



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 1, Issue 9  
May 2011



Lieutenant Governor Drew Wrigley led the ceremonial walk for National Walk@Lunch Day at the Capitol.

## National Walk@Lunch Day

Thank you to all that participated in the April 27 National Walk@Lunch Day at the Capitol. More than 100 people took part in the walk throughout the day. Despite rain, 20 people participated in the ceremonial walk in the green space, including Lieutenant Governor Drew Wrigley, Senate Minority Leader Ryan Taylor, Senator Spenser Berry, Healthy North Dakota representatives Melissa Olson and Karen Ehrens, and NDPERS representative Rebecca Fricke. In addition, At Large NDPERS Wellness Coordinators and Capitol employees also took part in the walk.

NDPERS Service Representative Onalee Sellheim of BCBSND had a table with BCBSND information at the event and Gaye Niemiller, a Wellness Coordinator for the Mandan Park District, assisted with the walk.

I'd like to extend special thank you to all the Wellness Coordinators who encouraged their staff to attend the walk. It would have not been a success without your support.

## Survey update

Thank you to the 84 Wellness Coordinators who have completed the survey so far. I would love to hear from more of you. The survey is quick and short, and I'd really appreciate your feedback. The survey is available at <http://www.surveymonkey.com/s/YCCK83Q>.

## Save the dates

The monthly conference call/WebEx schedule is listed below. I will announce the topics at a later date.

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



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## How to handle MyHealthCenter questions

If employees have questions about the enhanced MyHealthCenter, please encourage them to call HealthWays Customer Service at 1-866-300-6949. To provide your employees with better knowledge about how to use the enhanced site, schedule a BCBSND Member Education consultant to come to your workplace. The Member Education class is a wonderful way to reach many employees at the same time with easy-to-understand information.

## How to handle Health Club Credit questions

If your employees' fitness center can't answer their questions, ask employees to contact BCBSND Member Services using the phone number on the back of their BCBSND member ID card.

## Schedule a free membership education class

In addition to the MyHealthCenter class, Member Education consultants have several topics they can present your worksite or as a WebEx. Employees must attend the class to receive giveaway items listed below.

Consider scheduling these free classes at your worksite:

- Medication Education
- Nutrition Basics for a Healthier You: carabineer
- Stress Management
- Summer Safety
- Beat the Bug
- Strength Training: exercise tubing
- Walking Works: pedometer
- Take Care of Yourself: book
- Enhanced MyHealthCenter
- Health Club Credit

## Welcome Heather Schuster, Member Education consultant

Heather Schuster is BCBSND's new Member Education consultant for the western half of the state. Heather has worked in the health field since graduating from Concordia College in 2007 with a degree in community health and exercise physiology.



Here's a message from Heather:

I am eager to bring my health background and combine it with the wonderful things that BCBSND already has in effect. The world of health and wellness has always been a passion of mine, and I look forward to being able to help inform all our groups about the education materials BCBSND offers as well as provide new information that will come out.

If you have any questions, please feel free to contact me at 701-255-5575 or [heather.schuster@bcbsnd.com](mailto:heather.schuster@bcbsnd.com).



Attend the Gearing up for Worksite Wellness workshop for just \$75.

## Still time to sign up for the NWWA training

You can attend the Gearing up for Worksite Wellness workshop as a replacement for your summer workshop. The cost is \$75 a person for NDPERS Wellness Coordinators and for committee members. The registration fee includes lunch. I will conduct a breakout session during the training for NDPERS groups only.

- May 23-24, 2011  
8:30 a.m.-4:30 p.m. each day  
Bismarck State College NECE Building

## May health promotion events

Many health promotions are held each month of the year. Because of the large number of observances, I can't cover all topics in one newsletter. I encourage you to select a topic that best fits your worksite.

- May 8-14: National Women's Health Week  
For more information, view <http://www.womenshealth.gov/whw/>
- May 9: National Women's Check Up Day  
For more information, view <http://www.womenshealth.gov/whw/>
- May 18: National Employee Health and Fitness Day  
For more information, view <http://physicalfitness.org/nehf.html>

May is Skin Cancer Detection and Prevention Month, and the first Monday in May is Melanoma Monday. Melanoma can be a fatal skin cancer if not detected early on. This month is a perfect time to increase employee awareness before summer starts and employees head to the lakes or take vacation.

To download a body mole map and instructions on how to perform a skin self-exam, visit <http://www.melanomamonday.org/>. You may e-mail these materials to employees or post them in a designated employee area.

Skin cancer is the most common form of cancer in the United States. You may view the attached skin cancer fact sheet provided by the North Dakota Cancer Coalition. Consider these ideas to increase awareness at your worksite:

- Contact your local Health Department on what they can offer
- Invite a dermatologist to speak
- Schedule a Member Education consultant to do a free class on summer safety
- Place posters on importance of sunscreen and what the SPF means. If approved at your individual worksite, provide sunscreen samples.

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Educating your employees on "knowing their numbers" for blood pressure could save their lives from this silent killer.

May is also National High Blood Pressure Education Month. Educating your employees on "knowing their numbers" for blood pressure could save their lives from this silent killer. Many people don't think of hypertension as a disease, and it often goes undetected. In the U.S. 74.5 million adults have been diagnosed with high blood pressure.

The key to prevention is educating your staff on how to read their numbers and what their numbers mean. Make sure to keep the terms simple, so employees will not feel overwhelmed.

- The systolic is the top number, which is the higher of the two numbers and measures when the heart muscle contracts.
- The diastolic is the bottom number, which is the lower of the two numbers. This measures when the heart muscle is resting between beats and refilling with blood.

This chart reflects blood pressure categories as defined by the American Heart Association.

<b>Blood Pressure Category</b>	<b>Systolic</b> mm Hg (upper #)		<b>Diastolic</b> mm Hg (lower #)
Normal	less than <b>120</b>	and	less than <b>80</b>
Prehypertension	<b>120 - 139</b>	or	<b>80 - 89</b>
High Blood Pressure (Hypertension) Stage 1	<b>140 - 159</b>	or	<b>90 - 99</b>
High Blood Pressure (Hypertension) Stage 2	<b>160 or higher</b>	or	<b>100 or higher</b>
Hypertensive Crisis (Emergency care needed)	Higher than <b>180</b>	or	Higher than <b>110</b>

Consider these suggestions to increase awareness about hypertension:

- Post blood pressure charts in your office area and/or provide a chart to each staff member to post at their desk
- Place blood pressure cuffs in designated areas in your building, so staff can track their blood pressure at their convenience during breaks
- Invite a health care professional to speak at your worksite
- Use the tools on the American Heart Association website at [www.heart.org](http://www.heart.org)
- Invite a dietitian to do a presentation on preparing heart healthy meals
- Invite a dietitian to provide a heart healthy cookbook

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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.



Working together to provide a healthier and more engaged worksite.

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