NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 1, Issue 3
November 2010

Get Your Flu Shot

Flu season is here. It's a perfect time for you to remind your staff that flu shots are covered at 100 percent under the BCBSND/NDPERS Health Plan. Contact your local health department to see if they can provide an onsite Flu Shot Blitz.

You can also schedule a free Beat the Bug Program class with BCBSND Member Education Consultant Jessica Petrick or Milissa Van Eps. Your employees don't have to spend the winter sniffling and coughing.

BCBSND's Beat the Bug program explains how employees can reduce the number of viral infections they pick up during cold and flu season, how to make themselves more comfortable if they do get sick, when to see a doctor and what they can do to prevent antibiotic resistance.

To schedule a class with Jessica, call 701-255-5575. For Milissa, call 701-795-5360.

MyHealthCenter Voucher

MyHealthCenter voucher points were completed on October 31 for employees. If you are aware of errors, please contact me.

Training and Presentations

If you were unable to attend the September 28 Healthy North Dakota Worksite Wellness Summit, you can view the PowerPoint presentations at http://www.ndworksitewellness.org/events/.

You may also visit the Healthy North Dakota Worksite Wellness website to register for the following opportunities:

- **The 2010 Midwest Worksite Health Promotion Conference**
  St. Paul River Centre, St. Paul, Minn.
  November 4
  Networking opportunities, coupled with new ideas and people enthusiastic about good health, will leave you inspired with programming ideas and fortified with professional connections.

- **Gearing up for Worksite Wellness**
  Fargo, N.D.
  November 18-19
  Two-day training designed for anyone wanting to start a worksite wellness program or enhance an existing one. This is a companion training to the Healthy North Dakota Worksite Wellness Summit.

BlueCross BlueShield of North Dakota
An independent licensee of the Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

November WebEx

Don't miss our WebEx with Lori Howard of the BCBSND Corporate Wellness Department at noon (CST) November 18. Howard, a licensed registered dietitian, will discuss how to implement workplace interventions to help assist in weight management. Use these interventions to avoid holiday weight gain.

The Web address is: http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html.

- Password: healthy
- Phone number: 866-469-3239
- Access code: 792 017 572

December Event

NDPERS/BCBSND Wellness Specialist Marissa Parmer will announce the NDPERS 2011 Competition at 1 p.m. (CST) December 7. Parmer will also address how to control holiday stress by being physically active. It has not been determined if this will be a conference call or WebEx.

Summer Workshop Available Online

If you missed the small Wellness Coordinator workshops during the summer, you can view the presentation online at https://www.bcbsnd.com/members/wellness/ndpers/worksite_demo.html.

November is Diabetes Awareness Month

Diabetes mellitus affects more than 36,000 North Dakotans, according to the North Dakota Diabetes Prevention and Control Program (NDDPCP). NDDPCP's mission is to improve the lives of people with the disease through education, awareness, proper nutrition, exercise, appropriate medications and self-monitoring of blood sugar levels.

Diabetes mellitus affects more than 36,000 North Dakotans.

This serious disease is caused by excess glucose in the bloodstream due to the body's inability to produce or use sufficient levels of insulin. It is a burdensome and costly condition that can result in severe complications, even death. Associated medical problems include hypoglycemia, hyperglycemia, cardiovascular disease, kidney disease, stroke, eye complications, neuropathy, amputation and ketoacidosis.

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The disease risk for diabetes increases as a person ages, gains weight or is inactive.

Three types of diabetes exist:

- **Type 1.** Type 1 is an autoimmune disorder that affects 5 percent to 10 percent of all people with the disease. It is characterized by the loss of insulin-producing cells and requires insulin delivered by injection or through a pump.
- **Type 2.** Type 2 is more common and affects 90 percent to 95 percent of people with diabetes. It develops gradually and is characterized by insulin deficiency and resistance. Treatment can include medical nutrition therapy, oral medications and injections.
- **Gestational diabetes.** Gestational diabetes occurs in 2 percent to 5 percent of all pregnancies and causes complications for both mother and child. Normal glucose tolerance usually returns after pregnancy.

The disease risk increases as a person ages, gains weight or is inactive. Diabetes is more common among African Americans, Latin Americans, Asian Americans, Pacific Islanders and American Indians. Additional risk factors are high blood pressure, a family history, having the condition during pregnancy and delivering a baby weighing more than nine pounds.

Pre-diabetes has no symptoms, and often people with Type 2 diabetes have no symptoms. The American Diabetes Association lists these common symptoms:

Type 1 diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

Type 2 diabetes

- Any of the Type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum or bladder infections

In honor of Thanksgiving, offer Pumpkin Seed and Cluster Snack Mix in the break room or at a monthly staff meeting.

A 15-minute snack from the American Diabetes Association Cookbook

In honor of Thanksgiving, offer the healthy snack below in the break room or at a monthly staff meeting. Keep in mind not all diabetes snacks and meal recipes are appropriate for everyone who has diabetes. People with diabetes should check their blood glucose levels to see if this snack works for them.

Pumpkin Seed and Cluster Snack Mix

1/2 cup salted pumpkin seeds (in shell)
1/4 cup unsalted peanuts
2 cups (about 4 oz.) high-fiber cluster-style cereal
1/4 cup golden raisins, or dried cranberries
2 tablespoons mini chocolate chips

1. Place a large nonstick skillet over medium-high heat until hot.
2. Cook the pumpkin seeds and peanuts 2 to 3 minutes or until beginning to lightly brown, stirring frequently.
3. Set aside on paper towel in a thin layer to cool quickly, about 5 minutes.
4. Combine the pumpkin seed mixture with the remaining ingredients.

Serves eight people, and the serving size is about 1/3 cup per serving.

Nutritional information per serving

Calories: 110
Calories from Fat: 35
Total Fat: 4 grams
Saturated Fat: 1 gram
Polyunsaturated Fat: 2 grams
Monounsaturated Fat: 1 gram
Cholesterol: 0 milligrams
Sodium: 175 milligrams
Total Carbohydrate: 19 grams
Dietary Fiber: 5 grams
Sugars: 6 grams
Protein: 3 grams
Diabetic Exchanges: 1 carbohydrate, 1 fat

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.parmer@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
701-795-5360
Contact Milissa if you are located in eastern North Dakota to set up a Member Education program.

Jessica Petrick
BCBSND
701-255-5575
Contact Jessica if you are located in western North Dakota to set up a Member Education program.

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