



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 4, Issue 1
October 2013

October is National Breast Cancer Awareness Month!

Breast cancer is an over growth of cells in the breast. These cells form a tumor, which can be benign or malignant. For early breast cancer detection, the American Cancer Society recommends women age 40 and older have a mammogram screening every year as long as they are in good health.

A new lump or mass is the most common sign or symptom of breast cancer. These lumps can be painless and hard with irregular edges. However, some breast cancers can be tender, soft, or rounded and even painful. This is why it is important to have any new breast mass or lump checked by a health care professional.

According to the American Cancer Society, other possible signs of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk).

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt.

Risk factors can include diet, weight, exercise, alcohol consumption and smoking, exposure to estrogen, stress and anxiety. Although the vast majority of people diagnosed with breast cancer are women, men can get breast cancer, too. Other potential risk factors include age, family and personal history, race, pregnancy and breast-feeding. Regardless of risk factors, if you find a lump or mass, be sure you consult with your health care provider.



Do you know the signs of breast cancer?



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

Noridian Mutual Insurance Company

Shingles vaccine may be recommended for you

According to the Centers for Disease Control and Prevention (CDC), approximately one-third of the population will develop shingles in their lifetime. Shingles is a very painful disease caused by the herpes zoster virus, the same virus that causes chickenpox. If you have had chickenpox in the past, you can develop shingles. The herpes zoster virus can be inactive in your body for years and manifest as shingles later in life.

As you get older, the risk of shingles increases. Additionally, people with certain conditions that weaken the immune system are at greater risk for developing shingles. Some examples of these conditions include people with certain cancers, individuals with Human Immunodeficiency Virus (HIV) and those who are taking immunosuppressive drugs such as steroids or anti-rejection medications. Unlike chickenpox, some people may develop shingles several times in a lifetime. People with shingles may also transmit the virus to individuals who are unvaccinated or who have never had chickenpox. Infants are not able to receive the chickenpox vaccine until they are 12 months old and remain vulnerable to chickenpox infection, a particularly dangerous condition in infants.

Not only is shingles extremely painful, but the disease can also result in some very severe complications. The most common complication from shingles is post-herpetic neuralgia (PHN). PHN causes severe pain even after the shingles rash has resolved. This condition can last anywhere from a few weeks or months to years. Other more rare complications include eye complications, pneumonia, hearing problems, blindness, brain inflammation or even death.

Fortunately, there is a vaccine that can prevent shingles. The shingles (zoster) vaccine is routinely recommended for everyone 60 and older. The vaccine is approved for use in people 50 and older. Even people who have had shingles before should be vaccinated. NDPERS Group Health Insurance Plan covers the cost of the shingles vaccine and the administration fee for everyone 50 and older — just bring your insurance card with you to your doctor's office, pharmacy or local public health unit.

When visiting your health care provider for shingles vaccine, be sure to ask about other vaccines. Everyone is recommended to receive an annual flu vaccine. Also, people 65 and older should be vaccinated against pneumococcal disease. People with certain high-risk conditions may need other vaccines.

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.



Shingles can be extremely painful.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2884
Email: stacy.duncan@bcbsnd.com

Healthy Activities Spotlight

October is Breast Cancer Awareness Month. The U.S. Department of Health and Human Services has free downloadable resources, including email blasts, posters and table tents to help get the word out. You can find these materials at: www.foh.hhs.gov/dbdmarketing/nbcam.html.

Healthy Recipes

Mini-Pumpkin Tarts

Try this healthful recipe from the American Diabetes Association.

Ingredients

- 30 Mini-Nilla wafer cookies
- 8 ounces light cream cheese, softened
- ¼ cup light sour cream
- ¼ cup Splenda Sugar blend
- 1 egg
- ½ teaspoon vanilla
- ¾ cup canned pure pumpkin
- ½ teaspoon cinnamon
- Pinch nutmeg

Instructions

Preheat oven to 350 degrees. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup. In medium bowl, add remaining ingredients and mix with electric mixer until smooth. Fill each muffin cup with pumpkin-cream cheese mixture. Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.

Make it gluten-free: Use gluten-free animal crackers (break them to fit into muffin tin) in place of Nilla wafers. Confirm all other ingredients are gluten-free.

Prep time

10 minutes

Cook time

30 minutes

Yields

30 servings

Nutritional Facts

Serving Size: 1 tart

Calories	Carbohydrate	Protein	Fat	Saturated Fat
40	4 g	1 g	2.5 g	1.2 g
Sugar	Dietary Fiber	Cholesterol	Sodium	Potassium
3 g	0 g	15 mg	40 mg	30 mg



Oatmeal Pecan Waffles are great for breakfast or any time of the day.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2884
Email: stacy.duncan@bcbsnd.com

NDPERS Wellness Coordinator Training

There's still time to sign up for the Healthy North Dakota Worksite Wellness Summit on Oct. 8 at the Holiday Inn of Fargo. NDPERS Wellness Coordinators qualify for the "student" discount rate and are strongly encouraged to attend.

You can learn how to start or enhance your worksite wellness program. The summit will feature nationally recognized keynote speakers and breakout sessions with local experts. You can also hear how Cass County Electric Cooperative is promoting wellness to its employees and take part in the vendor fair.

"It is encouraging to see interest in worksite wellness programs and this event continues to grow in North Dakota. We invite anyone wishing to learn about how to start a program or improve their current efforts to attend," said Healthy North Dakota Worksite Wellness Director Pete Seljevoid. "Our excellent panel of speakers and breakout sessions will talk about real issues worksites are facing and possible solutions."

To register, visit: www.ndworksitewellness.org.

Looking for other worksite wellness ideas? Join the Healthy North Dakota Worksite Wellness blog at www.ndworksitewellness.org/blog.

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, Oct. 9 at 1 p.m. CST
- Wednesday, Nov. 6 at noon CST
- Wednesday, Dec. 11 at 11am 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.



There's still time to sign up
for the Healthy North Dakota
Worksite Wellness Summit

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2884
Email: stacy.duncan@bcbsnd.com

Coming up in November

Consider promoting these events next month!

- American Diabetes Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- Pancreatic Cancer Awareness Month
- Veterans Day: Nov. 11
- Great American Smokeout: Nov. 21
- Hanukkah (Chanukah): Nov. 27
- Thanksgiving Day: Nov. 28

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.



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.

Stacy Duncan
NDPERS Wellness Consultant
Phone: 701-277-2884
Fax: 701-277-2884
Email: stacy.duncan@bcbsnd.com