



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Protect your skin from too much sun.



Coordinator Newsletter

Volume 3, Issue 9
May 2013

May is Skin Cancer Awareness Month

Now that winter is finally over, there's a tendency for people to abandon caution while enjoying the sun. Skin cancer makes up nearly half of all the cancers reported in the U.S. There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma. While melanoma is the most serious, more than 2 million new cases of basal and squamous cell skin cancer occur each year.

The good news is that when skin cancer is detected early, it can be treated more successfully. Watch for these symptoms:

- A change on your skin, specifically in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- Scaliness, oozing, bleeding or change in the appearance of a bump or nodule
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, such as itchiness, tenderness or pain

According to the American Cancer Society, the best way to lower the risk of non-melanoma skin cancer is to avoid long exposure to intense sunlight and practice sun safety. Stay out of the sun between 10 a.m. and 4 p.m. Seek shade during the middle of the day when the sun's rays are the strongest.

Remember to slip, slop and slap rule:

- Slip on a shirt. Wear protective clothing to protect as much skin as possible when out in the sun.
- Slop on sunscreen. Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher.
- Slap on a hat. Wear a wide-brimmed hat, shading the face, ears and neck.

Don't forget to protect your eyes. Wear sunglasses with 99 percent to 100 percent UV absorption. And don't be fooled by cloudy or overcast skies. You need to protect your skin even when it's not sunny.

The American Cancer Society also recommends you avoid other sources of UV light such as tanning beds and sun lamps.



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

Noridian Mutual Insurance Company

Celebrate Employee Health & Fitness Month

Let's celebrate Employee Health & Fitness Month (EHFM), an international and national observance of health and fitness in the workplace held each May. Its goal is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments.

EHFM is a great way to kick off wellness and fitness programs, and bring excitement and compliment existing programs, according to healthandfitnessmonth.org.

Worksite wellness programs benefit employers because they:

- enhance employee productivity
- improve health care costs
- reduce employee absenteeism
- decrease rates of illness and injuries

What's more, wellness and fitness programs help employees in a variety of ways. Employees can lower stress levels, increase well-being and self-esteem, improve physical fitness, increase stamina and job satisfaction and potentially reduce weight.

Wellness Coordinator friendly reminder

Be sure to submit your previous year's Employer Based Wellness Program Year-end activity/Program Confirmation SFN 58437 to PERS to confirm completed activities for plan year ending June 30.

Eat heart-healthy salmon

Try this tasty recipe from the American Diabetes Association:

Marinated Grilled Salmon

Ingredients

- 2 Tbsp lower sodium soy sauce
- 1 Tbsp olive oil
- 1 small hot chili pepper (Serrano or other), equivalent of 1 Tbsp minced chile pepper
- 1 Tbsp grated ginger
- 1 Tbsp minced lemongrass (if you can't find lemongrass, sub with 1 Tbsp lime juice)
- 1 Tbsp Splenda Brown Sugar Blend
- 4 4-ounce skinless salmon filets

Instructions

Prepare an indoor or outdoor grill.
Whisk together all ingredients in a medium sized bowl, except salmon.
Pour marinade over salmon, coating both sides. Marinate in the refrigerator for 30 minutes.
Remove salmon from marinade. Grill filets 4-6 minutes on each side and discard leftover marinade.

Nutritional Facts

Serving Size: 1 filet
Calories 225 Carbohydrates 2g
Protein 26g Fat 12g
Saturated Fat 2g Dietary Fiber 0g
Cholesterol 80mg Sodium 200mg



Grill heart-healthy salmon for supper tonight.

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NDPERS Wellness Coordinator workshops

Date	Location	Register by
June 11 (AM session)	BCBSND Offices, Fargo	May 28
June 18 (AM session)	UND Wellness Center, Grand Forks	June 4
July 8 (PM session)	MSU Student Center, Minot	June 24
July 9 (AM & PM)	BSC Student Union, Bismarck	June 25
July 23 (PM session)	Dickinson City Hall, Dickinson	July 9
July 24 (AM & PM)	BSC Student Union, Bismarck	July 10
July 25 (PM session)	Upper Missouri District Health, Williston	July 11

Remember, NDPERS Wellness Coordinators are strongly encouraged to attend the workshop closest to their location. To pre-register, contact Stacy Duncan, NDPERS Wellness Consultant, at stacy.duncan@bcbsnd.com or 701-277-2884).

Looking for other Worksite Wellness ideas? Join the North Dakota Worksite Wellness Blog: <https://www.ndworksitewellness.org/blog/>

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, June 5, 11 a.m. CST
- Wednesday, July 17, 1 p.m. CST
- Wednesday, August 7, noon CST

To join the call/webinar: Go to <http://www.webmeeting.att.com>

Meeting number: 888-330-1716 Code: 704446

For audio: Dial 1-888-330-1716 Code: 704446

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 #0 and then select option 1. To comment or ask a question, you can un-mute by again dialing #0-1. 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 June

- National Cancer Survivors Day – June 2
- Father's Day – June 16
- Fireworks Safety Month
- Men's Health Month
- National Safety Month



Mark your calendar for
Wellness Consultant calls
and webinars

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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.

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
onalee.sellheim@bcbsnd.com
Direct questions about benefit plans or schedule Member Education programs through Onalee.

Jodi Crouse

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

Milissa Van Eps

BCBSND
milissa.van.eps@bcbsnd.com
701-795-5360
Contact Milissa to set up a Member Education program if you are located in eastern North Dakota.

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.



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