



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

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June is Men's Health Month

During Men's Health Month, you can join others nationwide to increase awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys. Prostate cancer is the No. 1 cancer of men and the second leading cause of cancer deaths, according to the North Dakota Cancer Coalition.

As a result, this month is a perfect time to remind male employees of what is covered in the benefit plan. Men ages 50 and older should speak with their health care provider about prostate cancer screening.

- PSA (prostate specific antigen) test—1 /CY—waive deductible, apply coinsurance—80 percent/75 percent
- Related office visit: apply copay, waive deductible and coinsurance
 - 50 years and older for an asymptomatic male
 - 40 years and older for a black male
 - 40 years and older for a male with family history of prostate cancer

The benefits listed above apply to the grandfathered plan only—not to the Retirees' plan. You must be an active employee.

Plan a Wear Blue Day

Another way to spread the knowledge of Men's Health Month is to plan a "Wear Blue Day." You can follow these tips from the Men's Health Network.

- Choose your day. Choose any day that works for your group or team.
- Choose a goal amount. Set a goal amount of money to raise, so you have something to strive for.
- Choose BLUE. From blue accessories to head-to-toe blue work attire, choose what works best for your group.
- Pick and choose. Your group can simply wear blue and ask employees to donate any amount for wearing blue.
- Sell blue prostate cancer pins. Wear these pins to show your support of the fight against prostate cancer.



Join others nationwide to increase awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys



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In addition to a Wear Blue Day, Men's Health Network suggests these activities.

- Plan an educational event, such as a men's health presentation.
- Put informational pamphlets in restrooms and break rooms, or e-mail the information to employees.
- Plan a fun event. Put together a contest for the best BLUE attire or host a bake sale to raise additional donations. You could also sell blueberries. Be creative, and remember to have fun.

Plan a health fair

A health fair can be an effective way to promote awareness of men's health issues.

- Coordinate with health groups—nonprofits, wellness centers, hospitals, doctors, dentists and chiropractors—to have health information booths.
- Health fairs can be held in the workplace, community centers, churches, libraries or hospitals.
- Health fairs can include health screenings such as blood pressure, cholesterol, PSA and body fat.
- Fitness demonstrations from local gyms and wellness centers can also be a fun addition.
- Healthful cooking demonstrations are always a hit. See if a local dietitian would want to demonstrate some healthful recipes.

If you don't have time to do a health fair, you could consider scaling back.

- Put together some tables with information on heart health, prostate cancer, testicular cancer and blood pressure. Ask a local nurse, doctor or health educator to give a lecture on men's health issues at your workplace.

Do you know the symptoms?

In the early stages of prostate cancer, people may not experience any symptoms. Often, prostate cancer is first detected by a doctor during a routine check-up. However, it's still important to know prostate cancer symptoms.

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation



Fitness demonstrations from local gyms and wellness centers can also be a fun addition

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- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips or upper thighs

You should consult with your doctor if you experience any of these symptoms because they may be a sign of other diseases, according to the Prostate Cancer Foundation.

Men's Health Month resources

If you're looking for more information to observe Men's Health Month, check out these resources.

- www.pcf.org
- www.webmd.com
- www.cancer.gov/prostate
- www.mayoclinic.com

Physical fitness and prostate cancer

Regular exercise is important to men with prostate cancer. Prostate cancer patients who regularly exercise vigorously for three hours a week can lower their risk of dying from prostate cancer, according to research conducted at the Harvard School of Public Health and Channing Laboratory at Brigham and Women's Hospital (in Boston).

Three hours a week or more of vigorous biking, tennis, jogging or swimming is beneficial for patients. The researchers also learned moderate physical activity appears to lower the overall risk of dying from any cause.

Healthful recipe

The Prostate Cancer Foundation provides many healthful recipes for prostate cancer. Good health begins with good food. Try this recipe that's full of omega fatty 3 acids.

Herb Seared Wild Salmon

- 4 each 6 oz. fillets of wild salmon (skin off and bones removed)
- 2 tbsp extra virgin olive oil
- 1 tsp shallots, chopped
- 1 tsp garlic, chopped
- 1 tbspfresh parsley, chopped
- 1 tbsp fresh chives or basil chopped
- pinch black pepper and sea salt
- 1 tsp citrus zest (lemon/orange or lime)
- olive oil cooking spray

Place all ingredients in a bowl and coat fish.

Let sit at least 10 minutes.

Lightly coat a sauté pan with olive oil cooking spray.



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On a low heat, sear salmon about 5 minutes on each side.

Place in a 350-degree oven and finish cooking about 5 additional minutes or until white juice seeps out of the fish.

Serve with vegetable ribbons.

Health observances in June

Consider these observances at your worksite.

- June 13-19: Men's Health Week
- June 19: World Sickle Cell Day
- June 27: National HIV Testing Day

Plan to attend a summer workshop

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

Due to adverse circumstances throughout the state, the June workshops in Fargo, Dickinson and Bismarck will be rescheduled to July. I'll let you know more details as soon as possible.

- 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
RSVP by July 22
- Bismarck: 8:30 a.m.-noon July 27, Bismarck State College
1-4:30 p.m. July 27, Bismarck State College
RSVP by July 22

What to bring to the summer workshops

Here is a list of items you will want to bring:

1. Pen and paper
2. Information on one program you feel has gone well
3. Snacks, drinks, lunch or breakfast
4. List of questions you would like answered

Save the dates

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

- 11 a.m.-noon CST, June 22
- 1-2 p.m. CST, July 13
- 2-3 p.m. CST, August 17



Bring a pen and paper, snacks, drinks, lunch or breakfast to the summer workshop

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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:

Marissa Parmer

BCBSND/NDPERS

701-277-2852

marissa.parmar@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

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

Direct funding program questions to Kathy.

Onalee Sellheim

BCBSND

onalee.sellheim@bcbsnd.com

Direct questions on 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 HRA, MHC and HCC contact Jodi.

Milissa Van Eps

BCBSND

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

701-200-3905 (cell)

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



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