



NDPERS Wellness Forum

WEDNESDAY, NOVEMBER 14TH

8:00 a.m. to 4:00 p.m. (tentative)

**North Dakota Heritage Center
Auditorium
or
Web Cast**

**AGENDA WILL BE POSTED ON WEBSITE
PRIOR TO FORUM**

The wellness forum is designed for all Wellness Coordinators who are responsible for creating the wellness programming for their employers. For those employers currently not participating in the wellness program, the forum is an opportunity to learn more about the program and to consider participation for the July 1, 2008-June 30, 2009 plan year.

The following are some of the items that will be covered:

- Overview of what you will need to do for the 2008-2009 plan year wellness programming in order to receive the 1% discount for health insurance
- Changes related to Wellness Benefit Fund and the application process
- NDSU Extension Service resources
- Wellness Pilot Program update
- Assessment of 2006-2007 wellness programs
- Examples of different types of wellness programs that can be used
- Break-out sessions to promote exchange of information between employers regarding programs being administered and their successes

You are not required to register for the forum. The full agenda will be posted on the NDPERS website prior to the forum. Any materials other than items from speakers will be available on the website after the forum.

2007 Wellness Forum Agenda
November 14, 2007

- 8:15 – 8:25** **Welcome & Opening remarks by Sparb Collins, NDPERS Executive Director and Tami Wahl, Health & Human Services Policy Advisor, Office of the Governor**
- 8:25 – 8:40** **Administrative Issues by Rebecca Fricke, NDPERS Benefit Programs Administrator**
- 8:40 – 8:55** **Wellness Benefit Program Funding & Application Process by Kathy Allen, NDPERS Benefit Programs Manager**
- 8:55 – 9:05** **Tobacco Cessation Program by Rebecca Fricke, NDPERS Benefit Programs Administrator**
- 9:05 – 9:25** **Assessment of Program by Dr. Gary Liguori, NDSU Health, Nutrition and Exercise Science**
- 9:25 – 9:45** **Components of a Comprehensive Wellness Program by Dr. Nancy Vogeltanz-Holm, UND School of Medicine & Health Sciences**
- 9:45 – 10:00** **Break**
- 10:00 – 10:20** **Healthy ND Resources by Tanya Wisnewski**
- 10:20 – 10:40** **Go Red/American Heart Association Programs by Joan Enderle**
- 10:40 – 11:00** **Interactive segment by Michael Carlson, BCBS Director of Corporate Wellness**

11:00 – 11:20	BCBS Member Education Programs by Danielle Morehart and MyHealth Connection Programs by Kevin Schoenborn, BCBS
11:20 – 11:40	NDSU Extension Service Resources by Julie Garden-Robinson
11:40 – 12:00	Open Microphone for Comments & Questions
12:00 – 1:15	Lunch – on your own
1:15 – 2:00	Break-out Sessions*
2:00 – 2:45	Break-out Sessions*
2:45 – 3:00	Break
3:00 – 3:45	Break-out Sessions*
3:45 – 4:00	Closing Comments

*** Break-out sessions will be conducted to provide an opportunity for participants to hear an overview of various types of programs based upon the program point system (1 point programs, 2 point programs and 4 point comprehensive programs). The sessions will also allow participants an opportunity to visit with other employers about programs that have been conducted.**