



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 5, Issue 1
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October is National Breast Cancer Month

For many, October is the month to see pink. Pink toasters, pink cookbooks and pink ribbons are all reminders that it is National Breast Cancer Awareness Month.

Mammogram technology is still considered the best way to detect breast abnormalities and cancers, so it's important that women don't put off their mammograms.

The National Cancer Institute recommends:

- Women 40 years and older should get a mammogram every one to two years.
- Women who have had breast cancer or other breast problems or who have a family history of breast cancer might need to start getting mammograms before age 40, or they might need to get them more often.

Talk with your doctor about when to start and how often you should have a mammogram. If you have questions about when mammograms are covered by your Blue Cross Blue Shield of North Dakota (BCBSND) health plan, please call BCBSND Member Services at 800-342-4718.

Below are some questions to ask your doctor about your breast cancer risk factors:

1. What is my risk for developing breast cancer?
2. What can I do to reduce my risk?
3. What are the symptoms?
4. How is it diagnosed?
5. Are breast self-exams really worth doing?
6. What is a clinical breast exam?
7. What is a screening mammogram?
8. Should I have one?
9. Are low-cost or free mammograms available?
10. Does using birth control increase my risk for developing breast cancer?
11. Does postmenopausal hormone therapy cause breast cancer?



Mammograms make a difference!



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

Noridian Mutual Insurance Company

Other screening options

Several newer imaging methods are now being studied for their ability to check for abnormalities that may be breast cancers, but they do not replace traditional mammography. If your doctor suggests one of these imaging options and you are concerned about whether it's covered by your BCBSND plan, please call Member Services at 800-342-4718.

- Scintimammography uses a slightly radioactive tracer that attaches to breast cancer cells and is detected by a special camera. Some early studies have suggested that it may be almost as accurate as more expensive magnetic resonance imaging (MRI) scans.
- Computer-aided detection and diagnosis (CAD) helps radiologists detect suspicious changes on mammograms.

Do you get enough physical activity?

The American Heart Association (AHA) guidelines suggest you aim for 30 minutes of physical activity 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.

Helpful guidelines

- 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.

Womenshealth.gov website advises that it is important to pick an activity that you enjoy. Consider walking, ballroom dancing, running, jumping rope or swimming laps. You don't need to go to a gym to strengthen your muscles. You can lift weights or use resistance bands at home. You can also do push-ups, pull-ups and sit-ups.

NDPERS Benefits Overview & HealthyBlue

Mark your calendar for the NDPERS Benefits Overview & HealthyBlue meeting:

- **Monday, Oct. 20, at 10 a.m. CST**
To join the [WebEx meeting](#): Go to (#799 358 515)

To join by phone: Dial 1-877-899-3892 Code: 1205274684



Find an activity that you love.

Stacy Duncan
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Register now to attend the N.D. Worksite Wellness Summit

World-renowned experts will speak at the North Dakota Worksite Wellness Summit about various wellness topics, from depression in the workplace, to how behavioral science can improve wellness goals, to North Dakota's wellness ranking.

BCBSND and NDPERS encourage you to attend the summit on Monday, Oct. 6, at the Holiday Inn Fargo. The summit will be held from 8:30 a.m. to 4 p.m.

Listening to the speakers will give you insight into the value of wellness inside and outside the workplace environment. You can expect to be inspired by this year's speakers, who will energize you to seek out new ways to improve well-being at work!

Don't delay. The conference is Monday, Oct. 6. [Register now.](#)

Healthy Activities Spotlight

Start preparing now for National Eating Healthy Day, set for Wednesday, Nov. 5. The American Heart Association invites you to join them throughout November to celebrate healthy eating.

Participating in National Eating Healthy Day is fun and easy. You can use the [toolkit provided by the American Heart Association](#). You will find materials and how-to information especially for the workplace.

Another great resource is Womenshealth.gov website. You can find great tips there on [improving food choices at home and eating out](#).

Healthy recipes

Nothing quite says fall like pumpkins. It's the season for pumpkin lattes, pumpkin pies and bars. Try this recipe from the American Diabetes Association for your friends and family members who prefer gluten-free items.

Gluten-Free Scrumptious Pumpkin Bread

This recipe serves 18

Ingredients

Cooking spray

1 egg

3 egg whites

1/3 cup skim milk

1 - 15-ounce can pure pumpkin puree

1/3 cup canola oil

1 - 19-ounce box gluten-free bread mix (such as Gluten Free Banana Bread Cake Mix from The Really Great Food Company)

1 teaspoon cinnamon

Pinch nutmeg

1/4 cup mini-chocolate chips + 1 tablespoon, divided

1/4 cup chopped walnuts + 1 tablespoon, divided



The National Eating Healthy Day is Nov. 5.

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Instructions

Preheat oven to 350 degrees.

Spray a large loaf pan with cooking spray.

In a large bowl, combine egg, egg whites, milk, pumpkin, and oil.

Mix until blended well.

Add bread mix, cinnamon and nutmeg to wet ingredients and mix well until blended together. Stir in ¼ cup chocolate chips and ¼ cup walnuts. Pour batter into loaf pan. Sprinkle 1 tablespoon each; chocolate chips and walnuts on top of batter.

Bake 50-60 minutes or until toothpick inserted in center comes out clean.

Make it gluten-free: Confirm the ingredients you use are gluten-free if cooking gluten-free.

If you don't need this recipe to be gluten-free you could try using yellow cake or carrot cake mix in place of the gluten-free bread mix. This quick bread is a festive and delicious holiday treat!

Nutrition Facts

Serving Size: 1 slice

Calories	Carbohydrate	Protein	Fat	Saturated Fat
190	30 g	2 g	7 g	1.2 g
Dietary Fiber	Cholesterol	Sodium		
1 g	10 mg	220 mg		

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- **Wednesday, Oct. 1, at 1 p.m. CST**
To join the October call/webinar: Go to (#793 669 978)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469242&UID=494098687&RT=MiM3>
- **Wednesday, Nov. 12, at 11 a.m. CST**
To join the November call/webinar: Go to (#797 089 014)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469277&UID=494098687&RT=MiM3>
- **Wednesday, December 10, at noon CST**
To join the December call/webinar: Go to (#793 801 628)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469417&UID=494098687&RT=MiM3>

For audio: Dial 1-877-899-3892 Code: 5582715019

If you receive the error message "this meeting is cancelled," go to the home page of the meeting center and search for "NDPERS Wellness Coordinator Call."

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.



This gluten-free pumpkin bread recipe is bound to be a big hit this fall.

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Coming up in November

Consider promoting these events next month!

- American Diabetes Month
- Healthy Weight
- Lung Cancer Awareness Month

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

701-282-1154

onalee.sellheim@bcbsnd.com

Direct questions about benefit plans or schedule Member Education programs through Onalee.

Jodi Crouse

BCBSND

701-277-2059

jodi.crouse@bcbsnd.com

To collect aggregate data on your employer from the Health Reimbursement Arrangements, HealthyBlue and Health Club Credit, contact Jodi.

Heather Horner

BCBSND

heather.horner@bcbsnd.com

701-200-3905 (cell)

Contact Heather to set up a Member Education program.

More resources:

- www.ndworksitewellness.org
- www.ndpershealthyblue.com
- www.nd.gov/ndpers
- <http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html>



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