NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

Volume 4, Issue 2
November 2013

Prediabetes is a condition that precedes type 2 diabetes.

November is National Diabetes Awareness Month

In October, actor Tom Hanks announced that he had type 2 diabetes. Like most people prior to receiving this diagnosis, Hanks had prediabetes — a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal. Also known as impaired glucose tolerance or impaired fasting glucose, prediabetes increases the risk of developing type 2 diabetes and cardiovascular disease. In fact, if you don't take action, you will likely develop type 2 diabetes in 10 years or less, according to Mayo Clinic.

Often, prediabetes has no signs or symptoms. Most people learn they have prediabetes when being tested for diabetes. If you fall within the prediabetes range, you should be tested every one to two years for type 2 diabetes.

To prevent type 2 diabetes, early treatment can return blood glucose levels to normal range, according to the American Diabetes Association. Research shows you can lower the risk for type 2 diabetes by 58 percent if you:

- Lose 7 percent of body weight — or 15 pounds if you weigh 200 pounds. Losing even 10 to 15 pounds can make a huge difference.
- Exercise moderately (such as brisk walking) 30 minutes a day, five days a week

Celebrate National Eating Healthy Day on Nov. 6

National Eating Healthy Day is a day to eat healthy, get active and kick off healthy lifestyles at your company. The worksite is one of the best places to improve the health of individuals as well as the entire nation. It's also one of the best ways employers can reap the benefits of a healthy workforce.

The American Heart Association created National Eating Healthy Day to help keep your employees healthy. Use the resources developed to kick off a new wellness campaign or add to an existing one. When companies make a pledge to improve employee health, it helps everyone. It's easy to get started with the American Heart Association's promotional resources and health information.

Register your company at www.heart.org/nationaleatinghealthyday.

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

Noridian Mutual Insurance Company

Send us your Wellness Stars

Do you know of an employee who is living a healthy lifestyle? We are looking for success stories and would like to start regularly recognizing these efforts. If you know an employee who is demonstrating a healthy lifestyle through exercise, healthy eating or smoking cessation, we encourage you to nominate him or her as a "Wellness Star of the Month."

Please contact Stacy Duncan at stacy.duncan@bcbsnd.com or 701.277.2884 to complete the nomination form.

Healthy North Dakota Breastfeeding Committee

The Healthy North Dakota Breastfeeding Committee and the North Dakota Department of Health have developed "Privacy Please – Breastfeeding in Progress" door hangers to help provide more comfort and privacy while pumping for working mothers. The door hangers also have the top 10 breastfeeding websites listed on the backside for additional support.

If you would like some of these door hangers for your worksite, you can contact BriAnna at bnwanner@nd.gov. You can also visit http://www.ndhealth.gov/breastfeeding/?id=60 for more information on workplace support for breastfeeding mothers.

Healthy Activities Spotlight

November is Diabetes Awareness Month. Here's a one-page flyer to test your risk of diabetes: http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/risk-test-flyer-2012.pdf

Healthy Recipes

Try this delicious recipe from the American Heart Association.

Orange Glazed Turkey with Potatoes & Carrots

Serves 6

Ingredients

Cooking spray
1½ to 1¾ pound boneless turkey breast roast, skin and fat removed
2 teaspoons mixed dried herbs (mix a combination of any/all – rosemary, basil, parsley, tarragon, chives, thyme, sage)
¾ teaspoon salt
½ teaspoon black pepper
½ teaspoon garlic powder
3 tablespoons no-sugar added orange marmalade
1 pound potatoes scrubbed and cut in to 1-inch cubes (can use any type of potatoes)
1 tablespoon extra virgin olive oil
4 medium carrots, peeled and cut in to 1-inch sections

Orange glazed turkey with potatoes and carrots is a great fall meal.

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Cooking Instructions

Preheat oven to 375 degrees.

Spray a 9x13-inch casserole dish with cooking spray and place the turkey in the dish.In a small bowl, mix dry ingredients (herbs, salt, pepper, garlic powder).

Rub half of mixture over the turkey.

Spread marmalade over turkey.

Stir potatoes, carrots and oil into remaining herb mixture. Place vegetables in dish around the turkey. Bake for 1 hour.

Remove from oven and let sit 5-10 minutes to allow juices to redistribute.

For a complete Holiday Healthy Eating Guide: visit http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_433416.pdf

Mark your calendar for WC calls and webinars.

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, Nov. 6 at noon CST
- Wednesday, Dec. 11 at 11 a.m. CST
- Wednesday, Jan. 8 at 1 p.m. CST

To join the monthly call/webinar: Go to http://www.webmeeting.att.com

Meeting number: 888 330 1716 Code: 704446

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 December

Consider promoting these events next month!

- Safe Toys & Gifts Month
- World AIDS Day: Dec. 1
- National Handwashing Awareness Week: Dec. 1-7

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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.

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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