



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM



Coordinator Newsletter

Volume 1, Issue 6
April 2011

Enhanced MyHealthCenter launches April 4

Wellness Coordinators who participated in the March 24 WebEx were able to see firsthand the exciting new look and feel of the enhanced MyHealthCenter. The improved site will give members opportunity to earn more points for redemption faster. Likewise, members will have a greater selection of incentives.

Currently engaged members received e-mail notification in mid-March of the great enhancements included in the launch. Non-engaged members will receive a postcard after April 4.

As a Wellness Coordinator, here are some fast facts to help you answer questions you may receive during this transition. As always, feel free to contact me with questions or concerns you may have.

As BCBSND puts the final touches on the enhanced site, some features of the current MyHealthCenter site will be limited from March 24 through April 3, including no ability to earn or redeem points. You may see other temporary maintenance notices if you use the current site during that period.

- All points will be transferred to members' enhanced account automatically.
- Members must complete the Well Being Assessment, and they will be rewarded points for completion.
- Members who are participating only in the Health Club Credit program will not need to complete the Well Being Assessment for the 2011 calendar year.
- Members who currently participate in MyHealthCenter on their secondary benefit plan will be required to use their primary benefit plan number.



The improved site will give members opportunity to earn more points for redemption faster



**BlueCross
BlueShield**
of North Dakota

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

April is Alcohol Awareness Month

Alcohol Awareness Month is a designated time to raise awareness of alcohol abuse and encourage people to make healthy, safe choices. The N.D. Worksite Wellness website lists these facts from the U.S. Department of Health and Human Services:

- For every 25 employees in North Dakota, six are binge drinkers.
- 58 percent of North Dakotans ages 18 to 25 report binge drinking—the highest rate in the U.S.
- 9 percent of North Dakotans age 26 and older say they had five or more drinks in one sitting, which also leads the nation.
- North Dakota leads the nation in the rate of binge and underage drinking.
- In a classroom of 25 high school students, seven binge-drink.

Dietary guidelines indicate men should drink no more than two alcoholic beverages a day and woman should drink no more than one alcoholic beverage a day. One drink equals one 12 oz. beer, one 5 oz. glass of wine or a drink containing 1.5 oz. of 80 proof.

To find a local substance abuse specialist in your area, contact:

Pamela Sagness, LAC
Substance Abuse Prevention Administrator
North Dakota Department of Human Services
701.328.8824, psagness@nd.gov

If you can't convince employees at your worksite that alcohol can be detrimental to their health and others, try another approach. Many people are concerned about weight gain, so they may be interested in these facts.

- The caloric value of beer is listed only if it is listed as a light beer
- The average light beer has 100-130 calories and a typical 12 oz. beer has 150-200 calories
- Drinking two regular beers equals the same amount of calories (300-400) as a fast food double cheeseburger, a fast food roast beef sandwich or two slices of cheese pizza.
- Alcohol contains 7 calories per gram, so the more the alcohol content, the greater number of calories. That means more workouts will need to be done.

Thank your public health unit

Be sure to thank your public health unit for all they do during National Public Health Week April 4-10.



North Dakota leads the nation in the rate of binge and underage drinking.

Marissa Parmer
BCBSND/NDPERS Wellness
Specialist
Phone: 701-277-2852
Fax: 701-277-2253
E-mail:
marissa.parmer@bcbsnd.com



I appreciate your involvement in Worksite Wellness.

Survey response

I appreciate your involvement in Worksite Wellness. As we approach the new Wellness Plan year on July 1, 2011, I need your input on how I can better assist you. Please take a moment to fill out this short survey located at <http://www.surveymonkey.com/s/YCCK83Q>.

Thank you to those who have already completed the survey. Based on the feedback, I will start hosting the monthly conference call/WebEx on Wednesdays. However, I can adjust to another day of the week after June if further feedback indicates a need for change.

Mark your calendar

The monthly conference call/WebEx schedule is listed below. I will announce the topics at a later date.

- 2-3 p.m. CST, April 13
- 1-2 p.m. CST, May 11
- 11 a.m.-noon CST, June 22

Plan to attend a summer workshop

When you attend a summer workshop, you will receive one point. Please RSVP to me at marissa.parmer@bcbsnd.com or 701-277-2852. The sooner you respond the better because if numbers are small, workshops could be cancelled. I'll announce parking and room details closer to workshop date.

- Burlington (near Minot): 9 a.m.-12:30 p.m. June 1, Des Lacs Elementary
RSVP by May 27
- Fargo: 12:30-4 p.m. June 9, BCBSND Building
RSVP by June 3
- Dickinson: 12:30-4 p.m. June 15, Dickinson State University
RSVP by June 10
- Bismarck: 8:30 a.m.-noon June 28, Bismarck State College
1-4:30 p.m. June 28, Bismarck State College
RSVP by June 24
- Grand Forks: 12:30-4 p.m. July 19, Grand Forks School of the Blind
RSVP by July 15
- Williston: 8:30 a.m.-noon July 26, Williston Upper Missouri District Health Unit
RSVP by July 22
- Bismarck: 8:30 a.m.-noon July 27, Bismarck State College
1-4:30 p.m. July 27, Bismarck State College
RSVP by July 22

Marissa Parmer
BCBSND/NDPERS Wellness
Specialist
Phone: 701-277-2852
Fax: 701-277-2253
E-mail:
marissa.parmer@bcbsnd.com

Education and Training events

The Gearing up for Worksite Wellness workshop is May 23-24. Anyone in the NDPERS system can attend the workshop for \$75, which includes lunch.

Research indicates a worksite wellness program can greatly improve employees' health, result in lower health care costs, and increase productivity and morale. Businesses can learn how to start a worksite wellness program or how to enhance an existing program at the Gearing Up Training Worksite Wellness workshop.

The event is from 8:30 a.m.-4:30 p.m. May 23-24 at the Bismarck State College NECE Building. This training is a follow-up to the Worksite Wellness Summit held last fall in Fargo.

Presenters include: Pete Seljevold, Healthy North Dakota Worksite Wellness director; Dr. Terry Dwelle, North Dakota state health officer; Melissa Olson, Healthy North Dakota director; Anita Hoffarth, Reach Partners Worksite Wellness consultant; and Marissa Parmer, North Dakota Public Employees Retirement System/Blue Cross Blue Shield of North Dakota wellness specialist.

For more information and to register, contact anita@reachpartnersinc.com or call 800-773-7583.

Alcohol Awareness Month resources

If you're looking for more information to observe Alcohol Awareness Month, check out these resources.

<http://www.nd.gov/dhs/services/mentalhealth/prevention/index.html>

<http://workplace.samhsa.gov/WPWorkit/index.html>

<http://www.nd.gov/dhs/services/mentalhealth/>

<http://www.webmd.com/mental-health/alcohol-abuse/news/20060112/drunken-at-work-how-common-is>



Anyone in the NDPERS system can attend the Gearing up for Worksite Wellness workshop for \$75, which includes lunch.

Marissa Parmer
BCBSND/NDPERS Wellness
Specialist
Phone: 701-277-2852
Fax: 701-277-2253
E-mail:
marissa.parmar@bcbsnd.com



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:

Marissa Parmer

BCBSND/NDPERS

701-277-2852

marissa.parmar@bcbsnd.com

Main resource contact.

Direct any general wellness program questions and or assistance with developing your worksite wellness programs to the next level to Marissa.

Rebecca Fricke

NDPERS

rfricke@nd.gov

Direct 1% premium questions, points on programs, updating coordinator information, status or questions on application process or forms to Rebecca.

Kathy Allen

NDPERS

kallen@nd.gov

Direct funding program questions to Kathy.

Onalee Sellheim

BCBSND

onalee.sellheim@bcbsnd.com

Direct questions on 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 HRA, MHC and HCC contact Jodi.

Milissa Van Eps

BCBSND

milissa.van.eps@bcbsnd.com

701-795-5360

Contact Milissa if you are located in eastern North Dakota to set up a Member Education program.

Heather Schuster

BCBSND

701-255-5575 (office)

701-200-3905 (cell)

heather.schuster@bcbsnd.com

Contact Heather if you are located in western North Dakota to set up a Member Education program.



Working together to provide a healthier and more engaged worksite.

Marissa Parmer
BCBSND/NDPERS Wellness
Specialist
Phone: 701-277-2852
Fax: 701-277-2253
E-mail:
marissa.parmar@bcbsnd.com