NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

Cervical cancer screening should begin at age 21.

NDPERS Wellness
building healthy members

Coordinator Newsletter

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January is Cervical Cancer Awareness Month

The American Cancer Society recommends the following guidelines for early detection:

- Cervical cancer screening should begin at age 21. Women younger than age 21 should not be tested.
- Women between the ages of 21 and 29 should have a Pap test every three years. Now there is also a test called the HPV test. HPV testing should not be used in this age group unless it is needed after an abnormal Pap test result.
- Women between the ages of 30 and 65 should have a Pap test plus an HPV test every five years. This is the preferred approach, but it is also OK to have a Pap test alone every three years.
- Women older than age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing continues past age 65.
- A woman who has had her uterus removed for reasons not related to cervical cancer and who has no history of cervical cancer or serious pre-cancer should not be tested.
- A woman who has been vaccinated against HPV should still follow the screening recommendations for her age group.

Some women — because of their history — may need to have a different screening schedule for cervical cancer. Women should not stop cervical cancer screenings once they stop having children. They should continue to follow American Cancer Society guidelines.

The American Cancer Society guidelines for early detection of cervical cancer do not apply to women who have been diagnosed with cervical cancer. These women should have follow-up testing as recommended by their health care team.

For more information, please see www.cancer.org for document called Cervical Cancer: Prevention and Early Detection.

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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

Set SMART goals for 2013

Are you setting S.M.A.R.T. goals?

A new year is well known as the time that we all set New Year's resolutions or goals for the year. According to *Time Magazine*, the top commonly broken New Year's resolution is to lose weight and get in better shape. This year whether you make a personal resolution to get fit, spend more time with family, stop smoking, manage debt or any other goal, here are a few ideas to make your New Year's resolution stick:

Create a S.M.A.R.T. goal:

Specific. A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions: Who, What, Where, When, Which and Why.

Measurable. Establish concrete criteria for measuring progress toward the attainment of each goal you set. State your goal in terms of units that can be measured. For example, you can track minutes of exercise, number of days you write down what you eat, etc.

Attainable. Set goals that are just out of reach, but not out of sight.

Realistic. To be realistic, a goal must represent an objective toward which you are both willing and able to work. Pick a goal that has meaning to you.

Timely. A goal should be grounded with a time frame. Time limits help us get the job done. Think in terms of a week at a time.

A good example of a SMART goal is: By April 15, I will lose 10 pounds through exercising at least 30 minutes a day and eating at least three servings of fruit and vegetables daily.

Get the healthy recognition your organization deserves

Did you know the American Heart Association recognizes employers who go above and beyond when it comes to their employees' health? This national recognition rewards companies for their leadership in encouraging a healthy work environment. The requirements are based on your organization's actions toward a healthy worksite and are distributed in platinum, gold and innovative levels.

For more information, visit www.startwalkingnow.org, click on "in the workplace" or go directly to the online application site by visiting ftc.heart.org. Application deadline is Jan. 31 and July 31.

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Celebrate Healthy Weight Week Jan. 15–21

The 20th annual Healthy Weight Week is a time to celebrate healthy living habits that last a lifetime and prevent eating and weight problems.

Reasons to live a healthy lifestyle

- **Mental Health.** Exercising and eating a healthy balanced diet that includes a combination of complex carbohydrates, lean protein and healthy fats may be an effective way to protect mental health.
- **Energy and stamina.** A healthy body rewards you with a lifetime of service in the form of high energy levels, strength and longevity. According to research, even low-intensity exercise can decrease fatigue by 65 percent while boasting energy levels up to 20 percent.
- **Disease prevention.** Lifestyle factors such as diet, exercise and avoidance of harmful habits can go a long way toward preventing disease. Eating a diet low in saturated fat, exercising for 30 minutes daily and avoiding tobacco use greatly reduces the risk of heart disease — the most common chronic disease in the US.
- **Beauty and appearance.** Healthy lifestyle choices like daily exercise and eating a balanced diet regularly help prevent obesity and can help maintain a youthful appearance.

Healthy Weight Week is Jan. 15–21.

Looking to start a Walking Program at work?

The American Heart Association offers Worksite Wellness Walking Program Kits. These kits are full of materials to kick start your program, including promotional posters, milestone trackers and a coordinator's guide. For more information, visit www.startwalkingnow.org (click on the "in the workplace" tab; "walking program").

Gearing Up for Worksite Wellness training announced

Registration Date	Location	Due Date
Feb. 25-26	Grand Forks, Choice Health & Fitness	Feb. 15, 2013
April 22-23	Minot, TBA	April 12, 2013
Spring 2013	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.

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Monthly Wellness Consultant Call/Webinar Schedule

Mark your calendar for these WC calls and webinars:

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

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.

Coming in February:

- American Heart Month
- National Wear Red Day (Feb. 1)
- Super Bowl XLV (Feb. 3)
- World Cancer Day (Feb. 4)
- President's Day (Feb. 18)

Healthy snack corner

Gorp

Enjoy this tasty treat from EatingWell.

Ingredients

1/2 ounce whole shelled (unpeeled) almonds
1/4 ounce unsalted dry-roasted peanuts
1/4 ounce dried cranberries
1 tablespoon chopped pitted dates
1 1/2 teaspoons chocolate chips

Preparation

Combine almonds, peanuts, cranberries, dates and chocolate chips in a small bowl.

Nutrition

Per serving: 102 calories; 6 g fat (1 g sat , 3 g mono); 0 mg cholesterol; 11 g carbohydrates;

1 g added sugars; 3 g protein; 2 g fiber; 29 mg sodium; 69 mg potassium.

Nutrition Bonus: Potassium, magnesium, fiber, vitamins E and C.

Carbohydrate Servings: 1

Exchanges: 1 fruit, 1 fat

Gorp is delicious and nutritious.

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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
NDPERS Wellness Specialist
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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