NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

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August 2011

August is Great Outdoors Month

Setting the tone for environmental and behavioral change, this month teaches what wellness is and builds a solid foundation for healthy and active living. Encourage your employees to enjoy Mother Nature and be active before we all become bears and hibernate during the winter months.

I'd like to share some of the ideas for August activities. Some of the ideas are from your fellow Wellness Coordinators.

- Hold a company family picnic with volleyball, softball, horseshoe pitch, water games, face-painting, tug-of-war, clowns and more.
- Plan a golf tournament proceeded by a noon-hour session with golf pro or have someone provide the benefits of how strength training can improve your golf swing.
- Plan a "Shorts and Shades" walk followed by a pot-luck beach party. Have a dietitian provide healthy recipes for grilling.
- Arrange camping and hiking adventures for employees' families. Use your local park district for trails.
- Provide lessons on how to bait a hook by the Game and Fish Department. Provide life jacket checks.
- Provide a session on how to cook a healthy meal with the game that you've harvested.

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August summer recipe

Summer is a great time to eat lots of vegetables. Try this recipe courtesy of Utah State University Extension.

Marinated Vegetable Salad

Ingredients

1 head broccoli, cut in florets
1 head cauliflower, cut in florets
1 c. carrots, sliced
1 small red onion, sliced
1 tomato, diced
1 c. nonfat Italian dressing

Directions

Mix all ingredients and allow to marinate in refrigerator for several hours.

Makes six servings.

Nutrition facts per serving: 100 calories, 0 grams (g) fat, 20 g carbohydrate and 5 g fiber.

The playground is a great place for kids and adults to be physically active.

Playground summer workouts

Try this outdoor workout to enjoy being outside and a change of pace from the gym.

Find a walking trail and or playground and do this circuit routine. Go through this routine two to three times, depending on your fitness level.

- Warm up by walking 5-10 minutes at a fast walk.
- Do 25 walking lunges along the path or around playground. Let your child play, and you can work out at the same time.
- Do step ups on bench or on playground step for 2 minutes at a fast pace.
- Do 15-20 pushups off bench or on ground, followed by 15-20 dips off bench, 10-15 pull ups if using a bar on the playground.
- Walk fast or run 2-5 minutes.
- Do 20 squats and or squat jumps
- Do mountain climbers for 30 seconds fast. Assume the pushup position on the ground and move your knees back and forth as fast as you can toward your chest.
- Repeat the routine, starting with the lunges.

Another great workout for summer is water aerobics. Try doing the above workout in the pool and swim laps in between the exercises listed.

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

Health Club Credit visits reduced

The number of required health club visits—for members to receive their $20 monthly health club credit—has been reduced to nine visits for the month of July. Previously, BCBSND reduced the number of visits to nine for April, May and June.

HealthWays vouchers

HealthWays vouchers for the MyHealthCenter Vouchers are due by August 31 for the July 1, 2010, to June 30, 2011 NDPERS Wellness plan year. The voucher is attached. The voucher should be faxed to Anne Johnson of HealthWays at 651-855-3809 and or mailed to 3285 Northwood Circle Suite 120, Eagan, MN 55121.

The member will be able to see these voucher points by November 1, 2011.

Healthy North Dakota 2011 Worksite Wellness Summit

I hope you're making plans to attend the Healthy North Dakota 2011 Worksite Wellness Summit, Tuesday, Sept. 27, at the Holiday Inn in Fargo. Registration is 8-9 a.m. and the summit is 9 a.m.–4 p.m.

The featured presenters can provide inspiration and ideas for a worksite wellness program.

- Dr. Rosie Ward Ph.D., MPH, MCHES, Health Management Services Manager at RJF Agencies. Rosie is a highly sought after national speaker who challenges conventional wisdom to move beyond "Band-Aid" approaches to wellness to get results. She will share with us the importance of building a company culture to support engagement and well-being by focusing on ways to measure and improve resiliency—on an organizational and individual level.
- Tonya Vyhlidal M.Ed., CHPD, Wellness, Safety and Life Enhancement Director at Lincoln Industries. Tonya will share how a plating company took well-being and made it a key company focus. While most companies focus only on the core business components in their strategy development, Lincoln Industries—a company of true entrepreneurship— took wellness and made it a company belief statement, core concept and business strategy. Tonya will show how the organization's wellness program has transformed its people and its bottom line.
- Sarah Warzecha, BS, Marketing Specialist/Wellness Coordinator at Cold Spring Granite. Sarah will share real world experiences of running a highly successful worksite wellness program.

You can also attend topic-specific breakout sessions.

Please check www.NDworksitewellness.org for updates on registration. Please register as a student in order to receive the reduced rate of $30.

Save the dates

The monthly conference call/WebEx will be 2-3 p.m. CST, Wednesday, August 17.

Conference call number for August:

Call in information: 1-866-680-0148 | Participant code: 704446

Attend the Worksite Wellness Summit to find out how you can start or enhance your worksite wellness program.

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BCBSND/NDPERS Wellness Specialist
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Fax: 701-277-2253
E-mail:
marissa.parmer@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.

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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:

Marissa Parmer
BCBSND/NDPERS
701-277-2852
marissa.parmer@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
heather.schuster@bcbsnd.com
701-200-3905 (cell)
Contact Heather if you are located in western North Dakota to set up a Member Education program.

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