



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 2, Issue 4
February 2012

February is American Heart Month

You can find lots of great information at the sites listed below to promote healthy hearts at your worksite:

- Heart.org, Heart.org/NorthDakota and StrokeAssociation.org. Official websites for heart and stroke information
- MyLifeCheck.org. Stop heart disease before it starts. Learn what you can do to live a better life with Life's Simple 7.
- GoRedForWomen.org and GoRedND.com. Heart disease kills one of every three North Dakota women. Learn how to lower your risk.
- StartWalkingNow.org. Get walking with our online tools and resources for companies and individuals such as walking paths, trackers and walking plans.
- Heart.org/NutritionCenter. Information on healthy diet goals, cooking, shopping, eating out and recipes.
- Hearthub.org. Information, tools and resources about heart disease and stroke.
- HandOnlyCPR.org. Learn CPR online.
- Heart.org/CPR. Find a CPR class.
- BeTheBeat.Heart.org. Youth training
- YoureTheCure.org. You're the Cure is a nationwide network of people dedicated to finding a cure for heart disease and stroke through advocacy.



The best way for your children to get a good start on a lifetime of healthy teeth and gums is to develop good habits at an early age and schedule regular dental visits.

Family Health: Rock your Smile

The American Dental Association (ADA) celebrates National Children's Dental Health Month in February. This is a great time for you to help your kids "brush" up on good oral hygiene. The ADA feels that the best way for your children to get a good start on a lifetime of healthy teeth and gums is to develop good habits at an early age and schedule regular dental visits. You can get supportive materials to promote ADA's National Children's Dental Health Month to your employees and their families by visiting, <http://www.ada.org/5578.aspx#campaign> including:

- How to brush and floss worksheets
- "Rock your Smile" posters
- The McGrinn twins' story and coloring sheets
- Crossword puzzles
- Words activity and search
- Tooth anatomy worksheet
- Buck McGrinn calendar
- Healthy Smile certificates



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

Get ready for National Nutrition Month

Have you started planning for March's National Nutrition Month promotions? Join us for the Web/Ex at 11 a.m. CST on Wednesday, Feb. 8.

Joan Enderle from the American Heart Association will be joining us as our guest speaker. Joan is the Communications and Go Red Director for North Dakota. She will be introducing you to a new 2-point worksite wellness program titled "Simple Cooking with Heart". This wonderful program will show you how to cook easy, heart-healthy meals at home.

To join the meeting: 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. Thank you.
- The March Conference Call/WebEx will be held at 1 p.m. CST on Wednesday, March 7. Topic: TBA.
- Please contact Tara Roberts at tara.roberts@bcbsnd if you did not receive the summary from the Jan. 11 WebEx.

Heart Healthy Recipe from the American Heart Association

The American Heart Association's Simple Cooking with Heart website has a variety of simple, heart-healthy recipes available along with tips and preparation videos. You can even download a Simple Cooking Home Party Kit and share the recipes and tips you learned with your friends and family. Here is an example of one of my favorite recipes from the website:

Barbeque Glazed Chicken Tenders and Oven Fries

Description

4 servings Prep time: 20 minutes cook time: 25 minutes

Oven Fries

Cooking spray

3 medium baking potatoes

1/2 teaspoon garlic powder

1/2 teaspoon paprika

1/8 teaspoon pepper

1. Preheat oven to 400°F. Spray a nonstick cookie sheet with cooking spray.
2. Scrub potatoes (you can peel the potatoes if you don't like the skin) and cut into 1/8- to 1/4-inch strips. Arrange potatoes evenly in pan.
3. In a cup, combine garlic powder, paprika and pepper. Sprinkle evenly over potatoes.
4. Bake for 25 minutes or until potatoes are tender.



The American Heart Association's Simple Cooking with Heart website has a variety of simple, heart-healthy recipes available along with tips and preparation videos.

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Barbeque Glazed Chicken

Cooking spray

1 pound boneless, skinless chicken tenderloins

1/2 cup barbeque sauce (lowest sodium available)

1/2 cup no-sugar added orange marmalade or grape jam/jelly

1. Trim visible fat from chicken and pat dry.
2. Spray skillet or frying pan with cooking spray and turn to medium-high heat. Add chicken to skillet, cook 4 minutes, flip chicken and cook an additional 3-4 minutes until no longer pink.
3. In a small bowl mix barbeque sauce and marmalade/jam/jelly. Microwave covered at 60 percent power for 40 seconds. Use a spoon to spread sauce evenly over chicken tenders.

Serving tip: Cut the chicken into bit-size pieces and serve on whole-wheat tortillas for tangy chicken tacos!

Per serving:

| | | | |
|---------------------|-------|---------------|--------|
| Calories | 397 | Cholesterol | 73 mg |
| Total Fat | 3.0 g | Sodium | 360 mg |
| Saturated Fat | 0.5 g | Carbohydrates | 61 g |
| Trans Fat | 0.0 g | Fiber | 3 g |
| Polyunsaturated Fat | 0.5 g | Sugars | 29 g |
| Monounsaturated Fat | 1.0 g | Protein | 28 g |

Dietary Exchanges: 2 starch, 2 other carbohydrate, 3 lean meat

Are you a wise health consumer?

The American Institute for Preventive Medicine established National Wise Health Consumer Month with the goal of increasing visibility to the importance of medical self-care and wise consumer programs. Visit the institute's website at <http://aipm.net/wise/> and download:

- Event press release
- Wise Consumer Health Activity Tips
- Healthy Savings: 101 Ways to Lower Your Health Care Costs

Schedule a Member Education *Take Care of Yourself* presentation

At BCBSND, we feel that everyone has a role in the cost of health care. Our Member Education programs provide you with the information and tools to help you and your employees to be part of the solution. The first step is to get informed.

Sometimes it's hard to know how concerned to be about a burn, neck pain or a cough. *Take Care of Yourself* is a health reference book. It's easy-to-use "decision charts" show how to treat many medical problems at home and help determine when it's appropriate to seek medical care.

Contact:

Heather Schuster

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701-255-5575

heather.schuster@bcbsnd.com

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The first step to lowering health care costs is to get informed.

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Friendly reminder

Your NDPERS Wellness Program Discount Application (SFN 58436) and Wellness Benefit Funding Program Application (SFN58361) are due to be submitted to PERS by Feb. 28 for the upcoming plan year. 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.

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 Schuster

BCBSND

heather.schuster@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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