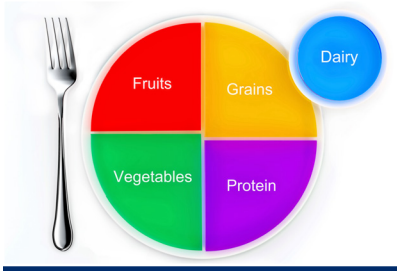
NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM



Aim to fill half of your plate with fruits and vegetables!

NDPERS Wellness
building healthy members

Coordinator Newsletter

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Fruits and vegetables pay big health dividends

September is Fruits and Veggies More Matters Month! Encourage coworkers to fill half of their plate with fruits and vegetables. That's so much easier than trying to figure out serving sizes.

Sadly, 90 percent of U.S. adults and children do not eat the recommended amounts of fruits and vegetables, according to the Fruits and Veggies More Matters website. The website encourages everyone to eat more fruits and veggies whether they are fresh, frozen, canned, dried or 100 percent juice.

Many fruits and vegetables are known for their ability to help to fight disease. Eating fruits and vegetables can help you control your weight, battle diseases and stay powered up to tackle every day.

Super foods contain antioxidants like beta-carotene, lutein, lycopene, selenium and vitamins A, C and E that protect your cells against free radicals — which play a role in cancer, heart disease and other diseases.

Antioxidants are found in many foods, including these super foods listed below, which are available nearly year-round in our area, simple to prepare and kid-friendly.

1. **Berries**
   Blueberries, strawberries, cranberries and other berries can help lower inflammation. These berries are packed with antioxidants, vitamins and fiber.

2. **Green, leafy vegetables**
   Fiber-rich broccoli, spinach, collards and kale are great sources of vitamins A, C and K.

3. **Kiwi**
   Just one large kiwi holds a day's supply of vitamin C. In addition, kiwis are a great source of vitamin E, fiber and potassium.

4. **Sweet potatoes**
   Not to be confused with yams, sweet potatoes are a great source of vitamins A and C as well as calcium and potassium. Potassium can reduce the effects of sodium on blood pressure and bone loss.

5. **Tomatoes**
   Great source of vitamins C and E as well as iron.

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Noridian Mutual Insurance Company

Do you know your numbers?

Many people don't know their cholesterol levels are too high because there are usually no symptoms. Yet too much cholesterol in your blood is a major risk factor for heart disease and stroke — the nation's No. 1 and No. 4 killers.

Cholesterol is a waxy substance in your blood that comes from two sources: your body makes it and it's in food, especially foods high in saturated and trans fats. Cholesterol is generally considered to be both "good" (HDL) and "bad" (LDL).

Excess cholesterol can turn into artery-clogging plaque, making it harder for your heart to circulate blood and contributing to blockages that can lead to heart attacks. That's more likely to happen as you get older. Obesity, eating a lot of fatty foods, gender and genetics can also affect cholesterol levels.

More than 40 percent of the U.S. adult population is projected to have some form of cardiovascular disease by 2030, with direct and indirect costs exceeding $1 trillion annually.

There's a lot you can do to improve your cholesterol — beginning with consuming healthy foods, such as whole grains and high-fiber foods like oatmeal, barley, beans, lentils and brown rice. Likewise, eat tomatoes, avocados, pears, bananas, apples and other high-fiber fruits and veggies. Fish, omega-3 fatty acids, peanuts, walnuts, almonds, lean meats and poultry without skin are also excellent food choices. What's more, try using olive or canola oil instead of butter or shortening, and use fat-free and low-fat dairy products.

Being physically active and maintaining a healthy weight can also help some people to lower their cholesterol. Aim for 40 minutes of moderate to vigorous aerobic exercise three to four times a week. You don't have to go to a gym; brisk walking will do. Remember, even a modest weight loss can lower your risk.

It is important to be tested and talk to your doctor to make sure your numbers are at healthy levels.

Below are the guidelines for total cholesterol:

- **Desirable:** less than 200 mg/dL
- **Borderline high:** 200 to 239 mg/dL
- **High:** 240 mg/dL and greater

Below are the guidelines for triglycerides:

- **Normal:** less than 150 mg/dL
- **Borderline high:** 150 to 199 mg/dL
- **High:** 200 to 4990 mg/dL
- **Very high:** 500 mg/dL and greater

The above guidelines are a helpful starting point. But if treatment is needed, you and your physician will determine what treatment is best for you based on a personalized assessment of your overall risk, not only your numbers.

A healthful diet and exercise can help many people to lower their cholesterol.

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Learn how to manage costs and create a culture of health at N.D. Worksite Wellness Summit

Attending the annual North Dakota Worksite Wellness Summit will help you get started on a worksite wellness program or to make improvements to the one you have.

Modifiable lifestyle choices cost North Dakotans more than $550 million annually in medical expenditures. Add in costs to your organization, like lost productivity and health insurance increases, and the numbers are even higher.

Blue Cross Blue Shield of North Dakota (BCBSND) and NDPERS encourage you to attend the fifth annual North Dakota Worksite Wellness Summit on Monday, October 6, at the Holiday Inn in Fargo. The summit runs from 8:30 a.m. to 4 p.m.

"I highly recommend this summit for all North Dakota organizations," said Kim Ruliffson, coordinator of Work Well at the University of North Dakota in Grand Forks. "The speakers are nationally known and inspire us to find innovative and simple ways to increase wellness in our work cultures. It is a one-day opportunity with benefits for the whole spectrum, from those who are just starting with worksite wellness to those who have an active wellness climate. I always take about 10 pages of notes and we have had our program for more than 10 years. The price is low, the vendors and sessions are extremely useful and educational, and the benefits of attendance will extend to your organization tenfold!"

The summit will feature three keynote speakers and several breakout sessions throughout the day. Attendees will receive a free toolkit and have the opportunity to network with others peers who have established worksite wellness programs.

Gain the tools to create or strengthen your worksite wellness program at the North Dakota Worksite Wellness Summit.

About the keynote speakers

North Dakotans can take pride in their state's recent No. 1 ranking in the Gallup-Healthways Well-Being Index . Summit attendees will learn directly from Dan Witters, the research director of the Gallup-Healthways Well-Being Index, about the fascinating results and discover what that means for our state and our worksites.

Witters will share how the overwhelming majority of well-being programs are focused on physical wellness, but few dedicate time or energy to other key elements of employee well-being. Attendees will find out the value of offering a broader approach to wellness program to improve the well-being of the organization.

Dr. Joshua C. Klapow, Ph.D., chief behavioral scientist at ChipRewards, Inc. will address the science behind successful behavior change. Attendees will gain a better understanding of how it can serve as a foundation for developing and delivering effective worksite wellness. His keynote address will include scientifically proven ways to get your employees engaged in your wellness program.

Depression is a very prevalent and often overlooked issue at the workplace. Dr. Jon Ulven, clinical psychologist at Sanford Health in Fargo, will address the effects depression has on the workplace, how to identify signs of depression, strategies to address the issue and resources to help employees coping with depression. The recent death of comedian and actor Robin Williams highlights the importance of addressing depression.

Attendees can also select from the following breakout sessions:

- Financial fitness
- Nutrition in the workplace
- Program ideas

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- Getting started with a wellness program
- Meditation and mindfulness
- Small and large-group North Dakota case studies

Register now

Whether your company is large or small, the summit can help you develop or improve a worksite wellness program. Early bird registration ends September 15.

Healthy Activities Spotlight

How healthy is your workplace? The American Heart Association's Healthy Workplace Food and Beverage Toolkit will help you improve your food environment at work and promote a culture of health. It provides practical action steps and suggestions that are easy to understand and apply.

The toolkit offers specific guidance and nutrition standards for beverages, snacks and meals. You'll also find information about healthy eating, creating a culture of health, how leadership and management can be involved, special events, meetings, vending machines, healthier cooking methods, resources and links, and a glossary of terms.

The American Heart Association's free toolkit can help you make healthful food and beverage decisions.

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- **Wednesday, Sept. 10, at noon CST**
  To join the September call/webinar: Go to (#798 423 633)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469212&UID=494098687&RT=MiM3
- **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. 5, 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

For audio: Dial 1-888-330-1716 Code: 704446

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.

Coming up in October

Consider promoting these events next month!

- National Breast Cancer Awareness Month
- Dental Hygiene Month
- Fire Prevention Month
- National Depression Screening Day: Oct. 10

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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.

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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:

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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