Get healthier and get rewarded...with **Novu**®

What is Novu? Novu is our new online wellness portal that will be available to you on April 1, 2016. The Dakota Wellness Program will continue to support and reward your wellness goals and healthy lifestyle choices with this new tool.

Novu believes that the benefits of making positive changes extend beyond a healthier body and a happier mind. From weekly challenges that match your interests to connecting with others who share your goals, Novu creates an easy path toward healthier living.

With each step you take, you will earn points, and your points will earn you rewards.

As a reminder, you will need to complete your health assessment when Novu launches in April. In the meantime, keep going to your gym to receive your fitness center reimbursement.
**Give it a try**

**Web tool: allforgood.org**

Finding local volunteering opportunities is easy with allforgood.org. All for Good is a home for volunteerism and community service on the internet. If you need help finding local volunteer opportunities, but don’t have access to the internet, you can also dial 211 anywhere in North Dakota and an operator can assist you in finding a volunteer opportunity near you.

**Visit** – Go to the website allforgood.org and enter your zip code or service interest to find volunteering options.

**Join** – Register as a volunteer or an organization. As a member you will be matched to local and national volunteer opportunities that match your skills and interests.

**Follow** – For inspiration, follow All for Good on on Facebook or Twitter. You’ll get news to engage, messages to motivate and links to new friends.

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**Well-doing**

Turn a good life into an exceptional one by volunteering and giving back in your community. The synergetic relationship of the giver and the receiver is what makes this activity so impactful for all. Volunteering in your community not only benefits others, but it also improves your social wellbeing while increasing meaning and purpose. Those who are living full and happy lives often remark that their greatest accomplishment is the impact they have made on another person, group or society. Well-doing starts by letting others know that you are interested in giving your time and talents. Then, set up a regular place and time to volunteer. This could be weekly, monthly or even yearly. You can enrich your volunteer experience by asking friends, family and co-workers to join you.

*Take what you value and let it inspire you to start well-doing in your community*

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**Be pulling by purpose**

Establishing a purpose, defining a legacy, and learning how to make a difference helps us discover who we are. But, what is purpose? And how can we create a meaningful and fulfilling purpose here on Earth?

Relationship coach and speaker, Scott Desteplanis tries to answer these questions in his blog post, “Is Your Purpose Big Enough.”

We often get caught up in thinking our goals and tasks in life create our purpose, when in reality they actually have nothing to do with your higher purpose in life. “Find something that inspires you right now,” Desteplanis says. “Create a future so strong and compelling that it gives you a life where you are being pulled rather than pushed.”

Your purpose should create inspiration and live on long after you are gone. Your life’s purpose must be something that fits you and your unique blend of personality, talents, passions and gifts. Having a life purpose has been shown to protect us against heart disease, decrease risk for Alzheimer’s, decrease mobility disabilities, lessen worry in life and improve happiness over time. Your sense of purpose is a buffer against daily obstacles and will allow you to remain satisfied with life even when experiencing a difficult day.

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**Contact us at**

(844) 742-0014
NDPERSWellness@sanfordhealthplan.com

**Quick Links**

sanfordhealthplan.com/ndpers/dakotawellnessprogram

**Setting up a**

mySanfordHealthPlan

**Online Account**

sanfordhealthplan.com/memberlogin

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**My purpose is to...**

**Action examples:**

energize, accepts, heal, develop, organize, support, listen, help, create, learn or design.