NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 4, Issue 3
December 2013

Focus on safety and age appropriateness when shopping for toys for children.

December is Safe Toys and Gifts Month

December can be a busy month when shopping for gifts. It's always important to slow down to make sure the toys you select are safe and age appropriate for the children on your shopping list. Prevent Blindness America encourages purchasing toys specifically for the age and individual skills and abilities of the child who will receive it. Remember infants and children young than age 3 may require special considerations.

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. Of those, 72 percent were younger than 15. What's more, in 2007 alone, toymakers recalled more than 19 million toys worldwide because of safety concerns such as lead paint and small magnets.

For any holiday or birthday gifts please consider the following guidelines for choosing safe toys for all ages:

- Avoid toys that may have loose parts or sharp edges.
- For children with special needs, select toys that have sound, movement and texture. Consult the AblePlay website at http://www.ableplay.org for more information.
- Most toys have an age marked on the packaging. Be sure the child(ren) meet that standard.
- Pay close attention to safety inspection. ATSM means the toy has met the American Society for Testing and Materials standards.
- Remember protective gear with sporting equipment, such as a helmet with bike.
- Research recalled toys and/or lead exposure in toys.

For more information

- Call Prevent Blindness America at (800)331-2020 or visit www.preventblindness.org/children/safetoys.html
- www.cpsc.gov/cpscpub/prerel/category/toy.html
- http://kidshealth.org/parent/firstaid_safe/home/safe_toys.html
- www.cdc.gov/nceh/lead/faq/toys.html
- www.nlm.nih.gov/medlineplus/ency/article/002473.htm

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

Noridian Mutual Insurance Company

HealthyBlue points expire on Dec. 31

Redeem your HealthyBlue points by Dec. 31, 2013. After that date, points will expire. To redeem your points, log into www.ndpershealthyblue.com, click on "View Points and Redeem" (located on the left hand side of the page). Points can only be redeemed through the redemption center; no exceptions.

What Member Education can do for you

If you are looking for ways to get more out of your health care dollar, Blue Cross Blue Shield of North Dakota's Member Education Program can help.

A Member Education consultant is available to meet with your employees and provide concise, easy-to-understand information about how insurance works, what drives costs and what they can do to reduce their health care costs.

A Member Education presentation takes approximately 30 minutes. Your Member Education consultant can tailor a presentation by including your group's utilization statistics and information about how your group compares to statewide averages and peer groups.

The consultant also provides a tool that each participant can use to maintain or improve his or her health. Participants in the Walking Works Program, for instance, receive a pedometer.

This vaccination awareness campaign program can be used throughout the year.

New 1-2 point program now available!

A new one-two point program is now available to NDPERS Wellness Coordinators. This program is a vaccination awareness campaign that can be used throughout the year. Posters, paystub stuffers and flyers are available in a PDF format. Examples of the program can include:

- One vaccination per year = One point (i.e., flu vaccination)
- Two vaccinations per year = Two points (i.e. , flu vaccination & tetanus shot clinic)

For more information, contact Stacy Duncan at stacy.duncan@bcbsnd.com or (701) 277-2884.

Send us your Wellness Stars

Do you know of an employee who is living a healthy lifestyle? We are looking for success stories and would like to start regularly recognizing these efforts. If you know an employee who is demonstrating a healthy lifestyle through exercise, healthy eating or smoking cessation, we encourage you to nominate him or her as a "Wellness Star of the Month."

Please contact Stacy Duncan at stacy.duncan@bcbsnd.com or (701) 277-2884 to complete the nomination form. Nominations are due by the 15th of every month to be considered for the next month.

Stacy Duncan
NDPERS Wellness Consultant
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Email: stacy.duncan@bcbsnd.com

Healthy Activities Spotlight

Indoor Poker Walk

Submitted by Diane Thorne, First District Health Unit – Minot, N.D.

Live Well, Work Well held a poker walk inside the Health Unit at the end of the All Staff session. Cards were placed outside the conference room doors and in the far end of the nurse's corridor. Every time employees passed a table, they were able to take one card without looking at it. After they had five cards in their hand, they were able to exchange cards (without looking) each time they reached a table. They could only exchange one card at a time, again without looking at the cards. They could do the 'loop" as many times as they could before time ran out. We gave prizes to those with the best poker hand.

Healthy Recipes

Delight your friends and family with Spaghetti Squash Casserole.

Try this healhful recipe from the American Diabetes Association.

Spaghetti Squash Casserole

Serves 9

Ingredients

Cooking spray
1-5 pound spaghetti squash
1 tablespoon olive oil
2 links Italian Chicken Sausage (about 3 ounces each), diced
1 clove garlic, minced
8 ounces sliced mushrooms
2 tablespoons flour
2 cups skim milk
½ cup reduced fat shredded mozzarella cheese, divided
1 teaspoon salt (optional)
¼ teaspoon ground black pepper
¼ cup chopped fresh basil
¼ cup grated parmesan cheese

Cooking Instructions

Preheat oven to 375 degrees F. Coat a baking pan with cooking spray.

Fill baking pan with 1 inch of water. Cut squash in half lengthwise. Lay squash cut side down in the pan and roast for 1 hour.

Remove the roasted squash from the skin. Discard skin and any seeds and place into a large bowl. Set aside.

Coat another baking pan (9x9) with cooking spray. Set aside.

While squash is roasting, add olive oil to a medium sauce pan over medium high heat. Sauté chicken sausage until beginning to brown.

Add garlic and mushrooms and sauté until mushrooms are softened and all liquid is evaporated.

Sprinkle flour over the mushroom and sausage mixture and cook for 2-3 minutes, stirring constantly.

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Add milk and whisk vigorously, scraping the bits off the bottom of the pan. Bring to a boil.

Reduce to a simmer and let simmer for 3-4 minutes. Add ¼ cup of mozzarella cheese and stir to melt. Stir in salt, pepper and basil.

Pour sauce over the cooked spaghetti squash and mix to incorporate.

Pour into prepared baking dish, top with remaining mozzarella cheese and parmesan cheese. Bake for 45 minutes or until cheese is golden brown and casserole is bubbly and brown around the edges.

Cut into 9 even squares.

Nutritional Facts

Serving Size: 1/9 of casserole – about a 3x3 inch piece

Calories	Carbohydrate	Protein	Fat	Saturated Fat
135	14 g	9 g	5.0 g	1.8 g
Sugar	**Dietary Fiber**	**Cholesterol**	**Sodium**	**Potassium**
7 g	2 g	20 mg	225 mg	380 mg

Gearing up for Worksite Wellness Training

Date: Dec. 4 - 5
Location: Bismarck, Bismarck-Mandan Chamber of Commerce

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

Looking for other Worksite Wellness ideas? Join the North Dakota Worksite Wellness blog: https://www.ndworksitewellness.org/blog

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, Dec. 11 at 11 a.m. CST
- Wednesday, Jan. 8 at 1 p.m. CST
- Wednesday, Feb. 5 at 11 a.m. CST

To join the monthly call/webinar: Go to https://meetingcenter33.webex.com/meetingcenter33/onstage/g.php?t=a&d=793156816.

Event number: 793-156-816

For audio: Dial 1-888-330-1716 Code: 704446

Friendly reminder: Please mute your phones during the 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.

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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January is approaching fast!

Coming up in January

Consider promoting these events next month!

- National Glaucoma Awareness Month
- Thyroid Awareness Month
- National Radon Action Month
- National Folic Acid Awareness Week

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:

Stacy Duncan
NDPERS Wellness Consultant
701-277-2884
stacy.duncan@bcbsnd.com
Stacy 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, HealthyBlue 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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