



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM



Coordinator Newsletter

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May is Physical Activity Month

Getting physical activity can be easier than you think.

The American Heart Association (AHA) guidelines suggest you aim for 30 minutes a day, five times a week. According to the AHA, you will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

Here are guidelines to help you.

- At least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes

OR

- At least 25 minutes of vigorous aerobic activity at least three days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity

AND

- Moderate- to high-intensity muscle strengthening activity at least two days per week for additional health benefits.

Not sure if your activity level is moderate or vigorous? Here is how to tell. Your body is working at a moderate level when you can talk but not sing. Your body is working at a vigorous level when you can't say more than a few words without pausing for a breath.

AHA studies show that for every hour of walking, life expectancy may increase by two hours.

- Walking for as few as 30 minutes a day provides heart health benefits.
- Walking is the simplest way to start and continue a fitness journey

From shin splints to a sore shoulder, injuries can derail a fitness regimen in no time. Here are some tips to avoid injury and stay on track.

- **Play it safe.** Always consult your physician before beginning a new exercise program. Address any chronic injuries and use orthotics, braces and wraps as needed.
- **RICE (Rest. Ice. Compression. Elevation.).** If you twist an ankle playing soccer or wrench an elbow lifting weights, use the RICE method to help ease discomfort and aid in the healing process.
- **Go at your own pace.** Start with small goals and build up. Ten minutes walking on step counts toward a healthier you!



Walking is the simplest way to start and continue a fitness journey. Get started during Physical Activity Month!



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

Noridian Mutual Insurance Company

If you would like to host the Sit for "60" MOVE for "3" in your workplace, please contact me for more details at stacy.duncan@bcbsnd.com. This four-week challenge encourages employees after sitting for 60 minutes to get up and move and stretch for three minutes. Employees are also encouraged to be active 30 minutes a day in the activity they choose.

High blood pressure silently damages organs and arteries

May is National High Blood Pressure Month.

One out of every three adults in the U.S. has high blood pressure. Surprisingly, many people who have the disease are unaware that they do. High blood pressure—also known as hypertension—can quietly damage your heart, lungs, brain, arteries and kidneys. As a result, it's often called the silent killer.

The good news is that you can prevent and treat high blood pressure. Blood pressure refers to the force of blood pressing against your artery walls. High blood pressure increases your heart's workload, putting you at risk of heart disease, stroke and kidney disease. Blood pressure is tested using an inflatable cuff and stethoscope. The systolic reading indicates the pressure when your heart beats and the diastolic reading measures the pressure between beats. If your reading is less than 120 (systolic)/80 (diastolic), you are in the normal range.

Risk factors include:

- Excess weight
- Diabetes
- Tobacco use (smoking or chewing)
- Physical inactivity
- Poor diet
- Family history
- Age
- Race
- Chronic conditions such as high cholesterol, kidney disease and sleep apnea

What you eat can play a role in high blood pressure. Experts recommend that you consume less salt or sodium. That's not an easy thing to do because most of the salt you consume comes from packaged, processed, store-bought or restaurant foods. Fresh foods are much lower in sodium than processed foods. And potassium-rich foods, such as fruits and vegetables, help your body assimilate sodium. When eating out, ask for food with no or low salt.

May is also American Stroke Month. Stroke is the No. 4 cause of the death and the leading cause of disability in the U.S. Visit StrokeAssociation.org/strokemonth to learn more about American Stroke Month and download resources.



One out of every three adults in the U.S. has high blood pressure.

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Healthy Activities Spotlight:

Being physically active is so important! Adults should perform both aerobic and strength training types of physical activities, according to www.health.gov. As Wellness Coordinator, consider contacting local experts to show your employees how to do these types of activities.

Aim to get at least two hours and 30 minutes each week of aerobic physical activity that requires moderate effort. You need to do this type of activity for at least 10 minutes at a time.

Moderate-level aerobic activities can include:

- Biking slowly
- Canoeing
- Dancing
- General gardening (raking, trimming shrubs)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called arm ergometers
- Walking briskly
- Water aerobics

Perform strengthening activities at least two days a week. Strengthening activities can include push-ups, sit-ups and lifting. Try some of these activities a couple of days a week:

- Heavy gardening (digging, shoveling)
- Lifting weights
- Push-ups on the floor or against the wall
- Sit-ups
- Working with resistance bands (long, wide rubber strips that stretch)

Healthy Recipes

Fruit Skewers with Yogurt Dip

Tangy fruit and sweet yogurt make a perfect taste combination. Try this recipe from the National Heart, Lung, and Blood Institute website.

Prep Time	Cook Time	Yields	Serving Size
15 minutes	0 minutes	4 servings	2 skewers, 1 ½ Tbsp dip

Ingredients

- 1 cup strawberries, rinsed, stems removed, and cut in half
- 1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ cup blackberries
- 1 tangerine or Clementine, peeled and cut into 8 segments
- 8 6-inch wooden skewers



Aerobic activity and strength training are important components of your fitness routine.

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Enjoy this refreshing snack!

For dip:

- 1 cup strawberries, rinsed, stems removed, and cut in half
- ¼ cup fat-free plain yogurt
- 1/8 tsp vanilla extract
- 1 Tbsp honey

Directions

Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment on each skewer.

To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla and honey, and mix well.

Serve two skewers with yogurt dip on the side.

Nutritional Facts

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Fiber	Protein
71	0 g	0 g	0 mg	10 mg	2 g	1 g
Carbohydrates	Potassium	Vitamin A	Vitamin C	Calcium	Iron	
18 g	174 mg	6%	70%	4%	2%	

Percent Daily Values are based on a 2,000 calorie diet.

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars::

- Wednesday, May 7, at 11 a.m. CST
To join the May call/webinar: Go to (#797 368 750)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=194880947&UID=494098687&RT=MiM3>
- Wednesday, June 4, at noon CST
To join the June call/webinar: Go to (#793 238 989)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469002&UID=494098687&RT=MiM3>
- Wednesday, July 9, at 1 p.m. CST
To join the July call/webinar: Go to (#797 344 965)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469032&UID=494098687&RT=MiM3>

For audio: Dial 1-888-330-1716 Code: 704446

Friendly reminder: Please mute your phones during the 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.

Coming up in June

Consider promoting these events next month!

- National Cancer Survivors Day: June 1
- Sun Safety Week: June 1-7
- Men’s Health Month
- Preventative Health Month
- National Migraine and Headache Awareness Month

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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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