NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

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July 2013

Juvenile arthritis affects 7,400 kids in Minnesota, North Dakota and South Dakota.

July is National Juvenile Arthritis Awareness Month

Arthritis is a musculoskeletal disorder made up of more than 100 different diseases and conditions that destroy joints, bones, muscles, cartilage and other connective tissues. The Arthritis Foundation estimates 7,400 children in Minnesota, North Dakota and South Dakota have juvenile arthritis.

Researchers have not found a known cause or evidence that toxins, foods or allergies cause children to develop the disease. There is no single blood test that confirms juvenile arthritis. The key to diagnosis is a physical exam and knowledge of medical history.

Juvenile arthritis does not have a cure. However, treatment is available to relieve inflammation, control pain and improve the patient's quality of life. Most treatment plans include a combination of medication, physical activity, eye care and healthy eating. Rarely, other treatments, such as surgery, may be necessary for long-term problems.

Exercise is an essential part of treatment for all forms of arthritis. Exercise helps keep joints mobile and muscles strong, while regaining lost motion or strength. Doing exercise on a regular basis can be challenging, consult a physician or therapist to teach you or your child how to perform exercises safely and at home.

Sun exposure can cause your skin to change

It's summer time, and almost everyone likes to be at the lakes or in the sun. But the sun can cause the following problems:

- Pre-cancerous and cancerous skin lesions
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discoloration of the skin
- Dilation of small blood vessels under the skin

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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

Sun damage is permanent; however, sometimes the skin can repair itself. It's not too late to start protecting yourself from sun-related skin problems. Just remember the following simple steps:

- Use SPF of 30 or greater at least 30 minutes before sun exposure
- Wear sunglasses with UV protection
- Wear a hat and t-shirt

Healthy activities spotlight: Scavenger hunt

Now that the warm weather is here, you can host a scavenger hunt, either as an office or with your family. You will need to map out clues or hints. You can go high-tech and try geocaching — a "real world treasure hunting outdoor game where players locate hidden containers, called geocaches, using a GPS-enabled device," such as a smartphone. Participants then share their experiences online. For more information, visit www.geocaching.com.

Eat colorful red and green peppers

Try this tasty recipe from the American Heart Association's free Choose To Move program for Women.

Red and green bell pepper bites

Ingredients

- 1 medium green bell pepper
- 1 medium red bell pepper
- 1/4 cup sliced almonds
- 4 ounces fat-free or reduced-fat cream cheese, softened
- 1 teaspoon no-salt lemon pepper seasoning blend
- 1 teaspoon fresh lemon juice

Nutritional Analysis	Per serving
Calories Per Serving	39
Total Fat	1.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	3 mg
Sodium	71 mg
Carbohydrates	3 g
Fiber	1 g
Sugar	2 g
Protein	3 g

Dietary Exchanges
1/2 fat

Cooking Instructions

Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.

In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.

In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.

Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a reseal-able plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

Bell peppers make a colorful and delicious snack!

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NDPERS Wellness Coordinator workshops

Date	Location	Register by
July 8, 1-4 p.m.	MSU Student Center, Minot	Registration closed
July 9, 8:30–11:30 a.m. & 1-4 p.m.	BSC Student Union, Bismarck	Registration closed
July 23, 1-4 p.m. MST	Dickinson	July 9
July 24 8:30–11:30 a.m. & 1-4 p.m.	BSC Student Union, Bismarck	July 10
July 25, 1-4-p.m. MST	Upper Missouri District Health, Williston	July 11

Remember, NDPERS Wellness Coordinators are strongly encouraged to attend the workshop closest to their location. To pre-register, contact Stacy Duncan, NDPERS Wellness Consultant, at stacy.duncan@bcbsnd.com or 701-277-2884. Registration will close exactly two weeks prior to each session or when a minimum of 25 attendees have registered, whichever comes first.

Looking for other Worksite Wellness ideas? Join the North Dakota Worksite Wellness Blog: https://www.ndworksitewellness.org/blog/

Save the Date

The Healthy North Dakota Worksite Wellness Summit is set for Oct. 8 at the Holiday Inn in Fargo. You don't want to miss this event. The summit has earned the reputation as the "go-to" event for worksite wellness in North Dakota. To register, visit www.ndworksitewellness.org

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, Aug. 7 at noon CST
- Wednesday, Sept. 11 at 11 a.m. CST
- Wednesday, Oct. 9 at 1 p.m. CST

To join the monthly call/webinar: Go to http://www.webmeeting.att.com

Meeting number: 888 330 1716 Code: 704446

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

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.

WORKSITE WELLNESS

Plan to attend the Healthy North Dakota Worksite Wellness Summit.

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Coming up in August

Consider promoting these events next month!

- National Breastfeeding Month
- Summer Sun Safety
- National Picnic Month

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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