



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM



Coordinator Newsletter

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October 2010

New Member Education Program Launching

October is the National Council on Patient Information and Education's (NCPIE) 24th annual Talk About Prescriptions Month.

This year's theme, *Communication is Key*, reflects the fact that better communication about medicine between consumers and their health care providers can lead to safe and appropriate medicine use and better health. High-quality communication about medicines, at every teachable moment, must occur to better ensure consumers derive maximum benefit and minimum risk from their prescription and over-the-counter (OTC) medicines.

In keeping with this theme, Blue Cross Blue Shield of North Dakota's Member Education Team has launched a new program about prescription drugs called "Smart Rx: How to Make Drug Costs Easier to Swallow."



Nearly 50 percent of Americans use at least one prescription medication, according to the Centers for Disease Control and Prevention. Member Education Consultants Jessica Petrick or Milissa Van Eps can provide you and your employees a detailed rundown of the factors involved in prescription drug costs, how you can save money with generic medications, questions to ask your pharmacist, and tips for buying and using OTC drugs. The presentation also covers www.MyPrime.com, which all BCBSND members can access. It can help you keep track of your pharmacy claims, find a pharmacy and help you find generic equivalents and therapeutic substitutes.

Each employee who attends this class will receive a free tool to take home. Schedule your free class today. To schedule a class with Jessica, call 701-255-5575. For Milissa, call 701-795-5360.



**BlueCross
BlueShield**
of North Dakota

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

October is National Breast Cancer Awareness Month

Feel free to copy and paste any of this information to pass along to your employees and coworkers as part of your Worksite Wellness Program.

Next to skin cancer, breast cancer is the most common form of cancer in women in the United States. According to the American Cancer Society (ACS), this year, an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States. An estimated 40,170 women were expected to die from the disease in 2009. Today, there are about 2.5 million breast cancer survivors living in the United States. Men make up about 1 percent to 2 percent of all breast cancer cases. About 23,800 North Dakotans are cancer survivors, many in the workforce or with loved ones in the workforce who are supporting them.

Help raise breast cancer awareness during the month of October by designating a casual day to wear pink in honor of breast cancer survivors. In conjunction with the casual day, employers can provide information on early breast cancer detection and allow company time for a walk to get exercise. Employers can also contact the local North Dakota Cancer Coalition <http://www.ndcancercoalition.org/?id=1> for more information.

Employers are encouraged to post local "Go Pink" events going on in the community.

For example:

Location: Fargo, ND

Event Date: Thursday, October 21, 2010

Event: 2010 Wacoal Fit for the Cure | Macy's West Acres Center

Contact Information

Event website: wacoal-america.com

Affiliate website: komentnorthdakota.org



An estimated 40,170 women were expected to die from breast cancer in 2009.

Signs of Breast Cancer

The Susan G. Komen Foundation lists several signs of breast cancer that you shouldn't ignore. If you notice any of the following signs, make an appointment with your health care provider right away.

- Lumps, hard knots or thickening in any part of the breast
- Swelling, warmth, redness or darkening
- Change in the size or shape of your breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

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Yam Biscuit Recipe Nutritious for Cancer Patients

According to Holly Clegg, coauthor of *Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment*, yam biscuits are nutritious and easy to make with “pantry friendly ingredients.” Clegg suggests making larger biscuits to use for sandwiches.

Yam Biscuits

- 1 (15-ounce) can sweet potatoes (yams), drained and mashed
- 4 cups all-purpose baking mix
- ½ teaspoon ground cinnamon
- ¾ cup skim milk
- 3 tablespoons margarine or butter, softened

1. Preheat oven to 450 degrees.
2. In mixing bowl, mix mashed yams with baking mix and cinnamon. Add milk and margarine, stirring until blended.
3. Roll on floured surface to 1-inch thickness. Cut with 2-inch cutter or glass and place on baking sheet.
4. Bake for 10-12 minutes or until golden brown.

Makes 24 biscuits.

Nutritional Information per Serving

Calories: 110
Protein: 2 grams (g)
Carbohydrate: 16 g
Fat: 5 g
Calories from Fat: 36%
Saturated Fat: 1 g
Dietary Fiber: 1 g
Cholesterol: 0 milligrams (mg)
Sodium: 282 mg
Diabetic Exchanges: 1 starch, 1 fat

Doc’s notes: Sweet potatoes are rich in beta carotene, and vitamins C and B. For extra calories, substitute vanilla nutritional energy drink supplement for skim milk. It’s a great way to sneak extra vitamins and calories into your diet. No bananas if your blood counts are low.



Yam Biscuits

Conference Call October 15

Don’t miss our conference call with Joan Enderle of the American Heart Association (AHA) at 11:30 a.m. (CST) October 15. Joan will provide details about the new AHA 2-Point Program. In addition, learn about a new Member Education program about Smart RX.

Call 877-455-8688 to participate. Participant number: 641163.

WebEx November 18

Lori Howard of Blue Cross Blue Shield of North Dakota will speak at noon (CST) November 18. Lori will discuss weight management in the workplace with an emphasis on nutrition interventions.

Calorie Burning Chart Can Help You Reach Fitness Goals

The American Council on Exercise (ACE) provided the chart below to help calculate the number of calories burned per minute doing various activities for people of various weights. Multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30-minute jog.

There are a few things to keep in mind as you review this chart. With exercise, it's true that you get out of it what you put into it. Showing up for an exercise class and going through the motions isn't going to do much good. To get the most out of an exercise session, give it your all, even if your all is less than what others might be doing.

You don't have to add a hard workout to your schedule to burn more calories. There are many small ways to burn more calories found in day-to-day activities. Taking the stairs, parking farther from your destination and doing chores around the house are great ways to burn extra calories.

There are approximately 2,000 steps in one mile of walking. Most people should aim to walk 10,000 steps a day. Walking 10,000 steps a day, the average person will burn up to 3,500 calories per week—roughly the caloric equivalent of one pound of fat. Visit www.shapeup.org for more information.

Feel free to e-mail this chart to co-workers to help them reach their fitness goals. Employers can also post this chart in the company break room, fitness area, near the elevator or by the stairs.



There are approximately 2,000 steps in one mile of walking.

Activity	Calories/min.			
	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10 MPH)	5.5	6.4	7.3	8.2
Dancing (aerobic)	7.4	8.6	9.8	11.1
Dancing (social)	2.9	3.3	.37	4.2
Gardening	5.0	5.9	6.7	7.5
Golf (pull/carry club)	4.6	5.4	6.2	7.0
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting, quietly	1.2	1.3	1.5	1.7
Skating (ice and roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	7.5	8.8	10.0	11.3
Skiing (water and downhill)	5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8

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.parmar@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.



Working together to provide a healthier and more engaged worksite.