



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 2, Issue 11  
July 2012

## **New Wellness Program Year kicks off July 1**

I would like to extend a warm welcome to any new wellness coordinators who are joining us and welcome back our dedicated returning coordinators. It is time to kick off another wonderful wellness program year, which runs July 1, 2012, through June 31, 2013.

The new year will be full of opportunities to improve the health and quality of life of your employees, coworkers and friends. It's time to make a difference by bringing a culture of wellness into your worksites.

As a friendly reminder, here are the seven essential steps to a successful wellness program:

1. Get management support for your wellness program.
2. Create a team to help you plan and execute your wellness program.
3. Collect data (employee needs/interests, satisfaction surveys, BCBSND aggregate data, etc.)
4. Create an operating plan to keep you on course and hold you accountable.
5. Choose interventions (events, activities and promotions) that fit the needs and interests of your employees.
6. Create an environment at your worksite that supports wellness.
7. Evaluate. Evaluate. Evaluate!

Most importantly, remember that everything you do in the name of wellness for your employees has a positive impact, no matter how large or small. I am here to assist you in whatever way you need. Feel free to contact me by email or phone. You can expect to continue to receive this monthly electronic newsletter as well as monthly conference calls/webinars to provide updates and serve as networking opportunities. I will announce the call/webinar schedule in this newsletter, and the last page of the newsletter will always provide you with your contacts at NDPERS and BCBSND. We are here to help.

Tara Roberts, NDPERS/BCBSND Wellness Specialist



*Blue Cross Blue Shield of North Dakota is an  
independent licensee of the Blue Cross  
Blue Shield Association*

Noridian Mutual Insurance Company



Lt. Governor Drew Wrigley will be our guest for the July 17 Wellness Coordinator call/webinar.

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### Monthly Wellness Coordinator call/webinar schedule

This month's call will feature Lt. Governor Drew Wrigley. I hope you all can participate. Be sure to mark your calendar for the Wellness Coordinator calls and webinars:

- Tuesday, July 17 at 11 a.m. CST
- Wednesday, August 8 at 2 p.m. CST
- Wednesday, September 5 at noon CST

**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.

### There's still time to attend a Summer Wellness Coordinator Workshop

Remember the workshops are free and you receive 1 point toward the NDPERS Employer Wellness Discount Program when you attend. Please RSVP to me at tara.roberts@bcbsnd.com or 701-277-2852. The sooner you respond, the better. If numbers are low, workshops could be cancelled. Workshop details will be emailed to participants who have signed up as the workshop date nears. I'd like to thank all of our great workshop hosts, and I'm looking forward to seeing you at a workshop this summer.

#### Schedule

##### Bismarck

Wednesday, July 18      8:30 a.m.- noon & 1- 4:30 p.m. BSC – National Energy Center of Excellence  
\*RSVP by July 13

Thursday, August 2      8:30 a.m.- noon & 1- 4:30 p.m. BSC – National Energy Center of Excellence  
\*RSVP by July 27

##### Grand Forks

Wednesday, July 25      12:30 - 4 p.m. – ND Vision Services/School for the Blind  
\*RSVP by July 20

##### Williston

Wednesday, August 1      9 a.m. - 12:30 p.m. – Upper Missouri District Health Unit  
\*RSVP by July 27

##### Dickinson

Tuesday, August 14      1 - 4:30 p.m. – Southwestern District Health Unit  
\*RSVP by August 10

## Don't forget to join Google groups

Google groups will be used for networking with all Wellness Coordinators. Here you can post questions or start discussions with your fellow NDPERS Wellness Coordinators. You must log on to register at <http://groups.google.com/group/ndperswellness>. Please pass this on to any Wellness Coordinators you may be working with at satellite locations, so we may reach out to them as well. If you have any trouble requesting the group, please contact Tara Roberts at [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com).

## July is UV Safety Month

In North Dakota, we all look forward to summer, especially during the sub-zero days of winter. But now that the warmer weather is here, we need to protect ourselves while we enjoy the sun. Here is some information to help you inform your coworkers and employees about safety in the sun.

Visit: <http://www.preventblindness.org/protect-your-eyes-sun> to learn:

- How UV Rays (UV-A and UV-B) can damage your eyes
- How to protect your eyes from UV rays
- Who's at risk for eye damage from the sun
- How to choose UV protection
- UV protection and eye safety

The Centers for Disease Control and Protection promotes the following sun protection measures:

- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed
- Reapply sunscreen at least every 2 hours, more often if sweating or jumping in and out of the water
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense
- Wear clothing to cover skin exposed to the sun; for example, long-sleeved shirts, pants, sunglasses and broad-brimmed hats

To see the latest Food and Drug Administration consumer update on sunscreen, visit: <http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM258910.pdf>.

## What is WELLNESS?

I encourage each of you to come up with a definition of wellness that fits your worksite culture, environment and employees, and then make sure your employees are familiar with it.

Healthy North Dakota has landed on this definition: "*Wellness is the process of being **aware** of and **actively** working toward better health.*"

Wellness is multi-dimensional, meaning there are many factors that affect our well-being. We will discuss this more throughout our summer workshops, but I challenge you to start broadening your reach beyond just physical wellness through your program's events, activities and promotions. Just as I encouraged you to find your own definition for wellness, I encourage you to find your own definitions for each dimension of wellness.



What does wellness mean to you?

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## July is Social Wellness Month

Being "socially well" means having the confidence to be outgoing, friendly and affectionate toward others, having compassion and concern for others and having an interest in humanity as a whole. Social wellness also entails having healthy, safe relationships with others.

Visit <http://definitionofwellness.com/dimensions-of-wellness/social-wellness.html> to discover social wellness facts and tips you can share with your employees and to learn how to promote social wellness at your worksites.

## Family Health: Fostering social skills in your children

It is important to work on social skills with your children as well. Scholastic provides helpful resources on social skills for kids at [http://www.scholastic.com/parents/search/tags?tag=social+skills&content\\_type%5B0%5D=1&fq=&start=0](http://www.scholastic.com/parents/search/tags?tag=social+skills&content_type%5B0%5D=1&fq=&start=0).

You will find information on these topics and more:

- Coping with cliques
- Finding inspiration
- Ready for kindergarten?
- Motivate your first grader
- Taking turns
- Tattle tales & worry warts
- We're best friends
- Why social skills are key to learning

## Try this healthy summer recipe

Brought to you by your fellow NDPERS Wellness Coordinator at the Upper Missouri District Health Unit, Desire'e Steinberger, RD, LRD

### Summer Fruit Salad

Prep time 10 Min

Serves 4

#### Ingredients:

- 2 cups cantaloupe cubed
- 1 cup strawberries halved
- 1 cup blueberries
- 1 small peaches cut into bite size pieces

#### Prep

Place all ingredients in a bowl and stir gently to mix.  
Refrigerate for about an hour to allow flavors to blend.

Cups of fruits per serving: 1

Each serving has 73 calories, 0.5 grams fat, 3 grams fiber and 14 mg sodium.



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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

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% 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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