



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 2, Issue 9  
May 2012

## National Walk@Lunch Day

The second annual National Walk@Lunch Day event held Wednesday, April 25, at the Capitol was a success with perfect walking weather. Approximately 50 employees gathered at 11:30 a.m. for Lt. Governor Drew Wrigley's enthusiastic and motivating welcome and walked the ceremonial lap with him. In his welcome speech, he reminded employees that you don't have to run marathons to live a lifestyle of health and well-being. It is about making healthy choices and getting in more physical activity wherever, whenever and however you can.



Employees walked at various times, with the walk officially ending at 1 p.m. Onalee Sellheim, Heather Horner and Tara Roberts represented BCBSND at the walk and Pete Seljevold represented Healthy North Dakota Worksite Wellness, Sparb Collins and Rebecca Fricke walked on behalf of NDPERS Administration.

Employees were able to have their blood pressure checked and ask questions about their NDPERS/BCBSND benefits and the new HealthyBlue online wellness tool. HealthyBlue appears to be a hit, as Heather received many positive remarks about the site from the Capitol employees throughout the event.

We are looking forward to watching this great event grow from year to year!

## NDPERS employee wellness discount program reminder

Now would be a great time to finish working on your wellness program year-end activity/program confirmation for (SFN 58437) for the wellness plan year ending June 30, 2012. Remember this report is due to NDPERS Administration by May 31.

## Make a difference in May

May is packed with health observances and opportunities for you to make a difference in the lives of your employees and their families. Select those that best fit your worksite and the needs and interests of your employees.

## National High Blood Pressure Awareness Month

According to the U.S. Department of Health and Human Services, in a typical worksite of 25 North Dakota employees, four will have high blood pressure (also known as hypertension). Hypertension has been dubbed the silent killer because it can lead to kidney disease, heart disease and stroke. There are often



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

Nordian Mutual Insurance Company

no warning signs or symptoms and it doesn't discriminate based on race, age or gender. How can you educate your employees to take action to prevent and control hypertension?

- This website provided by the National Heart, Lung and Blood Institute, [www.nhlbi.nih.gov/hbp/index.html](http://www.nhlbi.nih.gov/hbp/index.html), can provide your employees with valuable information related to high blood pressure as well as real life stories of people with high blood pressure who are making changes to control it.
- The American Heart Association offers a free turnkey 2-point worksite wellness program geared toward high blood pressure. Contact Tara Roberts at [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com) to request a 2012 AHA Worksite Wellness Program Request Form.
- Don't forget to remind employees that HealthyBlue has a great 12-week hypertension workshop that employees can earn 300 points for completing. Healthy Habit points can also be earned for logging employees' blood pressure. HealthyBlue provides many other wonderful articles in its resources center.

### National Osteoporosis Awareness and Prevention Month

Visit the National Osteoporosis Foundation's "Generations of Strength" campaign at [www.nof.org/awareness/may-awareprevention](http://www.nof.org/awareness/may-awareprevention) to help raise awareness about osteoporosis and the importance of bone health among women and men of all ages and backgrounds.

- The online toolkit includes:
- Generations of Strength poster (available in 8½x11 and 11x17 sizes)
- A Family Conversation fact sheet
- Did You Know fact sheet
- Osteoporosis tear and share bookmarks

### Melanoma/Skin Cancer Detection and Prevention Month

May is a great time to remind employees about the importance of protecting their skin. According to the North Dakota Cancer Coalition, skin cancer is the most common form of cancer in the U.S. Basal cell and squamous cell carcinomas are the most common two types of skin cancer. Fortunately, both are highly curable. The third-most common form of skin cancer is melanoma. Melanoma, although less common, is far more serious and dangerous.

Visit the North Dakota Cancer Coalition's website, [www.ndcancercoalition.org/?id=86&page=Skin+Cancer+Awareness](http://www.ndcancercoalition.org/?id=86&page=Skin+Cancer+Awareness), for the following:

- Skin Cancer fact sheets
- Display board pieces that can be printed, cut out and posted
- "Be Sun Savvy" bookmarks
- "Be Sun Savvy" brochures for parents
- Sun safety activity pages for children



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The American Academy of Dermatology, [www.melanomamonday.org](http://www.melanomamonday.org), also provides skin cancer prevention tools such as:

- Downloadable body mole map
- Instructions on how to perform a skin self-exam and what to look for
- A five to seven minute "Suntelligence" survey

### Schedule a summer safety presentation

Get a jump on summer and invite your area Member Education Consultant to your worksite to present summer safety tips.

Heather Horner and Milissa Van Eps will educate your employees about skin cancer, West Nile virus and heat-related illnesses. Also, consider piggy-backing this one with a presentation on HealthyBlue if your employees haven't seen that one yet.

#### Heather Horner

Minot/Williston District  
Bismarck/Dickinson District

#### Milissa Van Eps

Fargo/Jamestown District  
Grand Forks/Devils Lake District

### Summer recipe for the grill

It's that time of year again when we start to fire up the grill. Check out this great yogurt based kabob marinade provided by the North Dakota State University (NDSU) Animal Science Faculty, NDSU Food Science Faculty and NDSU Extension Service BBQ Boot Camp:

#### Yogurt-based Kabob Marinade

- 1 cup yogurt
- A "pinch" of salt
- Juice from one lemon
- 2 cloves crushed garlic (per kabob)
- 1 teaspoon chili powder
- ¼ cup olive oil
- 2 teaspoons black pepper

Mix all ingredients thoroughly. Submerge meat pieces in a sealed container or bag and allow to marinate for approximately two hours or overnight in the refrigerator.

This recipe makes about six kabobs.

Julie Garden-Robinson from the NDSU Extension Service reminds us of the following safe minimum internal temperatures for our favorite meats to throw on the grill:

Pork and beef steak	145 F, with a three-minute rest time
Chicken and other poultry	165 F
Hamburgers (ground beef)	160 F
Fish	145 F
Beef, pork (steaks, roasts and chops)	145 F, with a three-minute rest time (medium-rare), 160 F (medium)



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## Family Health

### Children's Mental Health Awareness

May 1-7 is Children's Mental Health Awareness Week. NDSU Extension provides resources to help you understand and enhance your children's growth and development through their Bright Beginnings program. Share these publications with your employees to add awareness to Children's Mental Health Awareness Week:

Emotional Development in Young Children:

[www.ag.ndsu.edu/pubs/yf/famsci/fs666.pdf](http://www.ag.ndsu.edu/pubs/yf/famsci/fs666.pdf)

Fostering Emotional Intelligence in Young Children:

[www.ag.ndsu.edu/pubs/yf/famsci/fs667.pdf](http://www.ag.ndsu.edu/pubs/yf/famsci/fs667.pdf)

### Kids Cook Monday

Start your week off right and make Monday family night. Visit [www.thekidscookmonday.org/#](http://www.thekidscookmonday.org/#) and learn why it is important to designate at least one day to cook and eat as a family. You can help teach your kids about proper portions, vitamins and nutrients. Cooking and eating together provides your family the opportunity to "check in" with one another at least once a week. The Kids Cook Monday site provides resources such as:

- Kid and family-friendly recipes
- Family cooking videos
- Tips on how to connect with your kids one meal at a time
- Family activities and events
- Nutrition games for families

### Upcoming dates

May 2	Monthly Wellness Coordinator Call/WebEx at 11 a.m. CST
May 13-19	National Women's Health Week: <a href="http://www.womenshealth.gov/whw">www.womenshealth.gov/whw</a>
May 14	National Women's Check-up Day: <a href="http://www.womenshealth.gov/whw">www.womenshealth.gov/whw</a>
May 21-27	Recreational Water Illness and Injury Prevention Week: <a href="http://www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week">www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week</a>
May 25	Heat Safety Awareness Day: <a href="http://www.weather.gov/om/heat/index.shtml">www.weather.gov/om/heat/index.shtml</a>
May 30	National Senior Health & Fitness Day: <a href="http://www.fitnessday.com">www.fitnessday.com</a>
June 6	Monthly Wellness Coordinator Call/WebEx at 11 a.m. CST

To join all monthly calls and Web/Exs: Go to <http://www.webmeeting.att.com>

Meeting Number: 866 680 0148      Code: 704446

For Audio: Dial 1-866-680-0148      Code: 704446



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Please remember to 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.

## Summer wellness coordinator workshops

The following are the summer wellness coordinator workshop dates and locations:

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 p.m.-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

Remember, you receive 1 point for attending the summer workshop. Please RSVP to Tara Roberts at [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com) or 701-277-2852. Please respond quickly because if numbers are low, workshops could be cancelled. Workshop details will be emailed to participants who have signed up as the workshop date nears. Thank you to all our great workshop hosts.

## 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.



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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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