



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**

### **Do you know your BCBSND benefits?**

Immunizations other than well child care are covered at 100 percent of the allowed charge and the deductible is waived.

Covered immunizations are those published as policy by the CDC including:

- Hepatitis
- Influenza Virus Vaccine
- DPT (Diphtheria/ Pertussis/Tetanus)
- MMR (Measles/ Mumps/Rubella)
- Chicken Pox (Varicella)
- Pneumococcal Disease
- Meningococcal Disease
- Polio
- HPV (Human Papillomavirus) ages 9-26 (Males Included)
- Shingles (Zostavax) age 60+

**Note:** certain age restrictions may apply



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

Noridian Mutual Insurance Company



# Coordinator Newsletter

Volume 2, Issue 12  
August 2012

## **August is National Immunization Awareness Month**

The Centers for Disease Control and Prevention and the National Center for Immunization and Respiratory Diseases encourage everyone, not just babies and young children, to stay current on shots. We all need to protect ourselves from serious diseases and illnesses.

Visit <http://www.healthfinder.gov/nho/PDFs/AugustNHOtoolkit.pdf> to access a promotional toolkit provided by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. The toolkit includes:

- Immunization (or vaccination) recommendations
- Sample newsletter announcements, tweets, e-cards, and web badge
- Action steps for promoting immunizations at your worksite
- Educational resources and more

## **Fight the bite**

Join the "Swat Team" and survive West Nile Virus. West Nile Virus is spread through infected mosquitoes and can cause serious, life-altering disease. Visit <http://www.ndhealth.gov/WNV/> to learn more about preventing West Nile through the North Dakota Department of Health. Here you will find:

- Current data
- Fact sheets
- Posters
- Brochures
- Sample display
- Children's Activity Book
- Information card





An eye examination is an ideal way for parents to know if their child has vision problems.

## Family Health: Protect your child's eyes

August is Children's Eye Health and Safety Month. Two to three percent of children are affected by amblyopia, a condition that causes permanent vision loss. Visit [www.preventblindness.org](http://www.preventblindness.org) to learn more about amblyopia and to get tips on preventing eye injuries in children, signs of possible eye problems and general eye health.

## Try this healthy recipe

Brought to you by your fellow NDPERS Wellness Coordinator at Grant County, Beth Roth, NDSU Extension Agent – Family and Consumer Science

### Fruit Salsa with Cinnamon Crisps

2 cups strawberries, hulled and chopped  
1 medium apple, cored and chopped  
1 medium navel orange, peeled and finely chopped OR 1 15-ounce can mandarin oranges, drained and chopped  
3 medium kiwi, peeled and chopped  
1 8-ounce can unsweetened pineapple tidbits, drained  
1 tbsp. lemon juice  
1 tbsp. sugar

Cinnamon Crisps:

10 10-inch flour or whole wheat tortillas  
¼ cup sugar  
2 tsp. cinnamon

Combine fruits in a medium mixing bowl and add lemon juice and sugar. Refrigerate until serving time.

Brush tortillas lightly with water. Sprinkle with sugar and cinnamon mixture. Cut each tortilla into eight triangles using a pizza cutter.

Bake at 375 degrees for 10-15 minutes or until light brown. Store in an airtight container.

Makes 10 servings. Per serving: 210 calories, 3.5 grams (g) fat, 5 g protein, 41 g carbohydrates, 5 g fiber and 170 milligrams sodium.

Tara Roberts  
BCBSND/NDPERS  
Wellness Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
Email: [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com)



Wellness Vouchers are due August 31.

## Wellness Vouchers are due August 31

Remember, your Wellness Vouchers for activities taking place for Wellness Plan year July 1, 2011, through June 30, 2012, are due by August 31, 2012, if you have not sent them in already. Our goal is to get these points loaded to HealthyBlue by November 1, 2012. Redemptions will be ready for members to use for holiday shopping, if they wish.

You can send me the old forms or the new forms. I will convert any old forms I receive over to reflect the new higher point values when I load them into HealthyBlue. We do not have a secure tunnel to send the forms through email, so please mail or fax them to me, Tara Roberts. My address is:

**Tara Roberts**  
BCBSND  
4510 13th Avenue South  
Fargo, ND 58121  
Fax Number: 701-277-2852

I'm pleased to announce new (fillable) voucher forms as well as new explanation forms were made available after the June conference call. If you did not receive these forms, please let me know and I will email them to you.

## Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, August 8 at 2 p.m. CST
- Wednesday, September 5 at noon CST

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

**Meeting Number:** 866 680 0148      **Code:** 704446

**For Audio:** Dial 1-866-680-0148      **Code:** 704446

**Friendly reminder:** Please 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.

## Remaining Summer Wellness Coordinator Workshops

<b>Williston</b>	Wednesday, August 10 9 a.m. - 12:30 p.m. Upper Missouri District Health Unit
<b>Bismarck</b>	Thursday, August 23 8:30 a.m. - noon & 1 - 4:30 p.m. BSC - National Energy Center of Excellence
<b>Dickinson</b>	Tuesday, August 14 1 p.m. - 4:30 p.m. SW District Health Unit <i>*RSVP by August 10</i>

Please RSVP to Tara Roberts at [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com) or 701-277-2852. Thanks again to all of the NDPERS Wellness Coordinators who graciously agreed to host this summer.

**Tara Roberts**  
BCBSND/NDPERS  
Wellness Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
Email: [tara.roberts@bcbsnd.com](mailto:tara.roberts@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:

### 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% 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.



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.

**Tara Roberts**  
BCBSND/NDPERS  
Wellness Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
Email: tara.roberts@bcbsnd.com