NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 5, Issue 7
April 2015

Sitting too much is hazardous to your health.

Sedentary lifestyle is hazardous to your health

The chair may look like a harmless piece of home or office furniture, but health experts say spending too much time sitting can be hazardous to your health.

If you sit for more than six hours a day and have a waist of more than 37 inches, you are 94 percent more likely to die if you're a woman and 48 percent more likely to die if you're a man.

Who knew that sitting could be so deadly? It's not just the time you spend sitting at work. Add in the time spent sitting while commuting to and from work, plus any screen time once you get home. You can easily spend more time sitting than sleeping.

A sedentary lifestyle affects not only your physical well-being, but your mental well-being and your productivity at work, says North Dakota Worksite Wellness Administrator Pete Seljevold of Blue Cross Blue Shield of North Dakota.

- If feasible, get a standing work station or adjust your work station.
- Stand during phone calls or when reading.
- Have standing meetings or walking meetings.
- Set a timer on your desk or cell phone. Every hour, get up and move for three to five minutes. You can get some water to drink or use the restroom. You could take your 15-minute "coffee" break to go for a walk.

April is Physical Activity Month. Make it your goal to become more active each day.

Find a healthy balance with eating and exercise

A healthy lifestyle is all about balance.

To maintain a healthy weight, you will need to balance the calories you eat with exercise. If you want to change your weight, you will need to tip the balance scale in one direction or another. To maintain your weight, keep your scales even.

If you want to lose weight, keep in mind:

- It takes approximately 3,500 calories below your calorie needs to lose a pound of body fat.
- To lose about 1 to 2 pounds per week, reduce your caloric intake by 500 to 1,000 calories per day, but make sure you never drop below 1,200 calories per day.
- You may need to increase your exercise.

ND

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association

Noridian Mutual Insurance Company

A healthy lifestyle is all about balance.

To make sure you are getting enough exercise, aim for at least three days of cardio activity, two days of resistance/weight training (with one day rest in-between) each week. You can increase the length and intensity of your workouts to lose weight, and change up your exercise to keep your muscles lean and to prevent plateaus.

If you don't enjoy exercising by yourself:

- Try group fitness.
- Consider working with a personal trainer.
- Sign up for an event and train for it with a buddy.

To find out how many calories you burn in your workouts, you can check out the calculator at SuperTracker.usda.gov. BCBSND members who have access to HealthyBlue can use the calculator at www.ndpershealthyblue.com.

Remember, healthy weight, disease prevention, stress management and better sleep hinge on balancing eating and exercise.

American Heart Association's worksite wellness kit promotes physical activity

One handy resource to promote physical activity in your workplace is the American Heart Association's worksite wellness kit. You can learn ways to encourage employees to get away from their desks and be physically active.

Healthy activities spotlight:

Most Americans don't eat enough fruits and vegetables each day.

You can help your coworkers eat more produce by establishing a garden market. The Create a Garden Market toolkit provides information on how to establish a garden market in a federal agency or other organization. It is based on a Healthier Worksite Initiative demonstration project at the Centers for Disease Control and Prevention (CDC).

Healthy recipes

This nutritious recipe from the American Diabetes Association features potatoes and cauliflower.

Potatoes and cauliflower have never tasted so good!

Easy Half-Mashed Potatoes

The prep time is 15 minutes and the recipes serves 11.

Ingredients

24 ounce (1lb 8 oz) bag fingerling petite potatoes, cut into 1-inch rounds with skin-on

16-ounce bag frozen cauliflower florets

1/3 cup skim milk

5 tablespoons Smart Balance margarine

1/2 teaspoon salt

1/2 teaspoon ground black pepper

Instructions

Add potatoes to a large soup pot. Cover with cold water and bring to a boil. Cook for 15 minutes. Add cauliflower to pot, return to a boil, and cook for 5 more minutes. Drain potatoes and cauliflower and return to pot. Add remaining ingredients and mash mixture with a potato masher. Mix with an electric mixer on low-speed for about 1 minute

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2292
Email: stacy.duncan@bcbsnd.com

Nutrition facts

Serving Size: 1/2 cup

Calories	110
Carbohydrate	16 g
Protein	2 g
Fat	4.5 g
Saturated Fat	1.2 g
Sugar	2 g
Dietary Fiber	2 g
Cholesterol	0 mg
Sodium	160 mg
Potassium	330 mg

Mark your calendar for National Walk@Lunch Day

Research shows that sitting too much is bad for your health, so plan to take part in the National Walk@Lunch Day on April 29! This event is part of a nationwide initiative to encourage Americans to take time to walk during their lunch breaks to help improve their health.

This Blue Cross Blue Shield program encourages employees to improve personal health and reduce unnecessary medical costs due to physical inactivity.

Walking is easy to do, yet it is so beneficial to your health. Getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week has significant health benefits, lowering the risk of developing or dying from cardiovascular disease, hypertension or Type 2 diabetes and improving the health of muscles, bones and joints.

NDPERS, Blue Cross Blue Shield of North Dakota, Healthy North Dakota, and businesses large and small across the nation will encourage employees to wear comfortable shoes and take a walk at lunch.

Join us at 11:30 a.m. on Wednesday, April 29, in Memorial Hall of the Capitol in Bismarck and begin walking to build a healthier North Dakota — and a healthier you!

National Walk@Lunch Day®

Plan to take part in National Walk@Lunch Day on April 29.

Redeem your wellness vouchers by April 15

BCBSND has been honored to serve NDPERS for almost four decades, and we remain committed to excellent customer service as we support the transition of NDPERS members to a new carrier.

Wellness Coordinators are asked to return ALL wellness vouchers from activity dated July 1, 2014, to April, 15, 2015 by Wednesday, April 15. You may fax them to Stacy Duncan at 701-277-2292 or send by secure email to stacy.duncan@bcbsnd.com.

In addition, please encourage employees to redeem their HealthyBlue points by June 30.

Attend the N.D. Worksite Wellness Summit West in Bismarck

Blue Cross Blue Shield of North Dakota (BCBSND) is responding to requests for a North Dakota Worksite Wellness Summit to be held in western North Dakota.

As a result, BCBCSND and the North Dakota Department of Health will co-sponsor the first ever North Dakota Worksite Wellness Summit West to be held from 9 a.m. to 2 p.m. CDT on Wednesday, May 13, at the National Energy Center (NECE) on the Bismarck State College campus.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2292
Email: stacy.duncan@bcbsnd.com

Take part in the N.D. Worksite Wellness Summit West in Bismarck!

You'll learn how to do brain booster activities at work from Dr. Terri Eckmann of Minot State University and how to create a healthy worksite from Dr. Casey Chosewood of the Centers for Disease Control and Prevention. Justin Welk of Sundog Interactive will tell about the link between work culture and well-being.

"We are really excited about bringing the summit to Bismarck," said North Dakota Worksite Wellness Administrator Pete Seljevold. "The link between work culture and well-being is such a hot topic, and we are pleased that we can start the conversation in Bismarck."

Don't delay. Register now.

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these Wellness Coordinators calls and webinars:

- **Wednesday, April 1, at 1 p.m. CST**
  To join the April call/webinar: Go to (#799 701 918)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?MTID=m0ca031f00793948eb53eafc4d6dc5cb7
- **Wednesday, May 6, at 11 a.m. CST**
  To join the May call/webinar: Go to (#791 768 073)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?MTID=m0795edc09c430fd3e7b39ab625ff1866
- **Wednesday, June 3, at noon CST TBD**

For audio: Dial 1-877-899-3892 Code: 5582715019

If you receive the error message "this meeting is cancelled," go to the home page of the meeting center and search for "NDPERS Wellness Coordinator Call."

Friendly reminder: Please mute your phones during the calls as a courtesy to other listeners. If your phone does not have a mute button, dial *6 and then select option 1. To comment or ask a question, you can un-mute by again dialing #6. We would also like to ask that you avoid putting your line on hold, as the background music can be heard by all other participants. Thank you.

Coming up in May

Consider promoting these events next month!

- Mental Health Month
- Arthritis Awareness Month
- Better Sleep month
- Global Employee Health & Fitness

A Partnership for Worksite Wellness

NDPERS and BCBSND are working together to support and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools. We appreciate feedback on all our wellness tools to serve your worksite better and welcome your suggestions.

Please take time to fill out surveys we may submit to you from time to time to evaluate these programs.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2292
Email: stacy.duncan@bcbsnd.com

NDPERS and BCBSND are working together to support and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2292
Email: stacy.duncan@bcbsnd.com

Here is a list of contacts that will be useful to you as a Wellness Coordinator:

Stacy Duncan
NDPERS Wellness Consultant
701-277-2884
stacy.duncan@bcbsnd.com
Stacy is your main resource contact. She can help you with general wellness program questions and assist you with enhancing your worksite wellness programs.

Rebecca Fricke
NDPERS
rfricke@nd.gov
Rebecca can help you with 1% premium questions, points on programs, updating coordinator information and the status or questions about the application process or forms.

Kathy Allen
NDPERS
kallen@nd.gov
Direct funding program questions to Kathy.

Onalee Sellheim
BCBSND
701-282-1154
onalee.sellheim@bcbsnd.com
Direct questions about benefit plans or schedule Member Education programs through Onalee.

Jodi Crouse
BCBSND
701-277-2059
jodi.crouse@bcbsnd.com
To collect aggregate data on your employer from the Health Reimbursement Arrangements, HealthyBlue and Health Club Credit, contact Jodi.

Heather Horner
BCBSND
heather.horner@bcbsnd.com
701-200-3905 (cell)
Contact Heather to set up a Member Education program if you are located in western North Dakota.

JoVal Wettlaufer
BCBSND
joval.wettlaufer@bcbsnd.com
701-277-2402
Contact JoVal to set up a Member Education program if you are located in eastern North Dakota.

More resources:

- www.ndworksitewellness.org
- www.ndpershealthyblue.com
- www.nd.gov/ndpers
- http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html

29374934 (2035) 3-15