside of your own home. Starting an at-home circuit can be as simple as grabbing a full water bottle and a chair. To make sure you are targeting all muscle groups and your heart, follow this simple formula to create a great workout.

UPPER BODY • LOWER BODY • CARDIO • REST

Below is a list of exercises to get you started. If you are new to exercise, make sure to check with your doctor first before beginning any kind of exercise routine. To start your own at-home routine, map out three cycles of our formula. To increase the intensity, add more repetitions or time to each of the body target areas. Ideally, in a 30 minute at-home work out, you can go through four cycles that target all areas of the body.

Upper Body (10 reps)	Lower Body (10 reps)	Cardio (2 minutes)
Wall push away/push ups	Lunge	Jumping jacks
Lateral raise	Squat	Running in place
Front raise	Wall sit	High knees
Overhead extension		Stair climbing
Bicep curl		

Preventive Health

Your best health requires a key step from you: Stay up-to-date on your preventive care. Preventive care covers many facets of health, including those noted below.

- Well-child visits for youth to include preventive care, immunizations and screenings
- Preventive exams for adults to include immunizations and screenings

Establishing a relationship with a primary care provider offers you the opportunity to have a partner in your health care. During your visit, you may receive immunizations and screenings based on your health care practitioner's recommendation and benefit coverage.

Coverage details can be found in the NDPERS Welcome Books at sanfordhealthplan.com/ndpers.