NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

January is National Cervical Cancer Awareness Month!

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 4, Issue 4
January 2014

January is National Cervical Cancer Awareness Month!

Regular checkups and cancer screenings are important to your health and could save your life.

The American Cancer Society recommends the following cervical cancer screening guidelines:

- Cervical cancer screenings should begin at age 21.
- 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 5 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. 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. Please consult your physician for more information.

A vaccine that prevents cancer

Did you know there is a vaccine that prevents cancer? The HPV vaccine prevents against the human papillomavirus (HPV), a virus that has been associated with several different types of cancer in both men and women. It has been estimated that HPV may be responsible for 26,000 cases of cancer each year. About 17,000 of these cases occur in women and about 9,000 occur in men. HPV can cause cervical, anal, vulvar, vaginal, penile, oral and pharyngeal cancers. Fortunately, there is a vaccine that can prevent the majority of cancer-causing HPV infections.

There are two kinds of HPV vaccines: Cervarix and Gardasil. Cervarix protects against two types of human papilloma virus (HPV) and can only be used in girls. Gardasil protects against four types of HPV and can be used in boys and girls. HPV vaccine is recommended for preteens between the ages of 11 and 12 and for teens and young adults who did not receive the vaccine at 11 or 12. The earlier your preteen is vaccinated, the better – the HPV vaccine is most effective

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at ages 11 and 12. Men and women can receive the vaccine through age 26. The vaccine series consists of three shots over a six-month period. It is important to receive all three shots in order to be fully protected.

The NDPERS Group Health Insurance Plan covers the cost of the HPV vaccine and the administration fee — just bring your insurance card with you to your doctor's office, pharmacy or local public health unit. When visiting your health-care provider for HPV vaccine, be sure to ask about other vaccines that may be needed.

Don't forget to complete your Health Assessment in HealthyBlue

Employees and spouses 18 or older on the BCBSND health plan is eligible for a reimbursement of up to $250 each. The New Year will reset our wellness benefit calendar, therefore each individual will need to log into HealthyBlue and complete the health assessment. This is an annual assessment and should take about 15 to 20 minutes to complete. Not completing the assessment can cause a lapse in payout of the health club credit. Be sure to log in today! www.ndpershealthyblue.com

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" by the 15th of each month.

Please contact Stacy Duncan at stacy.duncan@bcbsnd.com or 701-277-2884 to complete the nomination form.

Healthy Activities Spotlight

Go Red! Fight heart disease.
Picture submitted by Charlene Magstadt, Public Service Commission

Celebrating 10 years of Going Red by wearing red

In February, join us to celebrate the progress made to lives saved from heart disease over the past 10 years during American Heart Month by wearing red on National Wear Red Day, Friday, Feb. 7, 2014. Go Red is much more than wearing red. It's about living a longer, stronger life and encouraging your loved ones to do the same. Together we build healthier lives free of cardiovascular diseases for all ages – for men and women.

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What it means to **Go Red**

- **G**et Your Numbers: Ask your doctor to check your blood pressure and cholesterol.
- **O**wn Your Lifestyle: Stop smoking, lose weight, exercise and eat healthy.
- **R**ealize Your Risk: We think it won't happen to use, but heart and stroke disease kills 1 in 3.
- **E**ducate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- **D**on't Be Silent: Tell everyone you know that heart disease is our No. 1 killer.

GOING RED IN THE WORKPLACE

There are lots of ways to turn your workplace Red during February.

- Ask employees to show their support by wearing Red. Hold a contest for the most creative Red outfit or Red cubicle.
- Distribute heart-healthy tips.
- Post Wear Red Day posters.
- Encourage healthy living – set up an indoor walking path, serve healthy snacks at all meetings, etc.
- Stock the break room with apples and other heart-healthy Red snacks.

National Wear Red Day, on Feb. 7, 2014, will be here before you know it. That's why it's important to plan ahead. The American Heart Association is ready to help you with a wide range of free downloadable and printable materials. To get started go to www.goredforwomen.org/wearredday. Click 'Sign Up' to fill out the information form. When you receive your confirmation email, you'll get a link to a page full of free downloadable materials, such as the 2014 National Wear Red Day planning guide, posters, flyers, heart health information and more! A limited supply of Go Red For Women collateral materials are available at no cost. Click here for a Wear Red Day 2014 order form and NDPERS Worksite Wellness 2 point program guide.

Healthy Recipes

Try this healthful recipe from the American Diabetes Association.

Turkey (or Chicken) and Dumplings

Prep time: 25 minutes
Serves 4; serving size: Generous 1 cup turkey and vegetables, 2 dumplings

Ingredients

2 tsp canola oil
3 medium carrots, peeled and chopped
3 medium celery stalks, coarsely diced
5 or 6 green onions, including tender tops, very coarsely chopped
2 1/2 cups fat-free reduced-sodium chicken broth, divided
1 cup diced cauliflower florets
1 tsp dried marjoram leaves
2 bay leaves
1/4 tsp salt (optional)
1/8 to 1/4 tsp black pepper, to taste
2 1/2 Tbsp cornstarch
2 1/2 cups very coarsely diced roasted turkey (or chicken) white meat

Need a hot meal for a cold day? Try Turkey and Dumplings.

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DUMPLINGS
1 cup all-purpose white flour
1/4 tsp salt
Scant 1/2 tsp baking soda
2 Tbsp olive oil
2/3 cup nonfat milk combined with 1 tsp lemon juice

Preparation

1. Preheat the oven to 425 degrees. In a 12-in, deep-sided stove-top and oven-proof casserole (or a 12-in deep-sided skillet with an oven-proof handle), combine the oil, carrots, celery, and green onions over medium-high heat.
2. Cook, stirring, until the vegetables are lightly browned, about 5 minutes.
3. Stir in 2 cups broth, the cauliflower, marjoram, bay leaves, salt, and pepper. Bring to a boil; then adjust the heat so the mixture simmers for 5 minutes. Remove the bay leaves and discard. Taste and add more salt, if desired.
4. In a small bowl or cup, combine the remaining 1/2 cup broth with the cornstarch, stirring until well blended. Stir the cornstarch-broth mixture and the turkey meat into the vegetable mixture until thoroughly incorporated. Heat until hot; remove from the burner.
5. Ready the dumpling mixture: In a small, deep bowl, thoroughly stir together the flour, salt, and baking soda. Stir in the oil, then stir in about 1/2 cup of the milk-lemon juice mixture. Add enough more of the milk-lemon juice mixture to yield a soft, moist dough; for tender dumplings stir only enough to mix together the ingredients.
6. Using large spoons, drop the dough into 8 equal-size dumpling mounds, spacing them evenly over the turkey mixture. Transfer to the oven. Bake, uncovered, in the upper third of the oven for 15 to 20 minutes, or until the dumplings are puffy and browned and a toothpick inserted in a center dumpling comes out clean.

Nutrition Information

Exchange/Choices	Calories: 415	Sodium: 751 mg
2 Vegetable	Calories from Fat: 99 g	Total Carbohydrate: 42 g
2 Starch	Total Fat: 11 g	Dietary Fiber: 6 g
4 Lean Meat	Saturated Fat: 1 g	Sugars: 8 g
	Cholesterol: 79 mg	Protein: 36 g

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, February 5 at 1 p.m. CST
  To join the February call/webinar: Go to (#797 607 543)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=192339162&UID=494098687&RT=MiM3
- Wednesday, March 5 at noon CST
  To join the March call/webinar: Go to (#794 012 330)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=192340372&UID=494098687&RT=MiM3
- Wednesday, April 2 at 1 p.m. CST
  To join the April call/webinar: Go to (#793 726 678
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=192566457&UID=494098687&RT=MiM3

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

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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.

Coming up in February

Consider promoting these events next month!

- American Heart Month
- Canned Food Month
- National Cherry Month
- National Children's Dental Health Month
- National Donor Day
- Presidents' Day: Feb. 17

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.

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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