



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 2, Issue 10
June 2012

NDPERS employee wellness program dates announced

Be sure to familiarize yourself with this schedule, so you don't miss out on important deadlines.

- June** NDPERS will notify employers requesting funding assistance of approval or denial.
- June-July** Attend or view information from a Wellness Coordinator (WC) Workshop put on by the BCBSND/NDPERS Wellness Specialist. Note: You may attend a Worksite Wellness "Gearing Up" training in place of the WC Workshop.
- July** The new Plan Year begins and runs through June 30, 2013. Rates will be updated to indicate participation or non-participation in wellness effective July 1.

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, June 6 at 11 a.m. CST
- Tuesday, July 24 at 2 p.m. CST. Lt. Gov. Drew Wrigley will be our special guest.
- 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.



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

Noridian Mutual Insurance Company

Summer Wellness Coordinator workshops are around the corner

The summer WC workshops provide valuable information to help you promote wellness at your workplace. Remember the workshops are free and you receive 1 point toward the NDPERS Employer Wellness Discount Program when you attend. Please RSVP to Tara Roberts at tara.roberts@bcbsnd.com or 701-277-2852.

The sooner you respond, the better. That's because if numbers are low, workshops could be cancelled. Workshop details will be emailed to participants who have RSVPd 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.

Workshop schedule

Fargo

Wednesday, June 6 1 - 4:30 p.m. BCBSND Building

Minot

Tuesday, June 19 1 - 4:30 p.m. MSU Student Center - 3rd floor, Westlie Room

Bismarck

Wednesday, July 18 8:30 a.m. - noon & 1 - 4:30 p.m. BSC - National Energy Center of Excellence

Thursday, August 2 8:30 a.m. - noon & 1 - 4:30 p.m. BSC - National Energy Center of Excellence

Grand Forks

Wednesday, July 25 12:30 - 4 p.m. ND Vision Services/School for the Blind

Williston

Wednesday, August 1 9 a.m. - 12:30 p.m. Upper Missouri District Health Unit

Dickinson

TBA

Invite your Member Education Consultant to present on strength training

Last month we observed Osteoporosis Awareness and Prevention. According to the Mayo Clinic, doing regular weight-bearing and strength training exercises can build and strengthen the muscles around joints, reduce harmful stress on your bones and can even help to slow mineral loss and maintain bone density.

Consider scheduling a presentation on strength training at your workplace. BCBSND Member Education Consultants Heather Horner and Milissa Van Eps will provide your employees with a resistance tube and will demonstrate how to use it to work all of your muscle groups. This simple tool allows your employees to get in a strength workout anytime, anywhere regardless of whether they have access to a gym or the time to get there on a regular basis.

Heather Horner

Minot/Williston District
Bismarck/Dickinson District

Milissa Van Eps

Fargo/Jamestown District
Grand Forks/Devils Lake District

Mark your calendar for upcoming Wellness Coordinator events.

Tara Roberts
BCBSND/NDPERS
Wellness Specialist
Phone: 701-277-2852
Fax: 701-277-2253
Email: tara.roberts@bcbsnd.com



You can help all employees become more aware of preventable health problems that affect men and boys.

June is Men's Health Month

You can help all employees become more aware of preventable health problems that affect men and boys. On average, men live five years less than women. Check out the resources listed below to see how you can promote Men's Health Month and encourage early detection and treatment of disease among males.

- Visit <http://www.menshealthmonth.org/> for great resources and tips on how to celebrate Men's Health Month.
- Hand out blue ribbon pins.
- Hold a Wear Blue event/day.
- Bring in a speaker to teach employees how to cook healthy meals with "the catch of the day."
- Hold a chili or grilling cook-off fundraiser during National Men's Health Week (June 11-17) with proceeds going to prostate cancer research.
- Visit <http://blog.gale.com/thepulse/library-programming/librarians-plan-ahead-for-june-national-mens-health-month/> for ideas on how to help your employees celebrate the gift of health this Father's Day (June 17). You will find coloring pages for kids, activity pages, men's health fact sheets and men's health checklists.

Sunday, June 3, is National Cancer Survivors Day

Almost everyone knows of someone who has battled cancer. You can honor them by holding a Cancer Survivors Day celebration at your worksite on Monday, June 4. Here are some tips to get you started:

- Encourage employees to honor coworkers, family and friends who have battled cancer by wearing awareness ribbons or dressing in colors that are associated with specific cancer awareness campaigns.
- Recruit employees to tell their survivor stories and promote screenings, prevention and cancer research.
- Review a list of North Dakota Cancer Support Groups: <http://www.ndcancercoalition.org/?id=136&page=ND+Cancer+Support+Groups>
- Review other survivorship links and resources from the North Dakota Cancer Coalition: <http://www.ndcancercoalition.org/?id=118&page=Survivorship+Links+%26+Resources>

Try this Healthy Recipe from NDSU Extension Service

"Once around the Garden" Skillet

Ingredients:

- | | |
|-------------------------------|----------------------------|
| 4 small zucchini, sliced | 1 teaspoon salt |
| 1 medium onion, thinly sliced | 1/8 teaspoon pepper |
| 1 green pepper, chopped | 2 tomatoes, diced |
| 2 tablespoons olive oil | Snipped parsley (optional) |
| 1 teaspoon minced garlic | Parmesan cheese (optional) |

Tara Roberts
BCBSND/NDPERS
Wellness Specialist
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Directions:

Carefully wash all produce. Remove stem and blossom ends from zucchini; do not pare. Slice zucchini into 1/4-inch slices. Heat the oil and garlic in skillet. Add zucchini, onion, green pepper and spices. Cook until vegetables are crisp-tender, about 5 minutes. Add tomatoes. Cover and heat through, about 3 minutes. Sprinkle with Parmesan cheese and parsley if desired.

Recipe makes 4 servings. Each serving has 125 calories, 7 grams fat, 14 grams carbohydrate and 4 grams fiber.

Featured in: Prairie Fare, July 29, 2004

<http://www.ext.nodak.edu/extnews/newsrelease/2004/072904/03prairi.htm>

Get Hands-On and learn CPR

Anyone can learn CPR — and everyone should, according to Joan Enderle from the American Heart Association. Sadly, 70 percent of Americans may be helpless to act during a cardiac emergency because they don't know CPR or their training has significantly lapsed. And this alarming statistic could hit close to home, because home is exactly where 80 percent of cardiac arrests occur. Put very simply: The life you save with CPR is most likely to be someone you love.

Don't be a bystander in a cardiac emergency. The American Heart Association is encouraging everyone to learn CPR during June, which is National CPR Month. Learn how to perform Hands-Only CPR in just 60 seconds by watching this 1-minute video at <http://www.handsonlycpr.org/>.

Promote learning CPR in your worksite with easy-to-use materials provided online at no cost from the American Heart Association at http://www.heart.org/HEARTORG/Affiliate/Worksite-Wellness-Promotion-of-CPR-Training_UCM_440806_Article.jsp.

According to American Heart Association statistics, too few people act when they see someone suddenly collapse. Nearly 400,000 cardiac arrests occur outside of a hospital each yearly.

Less than one-third of cardiac arrest victims receive CPR from a bystander.

Don't be afraid. Your actions can only help.

- If you see an unresponsive adult who is not breathing or not breathing normally, call 911 and push hard and fast in the center of the chest.

Family Health: Practice safety on the 4th of July

Independence Day festivities are right around the corner. It's important that you celebrate the holiday safely. The U.S. National Fire Protection Association Fact Sheet on Fireworks Safety provides some alarming statistics:

- 700 home structure fires were caused by fireworks in 2009
- U.S. hospital emergency rooms treated an estimated 8,800 people for fireworks related injuries
- Children ages 10-14 had twice the risk of fireworks injury than that for the general population (2 out of every 5 fireworks injury victims were younger than age 15)

Two steps to save a life:



Call 911



Push hard and fast in the center of the chest.

Don't be a bystander in a cardiac emergency. Learn Hands-only CPR.

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Fireworks can be dangerous.
Celebrate the 4th of July
holiday safely.

- Fireworks permitted by federal regulations made up 84 percent of fireworks injuries treated in emergency rooms
- 32 percent of the fireworks injuries seen in the emergency room alone for 2009 were from sparklers and novelties (Even sparklers, throwing off showers of hot sparks, may exceed temperatures of 1,200 degrees Fahrenheit. To put it into perspective, glass melts at 900 degrees Fahrenheit.)
- The U.S. National Fire Protection Association strongly recommends leaving the fireworks to the professionals. Enjoy fireworks by attending a public display.

Free fireworks safety tip sheets are available at <http://www.nfpa.org/assets/files/PDF/Public%20Education/FireworksSafetyTips.pdf>. Be sure to pass them on to your employees.

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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