NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

Safety is an important part of wellness for employees.

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 3, Issue 10
June 2013

June is National Safety Month

The National Safety Council recognizes June as National Safety Month. During this month, the National Safety Council educates and encourages safe behaviors concerning leading causes of preventable injuries and deaths. This year, the council will highlight the need to practice safety 24/7. Free materials including posters, fact sheets and quizzes are available at www.nsc.org/nsm. Feel free to use these materials to promote National Safety Month in your workplace.

The council will cover these topics in June:

- Week 1: Preventing slips, trips and falls
- Week 2: Employee wellness
- Week 3: Emergency preparedness
- Week 4: Ergonomics

The council is also promoting the Presidential Active Lifestyle Award Plus (PALA+) Challenge to encourage healthy lifestyles and physical activity. This challenge is a friendly competition with PALA+ and it's designed for anyone who wants to improve their lifestyle by eating healthier and exercising more. Free resources are available on www.presidentschallenge.org.

Doing hands-only CPR can save lives

Have you ever witnessed someone in cardiac arrest at work or in a public location? Did you feel prepared to respond? The first week of June is National CPR and AED Awareness Week. Encourage employees to visit www.heart.org to find out how to perform the simple task of hands-only CPR.

In 2008, the American Heart Association revised its recommendations and encouraged bystander rescuers to use "hands-only" CPR. Research found that people were reluctant to provide CPR because they didn't want to provide mouth-to-mouth breathing to a stranger.

However, most people who experience cardiac arrest at home, work or in a public location will die if they don't receive immediate CPR from someone on the scene. Here are two simple steps to performing hand-only CPR:

1. Call 9-1-1 or ask someone to make the call.
2. Push hard and fast in the middle of the chest of the victim. You can do it at the same tempo as the song, "Stayin' Alive."

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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

Try this healthful and colorful kebab recipe from the American Heart Association cookbook.

Try this healthy summer recipe

Need a new recipe for a summer gathering? Try this healthful and colorful kebab recipe from the American Heart Association Low-Salt Cookbook, Third Edition. These kebabs are so tasty. What a great way to fit more servings of fruit into your life.

Melon-Berry Kebabs

Ingredients

2 tablespoons fresh lemon juice
1/2 teaspoon grated lemon zest
1 tablespoon sugar
1 1/2 teaspoons grated peeled gingerroot
2 tablespoons chopped fresh mint leaves
12 1-inch watermelon or honeydew cubes (about 4 ounces)
8 whole strawberries

Cooking Instructions

Pour the lemon juice into a small microwaveable bowl. Microwave on 100 percent power (high) for 15 seconds, or until hot. Stir in the lemon zest, sugar, and gingerroot. Set aside to cool.

Stir the mint into the lemon juice mixture, mashing the mint with a spoon to release the flavor.

In a shallow dish, such as a pie pan, gently stir together all the ingredients to coat the fruit completely.

Using 3 watermelon cubes and 2 strawberries per skewer, alternate the fruit as you thread it on four 6-inch bamboo skewers.

Nutritional Analysis	Per serving
Calories Per Serving	32
Total Fat	0
Saturated Fat	0
Trans Fat	0
Polyunsaturated Fat	0
Monounsaturated Fat	0
Cholesterol	0
Sodium	2 g
Carbohydrates	8 g
Fiber	1 g
Sugar	6 g
Protein	1 g

Dietary Exchanges
Dietary Exchanges: 1/2 fruit

NDPERS Wellness Coordinator Workshops

Do you need help with your worksite wellness program? The Wellness Coordinator workshops are a great way to learn Look no more. Attend a Gearing Up for Worksite Wellness training in your area.

Date	Time	Location	Register by
June 11	9 a.m. – noon	BCBSND, Fargo	May 28
June 18	8:30 – 11:30 a.m.	UND Wellness Center, Grand Forks	June 4
July 9	8:30 – 11:30 a.m. & 1 – 4 p.m.	BSC Student Union, Bismarck	June 25
July 8	1 – 4 p.m.	MSU Student Center, Minot	June 24
July 23	1 – 4 p.m.	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.	Upper Missouri District Health, Williston	July 11

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2884
Email: stacy.duncan@bcbsnd.com

Remember, NDPERS Wellness Coordinators are strongly encouraged to attend workshop closest to their location. To pre-register, contact NDPERS Wellness Consultant Stacy Duncan at stacy.duncan@bcbsnd.com or 701-277-2884. Registration will close exactly two weeks prior to session or 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/

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, July 17 at 1 p.m. CST
- Wednesday, August 7 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.

Consider promoting awareness about events in July.

Coming up in July

Consider promoting awareness about these events in July.

- Juvenile Arthritis Awareness Month
- UV Safety Month
- Independence Day – July 4

Important Dates

- Gearing Up – DMF Building Fargo, ND – June 24 & 25
- Healthy North Dakota Worksite Wellness Summit – Fargo - October 8

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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:

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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