NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 5, Issue 8
May 2015

Anxiety, depression and other mental health conditions are real diseases.

Take good care of your mental health

One in five American adults experienced some type of mental health condition in 2013.

Mental health involves emotional, psychological and social well-being. It affects how we think, feel and act, including how we handle stress and make choices. People who are mentally healthy are also better able to cope with other health challenges.

It's common for people to feel down once in a while and worry about family, work and other matters. But you may have a mental health condition if you have had these symptoms for more than a few days:

- Too little or too much eating or sleeping.
- Withdrawing from people and usual activities.
- Low or no energy.
- Persistent bad thoughts, memories.
- Intensified fears.
- Unexplained aches.
- Increased use of tobacco or alcohol.
- Mood swings that cause relationship problems.

If you've been experiencing these symptoms, there is help. Consider seeing your health care provider. He or she will first identify your specific factors and conditions, and then create a treatment plan.

Treatment choices may include:

- Employee Assistance Program (EAP). Check with your employer to see if EAP is offered.
- Therapy with trained mental health professionals.
- Support-group participation that is completely confidential.
- Peer support from those who have suffered from similar conditions.
- Medications to help manage symptoms. If your doctor thinks prescriptions will help, there are Food and Drug Administration (FDA)-approved options that improve certain chemical brain messengers.

Most people recover with a combination of therapy and medication, and achieve stronger overall health. This dual approach also gives people proven coping tools to continue thriving.

May is Mental Health Month. Remember, anxiety, depression and other mental health conditions are real diseases. Please do not hesitate to seek help.

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

Noridian Mutual Insurance Company

Redeem your HealthyBlue points by June 30!

Blue Cross Blue Shield of North Dakota has been honored to serve NDPERS for 37 years!

We will do our best to provide excellent customer service as we support the transition of NDPERS members to a new carrier.

Please encourage employees to redeem their HealthyBlue points by June 30.

To log into your NDPERS healthyblue account, visit:
www.ndpershealthyblue.com

Healthy activities spotlight

May is Mental Health Month. It's a great time to create awareness that mental health conditions, such as depression or anxiety, are real and treatable.

Mental Health America's website provides screening for depression, anxiety, bipolar and post traumatic stress disorder. Remember, these are not diagnostic tools, but they can be used to start a conversation with your health care provider. The screens are intended for people age 18 and older.

Take part in the first ever Summit West!

Summit West can help your employees experience a healthier workplace

Creating a healthy workforce is one of the best ways to combat rapidly rising health care costs.

You'll want to attend the first ever North Dakota Worksite Wellness Summit West on Wednesday, May 13, in Bismarck. Blue Cross Blue Shield of North Dakota (BDBSND) and the North Dakota Department of Health are co-hosting this event, which will be different from the summit held last fall in Fargo.

Summit West is set for 9 a.m. to 2 p.m. CDT at the National Energy Center of Excellence (NECE) on the Bismarck State College campus.

About the speakers

Now more than ever, evidence shows the intimate relationship between work environment, employee health and company profitability. Smart organizations focus on creating workplaces that are safe, health-focused and positive. Dr. L. Casey Chosewood from the Centers for Disease Control and Prevention will share a proven workplace strategy to create that environment. During his presentation you'll:

- Hear real-life examples of integrated worker protection and health promotion programs
- Explore best practices for engaging employees toward higher levels of health
- Learn the best policy and strategy approaches for creating environments where better worker health can thrive

Award-winning author, professor and television host Terry Ferebee of Minot State University will help explain the connection between brain health and workplace productivity. She'll introduce you to the six critical domains of brain health and reveal cutting-edge research on the effects of exercise on the brain throughout one's entire life. You'll even get to participate in some easy-to-use brain boosters that affect the physiology of the brain. You'll also get some ideas for incorporating brain exercise at home or in the workplace.

You will also learn the art of turning focus into fun from Justin Welk, who is the talent coordinator at Sundog Interactive in Fargo. In recent years, culture has become a buzzword in organizations around the world. It's difficult to define because it means something different to every organization.

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During this presentation, Welk will discuss the components of culture and how they can have an effect on the overall well-being of both the organization and its team members. You'll learn about several topics, including trust, employee engagement, emotional intelligence and work-life integration.

Space is limited, so we encourage you to register right away.

Healthy recipes

Looking for a new recipe that's heart-friendly? Try the American Heart Association's recipe for pan-seared chicken breasts with creamy mushroom sauce.

Ingredients

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

1/4 teaspoon salt

Pepper to taste

1/4 cup all-purpose flour and 1 tablespoon all-purpose flour, divided use

1 1/2 teaspoons olive oil and 1 tablespoon olive oil, divided use

12 ounces button mushrooms, sliced

1 medium shallot, minced

2 medium garlic cloves, minced 1/2 teaspoon dried thyme, crumbled

1 cup dry white wine (regular or nonalcoholic)

1/2 cup fat-free, low-sodium chicken broth

1/4 cup fat-free sour cream

2 tablespoons finely chopped fresh parsley

Preparation

1. Put the chicken on a large plate. Sprinkle both sides with the salt and pepper. Using your fingertips, gently press the seasonings so they adhere to the chicken.
2. Put 1/4 cup flour in a shallow dish. Dip one piece of chicken at a time in the flour, turning to coat and shaking off the excess.
3. In a large nonstick skillet, heat 1 1/2 teaspoons oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 4 minutes, or until golden brown on the bottom. Turn over and cook for 2 to 4 minutes, or until no longer pink in the center. Transfer to a separate large plate. Cover to keep warm.
4. Pour the remaining 1 tablespoon oil into the hot skillet, swirling to coat the bottom. Reduce the heat to medium. Cook the mushrooms and shallot for 5 minutes, or until the mushrooms are golden brown, stirring frequently.
5. Stir in the garlic and thyme. Cook for 1 minute. Sprinkle the remaining 1 tablespoon flour over the mushroom mixture. Cook for 2 minutes, stirring constantly. Gradually pour in the wine. Cook for 2 minutes, stirring constantly to prevent lumps.
6. Stir in the broth. Bring to a simmer and simmer for 2 minutes, or until the sauce is thickened, stirring frequently. Reduce the heat to low.

Pan-seared chicken breasts with creamy mushroom sauce will delight your taste buds!

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7. Stir in the sour cream. Don't let the mixture come to a boil, or the sour cream will curdle. Stir in the parsley. Remove from the heat and set aside.

8. Cut the chicken diagonally. Pour the sauce over the chicken.

Nutrition facts

Calories	291
Total Fat	8.5 g
Saturated Fat	1.5 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.5 g
Cholesterol	75 mg
Sodium	306 mg
Carbohydrates	15 g
Fiber	1 g
Sugars	3 g
Protein	29 g

Dietary Exchanges: 1 starch, 3 lean meat

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these Wellness Coordinators calls and webinars:

- **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 June

Consider promoting these events next month!

- Men's Health Month
- Sun Safety Month

Mark your calendar for the Wellness Coordinator calls.

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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
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

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