



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM



Coordinator Newsletter

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Make S.M.A.R.T. resolutions for 2012

Some people go into the New Year with lists of resolutions, and others don't even think about their resolutions until someone asks them. How many resolutions have you made over the years and how many of them did you keep? You can improve your chances of success by making your resolutions S.M.A.R.T.:

- **Specific:** Make sure your resolution is clearly identified and quantified. For example, instead of "I am going to exercise more" make it, "I am going to exercise at least three times per week."
- **Measurable:** Make sure you can track and record your resolution, so you can clearly determine if it has been accomplished.
- **Achievable:** Is your resolution a realistic one? Do you have the necessary resources? What obstacles might stand in your way? It is great to challenge yourself, but make sure the odds aren't stacked against you.
- **Relevant:** Make sure your resolutions are meaningful. Will accomplishing this goal have a positive impact on you or someone else? Is it important to you or someone else?
- **Time-framed:** Make sure to designate a timeframe for your resolutions. This will help you hold yourself accountable.

Join us in the fight against cervical cancer

January is National Cervical Cancer Awareness Month. Remind your employees about their benefits for cervical cancer screening services. In addition to the \$200 annual benefit for preventive screening services, Pap tests are covered at 100 percent of the allowed charge, and the deductible amount is waived. Benefits are available as follows (for members age 6 and older):

- One Pap test per Benefit Period: deductible and coinsurance waived
- Related office visit: copayment applied, deductible and coinsurance waived

If the member is younger than age 6, the service will apply toward the \$200 preventive maximum. Additional benefits will be available for Pap tests when Medically Appropriate and Necessary and ordered by a Professional Health Care Provider. See Outpatient Hospital and Medical Services.

Benefits outlined above apply to members on the NDPERS Grandfathered Benefit Plan. Members on the Non-Grandfathered or HDHP plans may contact Member Services at 800-223-1704 (Monday through Friday, 8 a.m.-5 .m. CST) for clarification of coverage.



You can improve your chances of success by making your resolutions S.M.A.R.T.



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

What can you do at your worksite?

You can find awareness materials on the North Dakota Cancer Coalition website at <http://www.ndcancercoalition.org/?id=83&page=Cervical+Cancer+Awareness>. Materials include:

- Cervical cancer and human papillomavirus (HPV) PowerPoint
- Cervical cancer and HPV fact sheet
- Display board items. Simply print, cut out and post on a display board
- Evidence-based strategies
- Cervical cancer websites

Folic Acid Awareness Week January 8-14

Neural tube defects (birth defects of the brain and spine) can be reduced by up to 70 percent when potential mothers consume a sufficient amount of folic acid. The recommended amount of 400 mcg can be reached by taking a multivitamin with folic acid and eating enriched cereals and grain products. The National Council on Folic Acid recommends that, since 50 percent of all pregnancies are unplanned, even women not planning to become pregnant should take a multivitamin with folic acid every day.

If you would like promotional materials for Folic Acid Awareness Week, visit www.folicacidinfo.org.

Prenatal Plus

Folic Acid Awareness Week may also be a good time to remind your employees about the Prenatal Plus program available through NDPERS and BCBSND.

We believe each pregnancy is as unique as the child it brings, so each pregnancy deserves special care and attention. Prenatal Plus is a free, voluntary educational support program for expectant mothers. As a valued member of BCBSND, you are automatically eligible to enroll and receive valuable pregnancy information and support throughout your pregnancy, including:

- One-on-one pregnancy assessment
- Special care for at-risk pregnancies
- Clear trusted advice
- Pregnancy calendar
- Prenatal visit chart
- Continued tips and information on taking care of your new baby after birth

Once you have had your first prenatal visit with your health care provider, call the number on the back of your BCBSND ID card to enroll in the Prenatal Plus program and sign up for your free pregnancy assessment.

When an NDPERS member is enrolled in the Prenatal Plus program, the Copayment Amount for prenatal vitamins is waived and the Deductible Amount is waived for delivery services received from a PPO Health Care Provider.



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Family Health

New Year's resolutions are great, but family resolutions can be even more powerful! The Family Health section of our December newsletter asked you to make a health commitment to spend quality time together, eat family meals together, be active together and practice positive parenting.

As you make your list of resolutions this year, consider making a family commitment to slow down. If your family calendar looks anything like mine, you are bouncing from one activity to another, sometimes multiple activities in one evening. We want to provide our families and children with opportunities, but it is also important to have quality down time. Our children need unstructured play time to explore, dream, imagine and grow! Try these tips:

1. Sit down as a family and prioritize all of the activities written on your family calendar. Then decide as a family where you may be able to cut back.
2. Once your children decide which activities mean the most to them, try to adopt a "One Activity Per Child Policy" in your family. Everyone can still get a variety of experiences; just choose one structured activity to focus on at a time.
3. Pencil in free time for yourselves and unstructured play time for your kids.
4. Make family hangout days or half-days a new tradition. Schedule a regular day to have family time, and stick to it. Maybe you dedicate Saturday mornings to watching movies in your PJs or Sunday evenings to playing board games.
5. Explore the great outdoors together. Go sledding, have a family snowball fight or have a family snow sculpture competition.

Visit the following link for more ideas on how to start new family traditions in 2012:
http://www.education.com/magazine/article/Start_New_Tradition_the_New_Year/

Worksites have opportunity to be recognized as Fit-Friendly workplaces

The American Heart Association is seeking nominations from forward-thinking worksites and companies leading the way to provide their employees with a culture of physical activity and health for the Fit-Friendly Companies Award. This award promotes wellness and cultural change.

Applications are due by January 31 and are available at <http://ffc.heart.org>.

The American Heart Association Fit-Friendly Companies program will recognize employers who champion the health and wellness of their employees by creating and encouraging a culture of physical activity in the workplace. Awards will be granted at the Platinum, Gold and Community Fitness Innovation levels.



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Companies will be judged on the following:

- Physical activities that are encouraged on site
- Nutritional education and healthy food options that are available
- General culture of health promoted at the work place

Employers who adopt the Start! Fit-Friendly Companies Program will also be recognized by the American Heart Association on the program's national website. In addition, eligible companies will be granted the right to use the program's annual recognition seal for internal communications to employees and external, recruitment-related communications.

Companies interested in joining the American Heart Association Fit-Friendly Companies Program can access instructions and the official application at http://mystartonline.org/start_workplace_fit_friendly.jsp or contact the North Dakota American Heart Association office for more information at 800-437-9710.

Remember, applications are due by January 31 for review by an expert panel.

Looking Ahead: National Wear Red Day February 3

Get started on your Wear Red Day event planning with the American Heart Association's free downloadable materials at www.GoRedForWomen.org/WearRedDay.

Here are a few ways you can help fight heart disease in your worksite:

- Mark your calendar to wear red on Friday, February 3, 2012.
- Raise awareness about heart disease, its impact and how we can fight back. Plan an educational activity.
- Help raise funds through donations and fundraisers for life saving educational programs and the development of new treatments to fight heart disease.
 - Casual Day. For a cash donation, employees can purchase a day to wear jeans to the office.
 - Healthy bake sale.
 - Tribute wall. For a cash donation, employees can honor a heart survivor and post in a specified location in your worksite. Suggested donation is \$5.
- Love our hearts. Be physically active, eat a heart-healthy diet and learn about heart disease and its risk factors.

Free materials are available to support your activities. Order materials by using the North Dakota Wear Red Day Materials Order Form at http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_434428.doc.



Be physically active, eat a heart-healthy diet and learn about heart disease and its risk factors.

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Save the dates

Wellness Coordinator Conference Calls/WebEx

- January 11 WebEx will be held at 1 p.m. CST.

Join us for an overview of the importance of worksite wellness in North Dakota, the NDPERS Employee Wellness Discount Program, and Resources available to NDPERS Wellness Coordinators.

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

- February 8 WebEx will be held at 11 a.m. CST.

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 called 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>

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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.

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.

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The Simple Cooking with Heart program will show you how to cook easy, heart healthy meals at home.

Here is a list of contacts that will be useful to you as a Wellness Coordinator:

Tara Roberts

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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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