



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Please welcome Tara Roberts, your new Wellness Specialist.



Coordinator Newsletter

Volume 2, Issue 1
September 2011

As many of you already know, my husband, Brent, has taken a position in Kentucky. Brent and our two boys, Bryce and Broc, are already settled there and have been in school for three weeks. I wish all of you the best as you continue promoting worksite wellness across North Dakota. Thank you again for your dedication above and beyond your job description. My last day will be Sept. 2. Please do not hesitate to contact me. I have attached my letter if you did not receive it earlier.

Please welcome Tara Roberts, your new Wellness Specialist. I know Tara both professionally and personally. She will be a great asset to you. She will work part-time until Sept. 2, and her first official day will be Sept. 6. Please watch for further information on how to contact Tara.

Tara has spent the past six years as the coordinator of Fitness Programs for North Dakota State University (NDSU)'s Wallman Wellness Center. Prior to that, she worked for Gold's Gym in Sartell, Minn., and the Fairview-University Medical Center in downtown Minneapolis.

Tara grew up in Breckenridge, Minn., and received her degree in Exercise Science from St. Cloud State University in St. Cloud, Minn.. She is currently completing her master of science degree in Health, Nutrition, and Exercise Science at NDSU. She currently resides in South Fargo with her husband and two children, Wil, 7, and Alexandra, 4. Tara is excited to work as part of a team promoting wellness throughout North Dakota.

September is Prostate Cancer Awareness Month

You can log on to the N.D. Cancer Coalition web site at <http://www.ndcancercoalition.org/?id=82&page=Prostate+Cancer+Awareness> to find out how North Dakotans are affected by prostate cancer. The site also features useful tools wellness coordinators can use to help raise awareness of this disease at their work sites.

According to the U.S. Preventive Services Task Force (USPSTF):

- For men younger than 75, the evidence is inadequate to determine whether screening improves health outcomes. Therefore, the balance of harm and benefits cannot be determined, and no recommendation for screening is given.
- For men age 75 and older, and for those with a life expectancy of 10 years or less, screening is not recommended because the harms outweigh the benefits.
- If prostate-specific antigen (PSA) screenings reduce mortality, screening every four years may be as beneficial as an annual screening.
- Members should discuss options for PSA screening with their physicians.
- A list of USPSTF recommendations on cancer screenings can be found at: <http://www.uspreventiveservicestaskforce.org>.



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

A reminder of your benefits and what they cover

Preventive screening services for members age 6 and older: \$25 copayment amount per office visit, then 100 percent of allowed charge. The deductible amount is waived. (This is just for the office visit that would be needed for the PSA).

The following services are not subject to the \$200 preventive maximum, unless the member is younger than the allowed age limits listed below. If the member is under the age limit, the service will apply toward the preventive maximum.

- PSA test: one per calendar year - waive deductible, apply coinsurance
 - related office visit: apply copayment, waive deductible and coinsurance
 - 50 years and older for an asymptomatic male
 - 40 years and older for a black male
 - 40 years and older for family history of prostate cancer



Find out how prostate cancer affects North Dakotans at www.ndcancercoalition.org

September recipe from the Whole Grains Council

September is whole grains month. Increase the amount of whole grains in your diet with this recipe from the Whole Grains Council, courtesy of Judith Finlayson, *The Complete Whole Grains Cookbook*.

Roast Chicken with Fruit-Studded Wheat Berries

Ingredients

Chicken and Wheat Berries

- 1/2 cup wheat berries
- 1 cup water
- 1 cup reduced-sodium chicken stock
- 1 tablespoon olive oil
- 2 large skin-on bone-in chicken breasts, each about 10 oz (300 g), cut in half, rinsed and patted dry
- 3 leeks, white part only, cleaned and thinly sliced
- 4 cloves garlic, minced
- 1 tablespoon minced gingerroot
- 1 tablespoon ground cumin
- 1 jalapeño pepper, seeded and minced
- 2 teaspoons finely grated lemon zest
- 1/2 cup chopped dried apricots
- 1 teaspoon melted butter
- Freshly ground black pepper

Chili-Apricot Glaze

- 1/2 cup apricot jam
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon Asian chili sauce, such as sambal oelek

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Increase the amount of whole grains in your diet.

Directions

1. Preheat oven to 350°F. Lightly grease a shallow 13-by 9-inch baking dish.
2. In a saucepan, combine wheat berries, water and stock. Bring to a boil over medium heat. Reduce heat to low. Cover and simmer for 30 minutes. Remove from heat and set aside. (Wheat berries will not be fully cooked and liquid won't be completely absorbed.)
3. Meanwhile, in a skillet, heat oil over medium-high heat for 30 seconds. Add chicken, in two batches, and brown, turning once, about 6 minutes per batch. Transfer to a plate and set aside.
4. Reduce heat to medium. Add leeks to pan and cook, stirring, until softened, about 3 minutes. Add garlic, ginger, cumin, jalapeño and lemon zest and cook, stirring, for 1 minute. Add apricots and wheat berries with liquid, stir well and bring to a boil. Transfer to prepared dish and spread evenly.
5. Brush skin side of the chicken with melted butter and season to taste with black pepper. Arrange evenly over wheat berry mixture, skin side up. Roast in preheated oven for 30 minutes.
6. Chili-Apricot Glaze: Meanwhile, in a bowl, combine apricot jam, lemon juice and chili sauce. Pour half of the mixture into a small dish and set aside. Brush skin side of chicken with remainder and return to oven. Roast until chicken is no longer pink inside, about 15 minutes longer. To serve, pour reserved Chili-Apricot Glaze over the sizzling chicken.

Tips

With the addition of chicken stock, you'll have quite a bit of extra liquid, since the wheat berries should be submerged while baking to ensure they will be tender.

If your apricot jam is a bit chunky, chop the fruit finely or process the mixture in a mini-chopper until the jam is puréed and the mixture is blended.

To clean leeks, fill sink full of lukewarm water. Split leeks in half lengthwise and submerge in water, swishing them around to remove all traces of dirt. Transfer to a colander and rinse under cold water.

Nutrition facts per serving: 505 calories; 27.9g protein, 62.4g carbohydrate, 18.1g fat (5.3g saturated, 7.5g monounsaturated, 3.7g polyunsaturated), 5.5g fiber, 271mg sodium, 79mg cholesterol.

Makes four servings.

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Series on Medication Adherence programs coming soon

BCBSND will begin a series on Medication Adherence programs in the near future with Marketing Pharmacy Manager Brent Solseng. This will begin with the October conference call. Here is a glimpse of what will be covered, from the American Pharmaceutical Association and the Food and Drug Administration.

Dos and don'ts for storing medication

- Do store your medication at room temperature in a dry, dark place—such as a bedroom dresser drawer.
- Do keep your medication in its original, labeled container.
- Do keep liquid medication from freezing.
- Do keep all medication locked up and out of reach and sight if you have children or are expecting young visitors.
- Don't leave the cotton plug in an opened medication container.
- Don't store medication in your refrigerator unless your doctor or pharmacist tells you otherwise.
- Don't leave your medication in your car for a long period of time. Heat and direct sunlight can damage it.
- Don't keep expired medication.

10 questions to ask your pharmacist

1. What is the name of my medication, and what does it do?
2. When do I take my medication? Should I take it on an empty stomach or with food?
3. How long should I take it?
4. Does this medication contain anything that could cause an allergic reaction?
5. Is there anything I should avoid, such as other medications, foods, alcohol or activities, while I take this medication?
6. Should I expect any side effects?
7. Is there a generic drug available for my condition?
8. What do I do if I forget to take my medication?
9. Is it safe to take this medication if I am pregnant or breastfeeding?
10. How should I store my medication?

3 things your pharmacist needs to know

1. What medications, vitamins, supplements, herbs and home remedies you are using. Include how much you use and when.
2. All conditions you are being treated for by a doctor, chiropractor, mental health professional or other health care provider
3. Your family's health history



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Disposing of expired medication

- Throw it away rather than flush it down the toilet. Water treatment systems are designed to rid water of bacteria and viruses rather than chemicals.
- Leave it in its original package, and black out any information on the package that identifies you. Many containers have caps that are difficult for a child or an animal to open.
- Add a nontoxic powder, such as salt, flour or mustard, to liquid medication to make it unappealing to people or animals.
- Add some water to solid medicine to partially dissolve it.
- Tape the bottle shut or wrap blister packs with duct tape. Then put it inside a bag or container, such as a cottage cheese tub, that is not see through.

Save the dates

Just a reminder to join the Google groups and feel free to begin any discussion you would like. Google groups will be used for networking with all wellness coordinators. You must log on to register at <http://groups.google.com/group/ndperswellness>

Call in information: 1-866-680-0148 Participant code 704446

- The October conference call will be Oct. 5 at 1 p.m. CST. Join in as Brent Solseng, BCBSND Marketing Pharmacy Manager, introduces a series of Medication Adherence programs for wellness coordinators and NDPERS members.
- November conference call will be Nov. 9 at 11 a.m. CST. Topic is to be determined.
- December conference call will be Dec. 7 at 2 p.m. CST. Topic is to be determined.

Take part in Community Health Care Forums

Starting in mid-September, BCBSND is holding community forums throughout the state to listen and collect ideas about North Dakota's health care system.

I encourage you to attend a meeting in person and to join the discussion online at NDHealthCareForums.com. On the site, you can take a short survey, comment on the blog, and find more information about the upcoming forums.

Information gathered through the forums is critical in moving forward with solutions that work for North Dakota.

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.

All forums are scheduled from 7-8:30 p.m.

Schedule

Grand Forks: Wednesday, Sept. 14: Howard Johnson, formerly Clarion Inn

Jamestown: Thursday, Sept. 15: Gladstone

Fargo: Monday, Sept. 19: BCBSND – Dakota Rooms

West Fargo: Monday, Sept. 26: BCBSND – Dakota Rooms

Dickinson: Tuesday, Oct. 11, Dickinson Days Inn Grand Dakota Lodge & Conf. Center

Bismarck: Wednesday, Oct. 12, Bismarck Kelly Inn—Minerva's

Rugby: Thursday, Oct. 13, Dakota Farms Northern Lights Inn

COMMUNITY
HEALTH CARE FORUMS

LEARN. DISCUSS.
SHARE IDEAS.

Attend a community health care forum to hear about the challenges of the health care system in North Dakota and share your opinions.

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The second annual Worksite Wellness Summit is Sept. 27

If you wish to attend, go to <http://www.ndworksitewellness.org/index.htm> or email pete.seljevold@hndww.org to register. Please register at the student rate, and indicate that you are an NDPERS WC.

Flu vaccination clinics from Medcenter One

Medcenter One Occupational Health Clinic provides onsite flu vaccination clinics conveniently in your office location. Preventing disease reduces the high costs of workers compensation, health care, absenteeism and lost productivity. As a company, you can experience less sick time and fewer injuries by offering flu vaccinations.

To schedule your onsite flu vaccination clinic or for more information, please call Wanda Binstock, health and wellness coordinator, at 323-8861, or visit medcenterone.com/occhealth/flushots.

MyHealthCenter update

The MyHealthCenter web site continues to be a work in progress. It is not yet ready for the re-engagement strategy we spoke of at the summer workshops. More information will be available as details are finalized. I appreciate your continued feedback and patience.

September observances

Here are a few more September wellness observances. For local contacts and coalitions, log onto www.ndworksitewellness.org.

National September Wellness Observance contacts:

Fruit and Veggies - More Matters Month

Produce for Better Health Foundation
Centers for Disease Control and Prevention
7465 Lancaster Pike, Suite J, 2nd Floor
Hockessin, DE 19707
(888) 391-2100
(302) 235-2329 x316
(302) 235-5555 Fax
TEaton@pbhfoundation.org
www.fruitsandveggiesmorematters.org
Materials available
Contact: Toni Eaton

Leukemia & Lymphoma Awareness Month

Leukemia & Lymphoma Society
1311 Mamaroneck Avenue, Suite 310
White Plains, NY 10605
(800) 955-4572
(914) 821-8888
(914) 821-3607 Fax
www.lls.org
Materials available
Contact: Information Resource Center



Plan a September wellness observance

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National Alcohol and Drug Addiction Recovery Month

Office of the Director, Consumer Affairs
Center for Substance Abuse Treatment
Substance Abuse and Mental Health Services Administration
1 Choke Cherry Road, 2nd Floor
Rockville, MD 20857
(800) 662-HELP (662-4357)
(240) 276-2750
(240) 276-2710 Fax
recoverymonth@samhsa.hhs.gov
www.recoverymonth.gov
Materials available
Contact: Consumer Affairs

National Atrial Fibrillation Awareness Month

American Foundation for Women's Health
P.O. Box 541
Greenwood, TX 76246-0541
(940) 466-9898
mhills@stopafib.org
www.stopafib.org
Materials available
Contact: Mellanie True Hills

National Cholesterol Education Month

National Heart, Lung, and Blood Institute Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(301) 592-8563 Fax
nhlbiinfo@nhlbi.nih.gov
hp2010.nhlbihin.net/cholmonth/
Materials available
Contact: Information Specialist

Prostate Cancer Awareness Month

ZERO - The Project to End Prostate Cancer
10 G Street NE, Suite 601
Washington, DC 20002
(888) 245-9455
(202) 463-9455
(571) 257-8559
linwood@zerocancer.org
www.zerocancer.org
Materials available
Contact: Linwood Norman

Whole Grains Month

Whole Grains Council
266 Beacon Street
Boston, MA 02116
(617) 421-5500
(617) 421-5511 Fax
cynthia@oldwayspt.org
www.wholegrainscouncil.org
Materials available
Contact: Cynthia Harriman

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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:

Tara Roberts

BCBSND/NDPERS

701-277-2852

tara.roberts@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 Tara.

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

milissa.van.eps@bcbsnd.com

701-795-5360

Contact Milissa if you are located in eastern North Dakota to set up a Member Education program.

Heather Schuster

BCBSND

heather.schuster@bcbsnd.com

701-200-3905 (cell)

Contact Heather if you are located in western North Dakota to set up a Member Education program.



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