



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM



# Coordinator Newsletter

Volume 1, Issue 11  
July 2011

## New Wellness program year begins

July 1 is the start of a new NDPERS Wellness program year, which concludes June 30, 2012. I'd like to welcome all new and returning Wellness Coordinators. We have a series of workshops planned this summer to exchange ideas from the various agencies, provide policy updates, inform Wellness Coordinators of available Wellness programs, and explain processes on various NDPERS forms.

The summer workshops are part of your Wellness program participation for the one point received. If you are unable to attend, the online version will be available by the end of August.

To those who are just coming aboard, you will receive a monthly electronic newsletter as well as e-mails with wellness topics and dates of monthly conference calls/WebEx hosted by BCBSND and NDPERS. The last page of the monthly electronic newsletter features a list of contacts who can assist you with your wellness program and answer benefit questions you may have along the way.

Please don't hesitate to contact me if you need assistance with your Wellness program. I'm happy to come to your site or to visit by conference call and/or WebEx. I'm eager to assist you and your Wellness Committee in tailoring your individual worksite wellness program, so it's effective and efficient for you.

## Schedule a free Summer Safety class

July is a perfect time to schedule a Summer Safety presentation by BCBSND Member Education Consultants Milissa Van Eps and Heather Schuster. Please see the program description below:

- **Member Education Summer Safety.** Summer is time for fun in the sun, but we also need to be safe. Learn important information on the sun, skin cancer, West Nile Virus and heat-related illnesses. We want to have fun, but we need to be careful too!

If you're in the eastern half of the state, please e-mail [milissa.van.eps@bcbsnd.com](mailto:milissa.van.eps@bcbsnd.com) to schedule a free class. E-mail [heather.schuster@bcbsnd.com](mailto:heather.schuster@bcbsnd.com) to schedule a free class if you're in the western half of the state. If you have any questions, please feel free to contact me at [marissa.parmar@bcbsnd.com](mailto:marissa.parmar@bcbsnd.com) or 701-277-2852.



**BlueCross  
BlueShield**  
of North Dakota

An independent licensee of the  
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

## July is UV Awareness Month

Skin cancer can affect anyone at anytime. The Centers for Disease Control and Prevention (CDC) provides a list of general risk factors; however, these risk factors can vary based on the type of skin cancer:

- A lighter natural skin color
- Family history of skin cancer
- A personal history of skin cancer
- Exposure to the sun through work and play
- A history of sunburns early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily or becomes painful in the sun
- Blue or green eyes
- Blonde or red hair
- Certain types and a large number of moles

The CDC also lists six different skin types that can increase or decrease your chance of developing skin cancer. Types I and II are the most at risk, but remember anyone can develop skin cancer.

I: Always burns, never tans, sensitive to sun exposure

II: Burns easily, tans minimally

III: Burns moderately, tans gradually to light brown

IV: Burns minimally, always tans well to moderately brown

V: Rarely burns, tans profusely to dark

VI: Never burns, deeply pigmented, least sensitive

Check out these websites to find information to provide to employees:

<http://www.ndcancercoalition.org/?id=86&page=Skin+Cancer+Awareness>

<http://www.cancer.gov/cancertopics/types/skin>

[http://www.aicr.org/site/PageServer?pagename=reduceyourcancerrisk\\_home](http://www.aicr.org/site/PageServer?pagename=reduceyourcancerrisk_home)

<http://www.cancer.org/cancer/skincancer-melanoma/index>



Stay safe in the sun by familiarizing yourself with the risk factors for skin cancer.

Marissa Parmer  
BCBSND/NDPERS Wellness  
Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
E-mail:  
marissa.parmar@bcbsnd.com



Employers who support breastfeeding mothers experience reduced staff turnover, reduced sick time, lower insurance and health care costs, and higher job productivity, employee satisfaction and morale.

## Breastfeeding and the workplace: Did you know?

- State and federal laws exist to protect nursing mothers and their right to continue nursing their child once they return to work.
- Worksites must comply with state and federal laws concerning nursing mothers.
- Breastfeeding provides many health benefits for both the mother and child.
- Employers who support breastfeeding mothers experience reduced staff turnover, reduced sick time, lower insurance and health care costs, and higher job productivity, employee satisfaction and morale.

For more information about how you can assist your worksite to be infant/mother friendly through your worksite wellness programming, visit <http://www.ndhealth.gov/breastfeeding/?id=1>. Another helpful resource site is <http://www.womenshealth.gov/breastfeeding/government-programs/>.

If you'd like more information about workplace breastfeeding, contact Sue Milender at [suem@csicable.net](mailto:suem@csicable.net). She is a breastfeeding consultant with the North Dakota Department of Health.

You may also contact me at [marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com) if you need help with education ideas or assistance with a strategic plan to provide a lactation room. I am happy to visit your worksite.

## 2011 Wellness Coordinator workshop schedule

When you attend a summer workshop, you will receive one point. Please RSVP to me at [marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com) or 701-277-2852. We will add more workshops if needed.

- Burlington (near Minot): 8:30 a.m.-noon July 11, Des Lacs Elementary  
**Cancelled due to flooding.**
- Dickinson: 12:30-4 p.m. July 12, Dickinson State University
- Fargo: 12:30-4 p.m. July 18, BCBSND Building
- Grand Forks: 12:30-4 p.m. July 19, Grand Forks School of the Blind  
**Registration full.**
- Williston: 8:30 a.m.-noon July 26, Williston Upper Missouri District Health Unit
- Bismarck: 8:30 a.m.-noon July 27, Bismarck State College  
**Registration full.**
- Bismarck: 1-4:30 p.m. July 27, Bismarck State College  
**Registration full.**
- Bismarck: 8:30 a.m.-noon July 28, Bismarck State College
- Bismarck: 1-4:30 p.m. July 28, Bismarck State College

Marissa Parmer  
BCBSND/NDPERS Wellness  
Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
E-mail:  
[marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com)

## Healthy North Dakota 2011 Worksite Wellness Summit

The Healthy North Dakota 2011 Worksite Wellness Summit will be Tuesday, Sept. 27, at the Holiday Inn in Fargo. Registration is 8-9 a.m. and the summit is 9 a.m.–4 p.m.

The response to last year's event was fantastic, with more than 275 attendees from across the state.

I hope you'll be able to attend this year. You will discover what a worksite wellness program can bring to your organization.

Featured presenters include:

- **Dr. Rosie Ward Ph.D., MPH, MCHES, Health Management Services Manager at RJF Agencies.** Rosie is a highly sought after national speaker who challenges conventional wisdom to move beyond "Band-Aid" approaches to wellness to get results. She will share with us the importance of building a company culture to support engagement and well-being by focusing on ways to measure and improve resiliency—on an organizational and individual level.
- **Tonya Vyhliidal M.Ed., CHPD, Wellness, Safety and Life Enhancement Director at Lincoln Industries.** Tonya will share how a plating company took well-being and made it a key company focus. While most companies focus only on the core business components in their strategy development, Lincoln Industries—a company of true entrepreneurship— took wellness and made it a company belief statement, core concept and business strategy. Tonya will show how the organization's wellness program has transformed its people and its bottom line.
- **Sarah Warzecha, BS, Marketing Specialist/Wellness Coordinator at Cold Spring Granite.** Sarah will share real world experiences of running a highly successful worksite wellness program.

In addition, the summit will feature several topic-specific breakout sessions.

This conference is geared toward health professionals, wellness coordinators, CEOs, business owners, human resource professionals, benefits managers and worksite wellness champions.

Registration information will be available on or before July 25. Please check [www.NDworksitewellness.org](http://www.NDworksitewellness.org) for updates.

## Health Club Credit visits reduced

Due to the unpredictable weather and flooding throughout the state, the number of required health club visits—for members to receive their \$20 monthly health club credit—has been reduced to nine visits for April, May and June.

## Save the dates

The monthly conference call/WebEx schedule is listed below. Stay tuned for more information.

Call in information: 1-866-680-0148 | Participant code: 704446

- 1-2 p.m. CST, July 13
- 2-3 p.m. CST, August 17



Discover what a worksite wellness program can bring to your organization at the 2011 Worksite Wellness Summit.

Marissa Parmer  
BCBSND/NDPERS Wellness  
Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
E-mail:  
[marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com)



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:

### Marissa Parmer

BCBSND/NDPERS

701-277-2852

[marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com)

Main resource contact.

Direct any general wellness program questions and or assistance with developing your worksite wellness programs to the next level to Marissa.

### Rebecca Fricke

NDPERS

[rfricke@nd.gov](mailto:rfricke@nd.gov)

Direct 1% premium questions, points on programs, updating coordinator information, status or questions on application process or forms to Rebecca.

### Kathy Allen

NDPERS

[kallen@nd.gov](mailto:kallen@nd.gov)

Direct funding program questions to Kathy.

### Onalee Sellheim

BCBSND

[onalee.sellheim@bcbsnd.com](mailto:onalee.sellheim@bcbsnd.com)

Direct questions on benefit plans or schedule Member Education programs through Onalee.

### Jodi Crouse

BCBSND

[jodi.crouse@bcbsnd.com](mailto:jodi.crouse@bcbsnd.com)

To collect aggregate data on your employer from the HRA, MHC and HCC contact Jodi.

### Milissa Van Eps

BCBSND

[milissa.van.eps@bcbsnd.com](mailto:milissa.van.eps@bcbsnd.com)

701-795-5360

Contact Milissa if you are located in eastern North Dakota to set up a Member Education program.

### Heather Schuster

BCBSND

[heather.schuster@bcbsnd.com](mailto:heather.schuster@bcbsnd.com)

701-200-3905 (cell)

Contact Heather if you are located in western North Dakota to set up a Member Education program.

Marissa Parmer  
BCBSND/NDPERS Wellness  
Specialist  
Phone: 701-277-2852  
Fax: 701-277-2253  
E-mail:  
[marissa.parmer@bcbsnd.com](mailto:marissa.parmer@bcbsnd.com)