



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 2, Issue 2  
October 2011

## Remember to attend October Community Health Care Forums

BCBSND wants to hear your ideas about North Dakota's health care system. The information gathered through the forums will be critical as we all work together to develop solutions that work for North Dakota. You can attend a meeting in person or join the discussion online at [NDHealthCareForums.com](http://NDHealthCareForums.com).

BCBSND President and CEO Paul von Ebers will serve as moderator at the forums, leading the discussion and answering questions. In addition, representatives from health care systems will participate in forums held in their communities. Forums scheduled for October include:

- Dickinson: Tuesday, Oct. 11, Dickinson Days Inn Grand Dakota Lodge & Conference Center
- Bismarck: Wednesday, Oct. 12, Bismarck Kelly Inn—Minerva's
- Rugby: Thursday, Oct. 13, Dakota Farms Northern Lights Inn

More forums will be scheduled in 2012.

## Join Google groups

Google groups will be used for networking with all wellness coordinators. You must log on to register at <http://groups.google.com/group/ndperswellness>. Please pass this on to any wellness coordinators at satellite locations so that we can reach out to them as well.

## Save the dates

Wellness Coordinator Conference Calls: 1-866-680-0148 Participant Code 704446

- October conference call will be Oct. 5 at 1 p.m. CST.
- November conference call will be Nov. 9 at 11 a.m. CST.
- December conference call will be Dec. 7 at 2 p.m. CST.

**COMMUNITY  
HEALTH CARE FORUMS**

LEARN. DISCUSS.  
SHARE IDEAS.

BCBSND wants to hear your ideas about North Dakota's health care system.



**BlueCross  
BlueShield  
of North Dakota**

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Blue Cross & Blue Shield Association

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## Gearing up for worksite wellness

This is a two-day training session 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. The workshop is scheduled for 8:30 a.m.– 4:30 p.m., Nov. 7-8 at Sanford/YMCA Family Wellness Center in Fargo.

For more information and to register, email Tara Roberts at [tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com) or call Tara at 701-277-2852.



## Series on Medication Adherence programs

BCBSND will begin a series on Medication Adherence programs in the near future with Marketing Pharmacy Manager Brent Solseng. Take a look back at the September newsletter for more information. This series kicks off with the Oct. 5 wellness coordinator conference call, when Brent will take us through a summary of what is to come with the programs.

## Medication Education program

This program will educate you on all aspects of prescription drugs, including common myths about generic medications, the differences between generic and brand-name prescription drugs and how to use over-the-counter medications effectively. For more information, contact your area Member Education consultant, Heather Schuster for western North Dakota or Milissa Van Eps for the eastern portion of the state. Their contact information is listed below and at the end of this newsletter.

### Heather Schuster

Minot/Williston District  
Bismarck/Dickinson District  
701-200-3905 (cell)  
[heather.schuster@bcbsnd.com](mailto:heather.schuster@bcbsnd.com)

### Milissa Van Eps

Fargo/Jamestown District  
Grand Forks/Devils Lake District  
701-795-5360  
[milissa.van.eps@bcbsnd.com](mailto:milissa.van.eps@bcbsnd.com)



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BCBSND/NDPERS  
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Phone: 701-277-2852  
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[tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com)

## October health observances

Many health promotions are held each month of the year. Because of the large number of observances, I can't cover all topics in one newsletter. I encourage you to select a topic that best fits your worksite.

### Eye Injury Prevention Month

Find more information at the American Academy of Ophthalmology website, [www.geteyesmart.org/eyesmart/injuries/index.cfm](http://www.geteyesmart.org/eyesmart/injuries/index.cfm) or email [eyemd@ao.org](mailto:eyemd@ao.org).

### Drive Safely Work Week, Oct. 3-7

Information is available at the Network of Employers for Traffic Safety website, [www.trafficsafety.org](http://www.trafficsafety.org), or you can email the organization at [nets@trafficsafety.org](mailto:nets@trafficsafety.org).

### Mental Illness Awareness Week, Oct. 2-8

Find more information about mental illness at the website for the National Alliance on Mental Illness (NAMI). Contact NAMI at [info@nami.org](mailto:info@nami.org).

## October is National Breast Cancer Awareness Month

Remind your employees about their benefits for mammography services. In addition to the \$200 annual benefit for preventive screening services, mammograms are covered at 100 percent of the allowed charge, and the deductible amount is waived. Benefits are available as follows:

- One service for members between the ages of 35 and 40
- One service per year for members age 40 and older
- Additional benefits will be available for mammography services when medically appropriate and necessary and ordered by a professional health care provider. Please see your benefit plan, under outpatient hospital and medical services, for more information.

For more information about breast cancer awareness month, go to [www.nbcam.org](http://www.nbcam.org).

## World Mental Health Day is Oct. 10

- Mental health conditions are the second leading cause of absenteeism.
- Untreated and mistreated mental illness costs the United States \$150 billion in lost productivity each year.
- Businesses spend \$7,500 annually per employee due to stress and stress-related conditions.
- More than 90 percent of employees report that mental and personal problems spill over into work and have an impact on job performance.
- More information about world mental health day is available at the World Federation for Mental Health website at [wmhday.wfmh.com](http://wmhday.wfmh.com).



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Worksites can support their employees by making it easier for them to seek and receive mental health assessments, referrals, and treatment. Employers can help employees by taking the following steps:

- Provide mental health and mental illness materials and messages in brochures, fact sheets, paycheck stuffers and electronic communications.
- Offer confidential screenings for conditions such as depression, anxiety, post-traumatic stress disorder or substance abuse.
- Encourage the use of telephone help lines.
- Teach supervisors how to recognize, intervene, refer and supervise employees with mental health issues.

Bring in your area Member Education consultant to do our Stress Management program. The word stress has a negative connotation, but it's important to remember that some stress in our lives is actually good. Learn the difference between good and bad stress and how to avoid becoming overwhelmed by life's everyday stresses. To schedule a program, contact your area Member Education consultant, Heather Schuster for western North Dakota or Milissa Van Eps for the eastern portion of the state. Their contact information is listed at the end of this newsletter.

## Pumpkin nutrition

The bright orange color of pumpkin indicates that it is loaded with an important antioxidant called beta-carotene. Beta-carotene is converted to vitamin A in the body and is important for a person's overall health. According to the University of Illinois Extension Service, research shows that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and protect against heart disease. Beta-carotene also offers protection against other diseases, as well as some degenerative aspects of aging.

## October recipe: chocolate cake with pumpkin

Add more vitamin A to your diet with this recipe idea from the North Dakota State University Extension Service.

### Ingredients

- 1 box chocolate cake mix
- 1 15-ounce can pumpkin

### Directions

Mix cake mix and pumpkin. Do not add other ingredients indicated in the directions on the cake mix box. Transfer batter to pan of choice, and bake as directed. Tastes great served warm with a dollop of whipped topping and a drizzle of chocolate or caramel syrup.

Makes 12 servings. Without any topping, a serving of chocolate pumpkin cake has 180 calories, 4 grams of fat, 37 grams of carbohydrate, 3 grams of fiber and a full day's supply of vitamin A (as beta-carotene).



Pumpkin is loaded with beta-carotene, which is converted to vitamin A in the body. Add more vitamin A to your diet with this recipe.

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## A partnership for worksite wellness

NDPERS and BCBSND are working together to support you and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools. Please give us your feedback on all of our wellness tools. Your suggestions will help us to serve you better.

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:

### **Tara Roberts**

BCBSND/NDPERS  
701-277-2852

[tara.roberts@bcbsnd.com](mailto:tara.roberts@bcbsnd.com)

Tara 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](mailto:rfricke@nd.gov)

Rebecca can help you with 1 percent 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](mailto:kallen@nd.gov)

Direct funding program questions to Kathy.

### **Onalee Sellheim**

BCBSND  
[onalee.sellheim@bcbsnd.com](mailto:onalee.sellheim@bcbsnd.com)

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

### **Jodi Crouse**

BCBSND  
[jodi.crouse@bcbsnd.com](mailto:jodi.crouse@bcbsnd.com)

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

### **Milissa Van Eps**

BCBSND  
[milissa.van.eps@bcbsnd.com](mailto: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 Schuster**

BCBSND  
[heather.schuster@bcbsnd.com](mailto:heather.schuster@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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