



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 3, Issue 4
December 2012

End of the year reminders

With Thanksgiving behind us, it's time to start thinking of all the things we need to wrap up before the end of the year.

- Everyone has until Dec. 31, 2012, to redeem their points on the HealthyBlue online wellness tool. Points will not carry over into 2013, so you will either need to use them or lose them.
- If employees are starting to notice that their HealthyBlue points have stopped accumulating, they have most likely reached their annual max of 25,000 points. Please remind them that if they are also participating in Health Club Credit, the months they meet the 12-visit requirements to receive up to \$20 counts toward their annual incentive. Up to 2,000 points are removed from their available total on HealthyBlue for every month they receive \$20 from Health Club Credit.
- December is also a great time to remind everyone to log in and do their annual Health Risk Assessment (HRA) after Jan. 1 when everything is reset on HealthyBlue. Those participating in the Health Club Credit program need to re-take their HRA after Jan. 1 before they will be rewarded any credits for 2013.
- Your NDPERS Wellness Program Discount Application (SFN 58436) and Wellness Benefit Funding Program Application (SFN58361) are due to be submitted to NDPERS by Feb. 28 for the upcoming plan year. Now is a good time to pull your wellness committee and/or focus groups together if applicable and finalize the last details. All forms are available at <http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html>. If you have questions on the application process, please call Rebecca Fricke at 701-328-3978 or email rfricke@nd.gov.

Be recognized as an American Heart Association's Fit-Friendly company

Is your workplace Fit-Friendly? Simple steps such as providing walking routes or allowing staff to wear athletic shoes to promote exercise can help fight heart disease and gain recognition as one of the American Heart Association's Fit-Friendly Worksites. Check out the list of companies recognized for 2012 and learn more at www.startwalkingnow.org.

Don't miss out on the opportunity to have your organization recognized as a company that prioritizes employees' health. The next Fit-Friendly application deadline is Jan. 31.



Things to do before the end of the year



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

Noridian Mutual Insurance Company



Try these healthy holiday alternatives.

Family Health: Listen to the "12 Ways to Health" holiday song

The Centers for Disease Control and Prevention's festive song, set to the tune of "The Twelve Days of Christmas," will help you to stay safe and healthy through the holidays! You can listen to it at: <http://www.cdc.gov/family/holiday/12ways.htm>

Try these healthy holiday alternatives from the North Dakota Cancer Coalition

The North Dakota Cancer Coalition provides these tasty and healthy alternatives for some holiday favorites. For more information, visit <http://www.ndcancercoalition.org/?id=146&page=Nutrition+During+the+Holidays>.

Festive Green Beans

8 oz. frozen green beans

1 red bell pepper, cut into strips

3 Tablespoons low-fat chicken broth

Directions: Sautee peppers in non stick spray. Add broth. Steam beans until tender, 3-4 minutes. Add green beans and cook 1 minute more.

Serves: 4. Nutrition Information: 45 calories, 0 grams of fat

Light and Tasty Corn Bake

16 oz. package frozen corn

17 oz. can cream style corn

2 eggs, beaten

1/3 cup skim milk

8 oz. light or fat-free sour cream

9 oz. package corn muffin mix

1/2 cup low-fat grated cheddar cheese (optional)

Directions: Mix all ingredients (except cheese). Pour into sprayed 9 x 13 pan and bake at 350 degrees for 40 minutes. Sprinkle with cheese and heat until cheese melts. Variations: Add chopped onions, green peppers, or other tasty vegetables for more color and flavor.

Serves 12. Nutrition Information: 184 calories, 5 grams fat (1 CHO exchange)

Light and Easy Pumpkin Pie

4 low-fat cereal bars (apple flavor)

1/4 cup graham cracker crumbs

16 oz. can pumpkin

1/2 cup egg whites

1/2 cup sugar

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



Attend a training event near you.

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1 Tablespoon pumpkin pie spice mix

12 oz. can evaporated skim milk

Directions: Preheat oven to 350 degrees. Process cereal bars and graham cracker crumbs. Spray 9" glass pie pan. Evenly pat crumbs into pan. Spray crust with nonstick spray. Bake crust 7 minutes. Blend rest of ingredients. Pour into crust and bake 45 – 55 minutes. Done when firm in center, use a toothpick to check.

Serves 8. Nutrition Information: 190 calories, 0.5 grams of fat (2 1/2 CHO Exchange)

Cider Baked Sweet Potatoes

3/4 cup apple cider or juice

1 large can sweet potatoes

1/2 teaspoon apple pie spice (pinch of cinnamon, ginger, and cloves)

Directions: Preheat oven to 350 degrees. Combine ingredients in sprayed baking dish. Bake covered, for 1 hour.

Serves 4. Nutrition Information: 90 calories, 0 gram fat (1 CHO exchange)

Gearing Up for Worksite Wellness training announced

<u>Registration Date</u>	<u>Location</u>	<u>Due Date</u>
Feb. 25-26	Grand Forks, Choice Health & Fitness	Feb. 15, 2013
April 22-23	Minot, TBA	April 12, 2013
TBD, Spring 2013	Bismarck, Bismarck-Mandan Chamber of Commerce	TBD

Remember, NDPERS Wellness Coordinators qualify for the discounted rate of \$99. If you are interested, email tara.roberts@bcbsnd.com for an NDPERS-specific registration form if you do not have one already.

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, Jan. 9 at 2 p.m. CST
- Wednesday, Feb. 6 at noon CST
- Wednesday, March 6 at 11 a.m. 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.

January preparations: Cervical Cancer Awareness

It is not too early to start preparing for your January promotions and Cervical Cancer Awareness Month. Watch for the NDPERS-specific Cervical Cancer flier to come through your email in late December or early January. You may print the flier and post it in employee-specific areas at your worksites, include it in an employee newsletter, forward it on through email or distribute it any way you choose to your employees.

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.



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