



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 2, Issue 8
April 2012

National Walk@Lunch Day is Wednesday, April 25

Get up from your desk and on your feet for a walk at lunch on April 25 for National Walk@Lunch Day!

National Walk@Lunch Day is designed to complement—not compete with—your busy lifestyle. It was created to improve personal health and decrease the costs of health care for employers and employees. National Walk@Lunch Day is the start of your new daily walking routine, helping you to improve your health step by step.

Participation is fun and easy. On Wednesday, April 25, local Blue Cross and Blue Shield companies, businesses large and small and state legislatures across the nation will encourage employees to wear comfortable shoes and take a walk at lunch.

BCBSND and NDPERS will be hosting a walk at the Bismarck Capitol from 11:30 a.m. to 1 p.m. We encourage you to join us if you are in the area, or plan to host a walk at your own worksite. If you are interested in hosting a walk, here are some planning tips:

- Get approval from any necessary parties
- Organize a planning team or use your wellness committee to plan the walk
- Determine site and walk route
 - Have marked start/end points (mark with balloons/signs)
 - Have an inside route prepared as a back-up plan for inclement weather, if possible
- Contact any necessary public safety departments to ensure the safety of your event
- If hosted in a public space, obtain necessary permits and make necessary reservations
- Design and print promotional materials/signs/banners/etc.
- Distribute promotional event materials to target audiences
- Finalize and distribute news release to local media
- Finalize a detailed “Run-of-Show” for the planning team, outlining components of the event
- Conduct any final outreach to participants the morning of the walk
- WALK!!!
- Send letters of thanks to those who helped with the planning and execution of the walk
- EVALUATE and modify plans for next April



**TURN A
WORKING
LUNCH
INTO A
WALKING
LUNCH**
APRIL 25, 2012

Join us at the Capitol on April 25
or plan a walk at your worksite.



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

Noridian Mutual Insurance Company

Schedule a Walking Works presentation

Research shows walking more each day can reduce the risk of developing heart disease, diabetes, cancer and other health problems. Through Walking Works, BCBSND Member Education Consultants Heather Horner and Milissa Van Eps will come to your worksite and encourage employees to walk more. They will explain the health benefits, give tips on how to get started and provide tools to help employees start counting steps. Heather and Milissa are also available to present the new HealthyBlue online wellness tools to your employees. Just give them a call to schedule a presentation.

Heather Horner

Minot/Williston District
Bismarck/Dickinson District
701-255-5575
heather.horner@bcbsnd.com

Milissa Van Eps

Fargo/Jamestown District
Grand Forks/Devils Lake District
701-795-5360
milissa.van.eps@bcbsnd.com

Register on HealthyBlue

Have you registered on HealthyBlue and completed your health assessment yet? Get out and explore www.ndpersHealthyBlue.com. You'll notice a more friendly interface, with all the functionality you would expect on a robust wellness site:

- Inspirational articles on healthy living
- Easy-to-use trackers for health and nutrition
- Interact with a dietitian or fitness trainer
- Online wellness workshops
- Customized challenges
- Earn points and redeem them at popular retailers
- Plus, mobile web for your smart phone

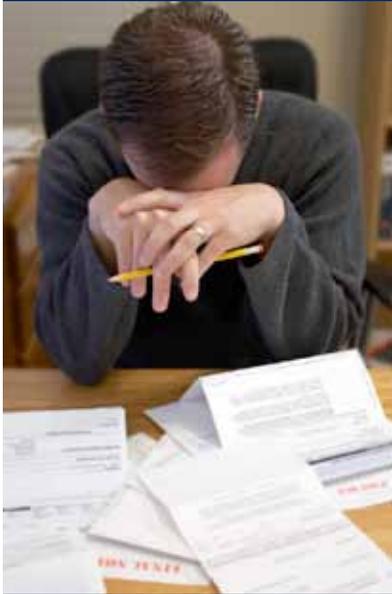
Wellness Voucher Update

The Wellness Voucher Program is being reviewed to reflect the move from MyHealthCenter to HealthyBlue. We have yet to determine who the new contact person will be with the new company, so please create a file and hang onto your voucher forms for now. I hope to have all updates available for you in the very near future. The voucher form is also being updated, but the original form will work just fine until the new one becomes available. If you are a new coordinator and are not familiar with the Wellness Voucher Program, please contact Tara Roberts at tara.roberts@bcbsnd.com or 701-277-2852 for more information.



Explore HealthyBlue! Its exercise, food and weight trackers can help you reach your wellness goals.

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BCBSND/NDPERS
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Phone: 701-277-2852
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April is National Financial Literacy Month.

Promote financial wellness in April

April has been designated by the United States as National Financial Literacy Month. Like many things in life, successful finances start with a plan. Provide your employees with the tools they need to help them establish and maintain healthy financial habits. In turn, you will help them reduce stress and anxiety.

Financial Literacy and Education Commission

www.Mymoney.gov

888-MyMoney – a toll-free hotline

Thrive by Five: Teaching Your Preschooler About Spending and Saving:

www.creditunion.coop/thriveby5

Tips on financial management from NDSU Extension:

www.extension.org/personal+finance

Thrifty ideas for turbulent times

www.welcoa.org/freeresources/pdf/financial_wellness.pdf

Special report from WELCOA on becoming “fiscally fit”

www.welcoa.org/freeresources/pdf/aa_apr07.pdf

Healthy recipe from the NDSU Extension Service

Try this great recipe provided by the North Dakota State University Extension Service, the United States Department of Agriculture and the Center for Nutrition Policy and Promotion. It is quick, easy and economical. Click here for more recipes and tips for healthy, thrifty meals:

<http://www.ag.ndsu.edu/disaster/documents/FoodPlansRecipeBook.pdf>

Baked Spicy Fish

Description

4 servings, about 3 ounces each

Preparation time: 15 minutes

Cooking time: 25 minutes

1 pound cod fillets, fresh or frozen

1/8 teaspoon ground oregano

1/4 teaspoon paprika

1/8 teaspoon ground thyme

1/4 teaspoon garlic powder

1 Tablespoon lemon juice

1/4 teaspoon onion powder

1-1/2 Tablespoons margarine, melted

1/8 teaspoon pepper

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish in to four fillets or pieces. Place fish in ungreased a 13-inch by 9-inch by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Per Serving:

Calories 140

Total Fat 5.0g

Saturated Fat 1.0g

Cholesterol 513mg

Sodium 123mg

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Visit the NDSU Extension Service for ideas on how to educate your kids on eating healthy.

Family Health: Kids and Nutrition

Last month we suggested creating a family "Healthy Living" bulletin board. Need ideas for things to post on the board? Visit the NDSU Extension Service at <http://www.ext.nodak.edu/food/kidsnutrition/kids-2.htm> for ideas on how to educate your kids on eating healthy. You'll find online games, printable puzzles and games, activities, coloring pages, quizzes, recipes and more.

April 2-8 is National Public Health Week

Join the movement to educate Americans about what we can do to live healthier lives. Together we can create a healthier America, rooted in wellness and prevention. Remember, you have the power to improve the quality of life for your employees and their families through the wellness programs you are promoting at your worksites. Every employee you reach is part of multiple "communities" outside of the workplace. Help them to spread the health!

Important upcoming dates

April 11: Monthly Wellness Coordinator Call/WebEx at 2 p.m. CST (topic TBA)

April 25: National Walk@Lunch Day

May 2: Monthly Wellness Coordinator Call/WebEx at 11 a.m. CST (topic TBA)

To join all monthly calls and Web/Exs: Go to <http://www.webmeeting.att.com>

Meeting Number: 866 680 0148

Code: 704446

For Audio: Dial 1-866-680-0148

Code: 704446

- Please remember to mute your phones during monthly 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.

Summer Wellness Coordinator Workshops are around the corner

Fargo: Tuesday, June 6, 1-4:30 p.m., BCBSND Building

Minot: Tuesday, June 19, 1-4:30 p.m., MSU Student Center—Westlie Room on the third floor

Bismarck: Wednesday, July 18, 8:30 a.m. - noon and 1-4:30 p.m., BSC—National Energy Center of Excellence

Thursday, August 2, 8:30 a.m.-noon and 1-4:30 p.m., BSC—National Energy Center of Excellence

Grand Forks: Wednesday, July 25, 12:30-4 p.m., N.D. Vision Services/School for the Blind

Williston: Wednesday, August 1, 9 a.m. - 12:30 p.m., Upper Missouri District Health Unit

Dickinson: TBA

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Remember, you receive 1 point for attending the summer workshop. Please RSVP to Tara Roberts at tara.roberts@bcbsnd.com or 701-277-2852. The sooner you respond the better because if numbers are low, workshops could be cancelled. Workshop details will be emailed to participants who have responded as the workshop date nears. Thank you to all our great workshop hosts!

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:

Tara Roberts

BCBSND/NDPERS

701-277-2852

tara.roberts@bcbsnd.com

Tara 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 percent 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, My Health Center 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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