



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 2, Issue 5
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Get your plate in shape

The Academy of Nutrition and Dietetics has designated March as National Nutrition Month and its 2012 campaign slogan is "Get Your Plate in Shape." The campaign encourages everyone to:

1. Make half your plate fruits and vegetables.
2. Ensure at least half of your grains are whole grains.
3. Switch to fat-free or low-fat milk.
4. Vary your protein choices.
5. Cut back on sodium and empty calories from solid fats and added sugars.
6. Enjoy your food but eat less.
7. Be physically active your way.

Find more great resources to celebrate National Nutrition Month at:

- www.eatright.org
- www.kidseatright.org
- www.ChooseMyPlate.gov

Schedule a Member Education presentation

This month is the perfect time to invite your area Member Education Consultant to your worksite to present the free class titled, "Nutrition Basics for a Healthier You!"

It can be tough for employees to know whether they're eating a healthful, nutritious diet. BCBSND Member Education Consultants Heather Horner and Milissa Van Eps will educate them on the recommended daily amounts of each food group, how to read nutrition information on labels and helpful tips for grocery shopping with nutrition in mind.

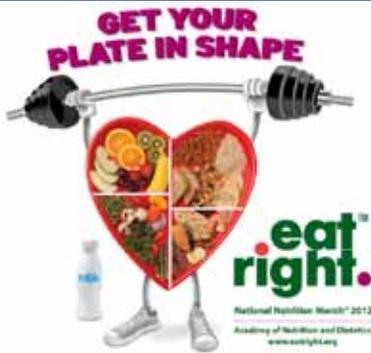
Heather Horner

Minot/Williston District
Bismarck/Dickinson District

Milissa Van Eps

Fargo/Jamestown District
Grand Forks/Devils Lake District

Heather and Milissa are also available to present the new HealthyBlue online wellness tool to your employees!



March is the perfect month to
get your plate in shape.



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

Register on HealthyBlue



Have you registered on HealthyBlue and completed your health assessment yet?

Get out and explore: www.ndpersHealthyBlue.com. HealthyBlue's exercise, food and weight trackers are just a few of its many features that can help you reach your wellness goals.

Heart Healthy Recipe from the American Heart Association

Joan Enderly from the American Heart Association (AHA) presented the Simple Cooking with Heart 2-point wellness program available to all NDPERS Wellness Coordinators during a February conference call. Here is another great example of one the AHA's fantastic recipes:

Quick Chicken Chili

Description

4 servings

- Cooking spray
 - 1 pound boneless, skinless chicken breasts or tenderloins or 1 pound ground white meat chicken or turkey
 - 1 medium onion, finely chopped
 - 1 medium bell pepper, chopped (any color)
 - 1 teaspoon or 3 cloves minced garlic
 - 2 cups fat-free, low-sodium chicken broth (or 1 16-oz can)
 - 2 (15.5 oz) cans no-salt-added or low-sodium beans, drained and rinsed (mix or match pinto, red, kidney or navy)
 - 1/2 teaspoon pepper
 - 1 teaspoon cumin
 - 1/2 teaspoon chili powder (optional)
 - 1 medium jalapeno, chopped (optional if you like spicy chili)
 - Chopped fresh cilantro (optional)
 - 1/2 cup low-fat or fat free sour cream (optional)
1. Remove visible fat from chicken, cut into bite-sized pieces.
 2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional), cooking over medium-heat until chicken is no longer pink (about 7 minutes)
 3. Lightly mash the drained, rinsed beans with a fork.
 4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
 5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)



Try a new recipe from the American Heart Association's Simple Cooking with Heart website.

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Budget tip: When buying chicken, tenderloins are often less expensive than breasts. In recipes like this one where you cut the chicken into bite-size pieces the cut makes no difference, so pick whatever's less expensive. Be sure to check for specials or sales.

Per serving:

Calories	344	Cholesterol	73mg
Total Fat	3.0g	Sodium	174mg
Saturated Fat	0.5g	Carbohydrates	41g
Trans Fat	0.0g	Fiber	10g
Polyunsaturated Fat	0.5g	Sugars	7g
Monounsaturated Fat	1.0g	Protein	39g

Dietary Exchanges: 2½ starch, 1 vegetable, 4 lean meat

March 12-18 is Brain Awareness Week

Just as we can exercise to improve our physical health, we can help boost long-term mental performance by performing mental exercises, such as brain teasers, crossword puzzles and word finds. Visit <http://www.dana.org/brainweek/resources/downloads/> to download a variety of puzzles you can make available to employees to celebrate Brain Awareness Week.



Don't forget to exercise your brain.

Family Health: Create a 'Healthy Living' bulletin board

Hang a fun, decorative bulletin board in a location in your house where your children/family will see it on a regular basis and name it your "Healthy Living" bulletin board. Use this board to educate your children on how to live a well-balanced life by posting some of the following:

- Health/wellness quote of the week
- Exercise/activity of the week
- New fruit/veggie of the week (try to introduce it during one of your family meals)
- Brain-teaser of the week
- A picture of what a "healthy" plate of food should look like from ChooseMyPlate.gov
- Journal question of the week
- Weekly chores list/schedule
- School and extra activities schedules



Change the backdrop and decorations on the board to match the seasons/holidays and let your kids help.

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Important upcoming dates

March 1: HealthyBlue officially becomes the only online wellness tool available

March 11: Monthly Wellness Coordinator Call/WebEx at 1 p.m. CST (topic TBA)

April 11: Monthly Wellness Coordinator Call/WebEx at 2 p.m. CST (topic TBA)

April 25: National Walk@Lunch Day

May 2: Monthly Wellness Coordinator Call/WebEx at 11 a.m. CST (topic TBA)

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 percent 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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