



Dakota Wellness Program

AUGUST 2026

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Join Sanford Health Plan
Wellness team members for
our monthly 15-minute
wellness webinar.

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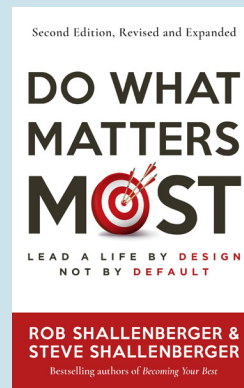
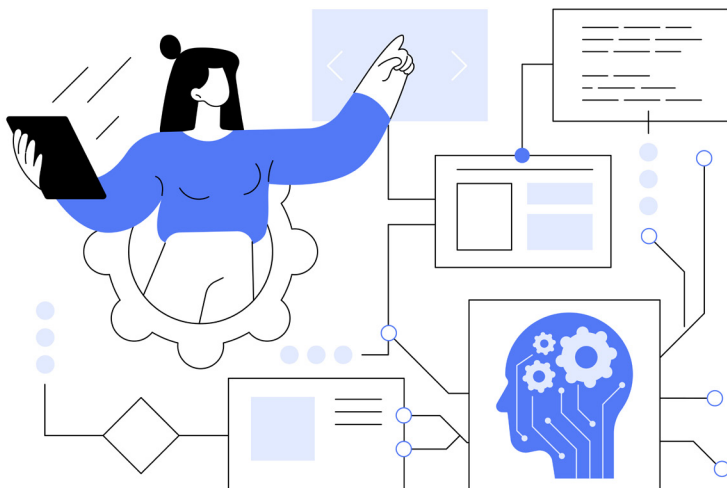
Feel successful managing your time

Does the word time make you feel stressed? You're not alone. Busy schedules and long to-do lists can make it seem like there are never enough hours in the day. The good news is that effective time management isn't about getting everything done – it's about focusing on what matters most. Trying to do it all can drain your energy, increase stress and leave you feeling overwhelmed.

Try these simple strategies:

- Set work boundaries. Establish specific work hours to help create balance and prevent work from taking over your day.
- Keep two to-do lists. Use a master list for everything and a smaller priority list for the most important tasks. This helps you stay focused and avoid feeling overwhelmed.
- Celebrate small wins. Keep a “done” list and track your accomplishments. Recognizing progress can boost confidence and motivation.

Remember, success isn't about doing everything. It's about making meaningful progress, managing your energy wisely and focusing on what matters most.



Monthly book club

Do What Matters Most, Second Edition

by Rob Shallenberger and Steve Shallenberger

Do What Matters Most, Second Edition by Rob Shallenberger and Steve Shallenberger offers a practical approach to achieving greater productivity and balance by focusing on priorities rather than simply getting more done. The authors encourage readers to identify what matters most in their work and personal lives and align their daily actions with those priorities. The book provides tools for setting meaningful goals, managing distractions, planning effectively and making intentional choices with time and energy. It emphasizes the importance of living according to values, building productive habits and maintaining balance to avoid burnout. Through actionable strategies and real-world examples, the book helps readers increase their effectiveness, reduce stress and create a greater sense of purpose and fulfillment in both their professional and personal lives.

Discussion questions

- What does “doing what matters most” mean to you personally and how does it differ from simply being productive or busy?
- Which strategies from the book could help you better align your daily tasks with your long-term goals and what might get in the way of applying them consistently?
- How can focusing on priorities instead of constant task completion reduce stress and improve both work performance and personal well-being?

Ask the expert

Is fruit and fruit juice healthy?

Fruits are naturally healthy because they contain natural sugars along with fiber, vitamins, minerals and plant nutrients called phytochemicals. Eating whole fruit is better than processed snacks because the fiber helps slow digestion and keeps you full longer. One hundred percent fruit juice can still be part of a healthy diet when it has no added sugar. However, juice lacks fiber, so it does not keep you as full as whole fruit, and it can be easier to drink more calories quickly. For this reason, experts recommend that at least half of your daily fruit intake comes from whole fruit instead of juice. To boost fiber, try blending whole fruit into smoothies, adding them to yogurt or cereal or choosing fresh fruit for snacks and desserts instead of processed foods.



Exercise is Medicine (EIM)

Exercise is Medicine (EIM) is a 12-week program that empowers you to make exercise a habit and gives you the tools you need to decrease your health risks. To qualify, you must be 18 years old or older.

EIM Price Guide

Virtual EIM program over Webex, which includes a fitness box: \$99

Non-Sanford Health Plan member virtual EIM program: \$199

A one-time fee unlocks:

- Group fitness classes
- Access to a personal trainer
- A fitness box will be mailed to your home, which includes:
 - EIM workbook
 - Mini loop resistance band
 - Recipe book
 - Handled resistance band
 - Pilates ball
 - Yoga mat

Virtual class options

Virtual EIM offers four weekly live virtual classes. Participants are encouraged to attend three live classes every week.

New cohorts start in September.

- Afternoon workout session: Mon. and Wed. 6 to 7 p.m. CT.
- Morning workout session: Tues. and Thurs. 5:30 to 6:30 a.m. CT.
- Workbook overview: Fri. 11:30 a.m. to Noon CT.

Learn more and register at sanfordhealthplan.com/exercise-is-medicine.

DO talk to strangers

We should talk to strangers in safe places. We learn not to talk to strangers, which is important for safety. But friendly conversation can also be good for our health.

Talking with a cashier, coworker or someone at the gym can:

- Help us feel more aware
- Improve our mood
- Make someone else feel happy

Keep it simple. You might say, "I like that new food," or "It's busy today with the weather coming." With coworkers, try asking, "What is going well at work lately?"

Talking to others helps us practice being present. Notice people and your surroundings. If someone does not want to talk, that is okay. Just smile and move on. Take a moment to connect – small conversations can brighten your day and someone else's, too.

Preventive health

National Wellness Month

August is National Wellness Month. It's the perfect time to focus on a healthy lifestyle. Creating a healthy lifestyle has been proven to help us live longer and feel better. It can also reduce the risk of many preventable health issues. Our regular choices, or habits, have an impact on our health, so making better choices can lead to better health. Changing our habits can be difficult at first, but taking small actions toward new goals is the first step. Start with one or two changes and continue to build. Making a new routine easy can build confidence and create momentum.

Indications routine is working:

- Better mood
- Improved sleep
- Improvement in coping with stress

Indications routine needs to change:

- Skipping parts of your new routine
- Stress is increasing

Reflect on:

- What's helping?
- What feels challenging or difficult?
- Can anything change to make things easier?

Here are some ideas to get you started:

- Get more physical activity – aim for 30 minutes per day
- Eat healthier – add in fruits and vegetables
- Manage stress
- Create a sleep schedule
- Meal prep



Red pepper pesto quinoa bowls

These red pepper pesto quinoa bowls are layered with seasoned quinoa, crispy chickpeas, charred peppers and roasted red pepper pesto!

Ingredients for red pepper pesto:

1 12-ounce jar roasted red peppers
drained (about 2 whole peppers)
1 cup fresh basil
2 cloves garlic peeled

1/4 cup pine nuts
1/4 cup vegan parmesan
Salt & pepper to taste
Olive oil

For the bowls:

1 cup quinoa dry
2 cups broth
1 15-ounce can chickpeas
drained and rinsed
2 bell peppers sliced
1 teaspoon garlic powder

2 teaspoons dried oregano
Salt & pepper
2 tablespoons olive oil
1 tablespoon chopped parsley
2 avocados
Pita bread for serving, optional

Instructions:

Preheat the oven to 425 degrees and line a baking sheet with parchment paper. Add all of the pesto ingredients (except the oil) to a food processor and pulse until combined. With the motor running, drizzle in olive oil until it reaches the consistency you like. Taste and adjust salt if needed. Set aside. Add the quinoa and broth to pot. Bring to a boil, cover and lower heat. Cook until all of the liquid has been absorbed. Right before serving, sprinkle in some parsley. Add the chickpeas, peppers, garlic powder, oregano, salt, pepper and olive oil to the baking sheet. Cook for 20 minutes and remove from the oven. To assemble, layer each bowl with quinoa, chickpeas, peppers, avocado and parsley. Drizzle with pesto and serve with warm pita bread!

Nutrition Facts: 4 servings | Calories per serving: 569 | Protein: 18g | Carbohydrates: 60g | Fat: 32g



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.

Monthly Observances

Immunization awareness month

Summer sun safety month

Aug. 1–7: Breastfeeding week

Aug. 1: World lung cancer day

Aug. 31: International overdose awareness day

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sanfordhealthplan.com/ndpers

SET-UP A

MyChart

ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

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(800) 499-3416 (TTY: 711)



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