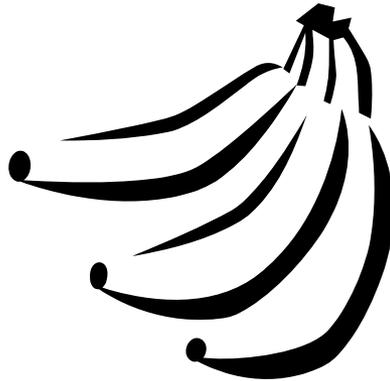


# Employer Based Wellness Program



2007 NDPERS Wellness Forum

Rebecca Fricke

Benefit Programs Administrator

# Administrative Issues

- 2007 Plan Year Reporting
- 2008 Plan Year Application Process
  - Change regarding funding
- Resources
- NDPERS Communications
- Changes in Coordinators
- Contact Information



# 2007 Plan Year Reporting

- 2007-2008 Plan Year
  - 186 of 279 Total employers
    - 94 State Agencies & University Systems
    - 35 Counties
    - 21 Schools
    - 18 Cities
    - 18 Political Subdivisions
  - Receive 1% Premium Discount
  - 97% of covered employees work for employers offering worksite wellness

## 2007 Plan Year Reporting

- SFN 58437 for Coordinators to report on plan year activities
- Fillable version available on website after 12/1/07
- Must be submitted to PERS by May 31 for July 1, 2007 to June 30, 2008 plan year
- Email reminders will be sent

# 2007 Plan Year Reporting

- Confirmation Requested:
  - Communication of wellness materials provided by NDPERS to employees
  - Completion of wellness activity 1
  - Completion of wellness activity 2
  - Completion of comprehensive program (if applicable)



# 2007 Plan Year Reporting

- Percentage of employees that participated
- Was this the activity listed on application?
- Would you recommend activity or offer activity again to employees?
  - If not, why?

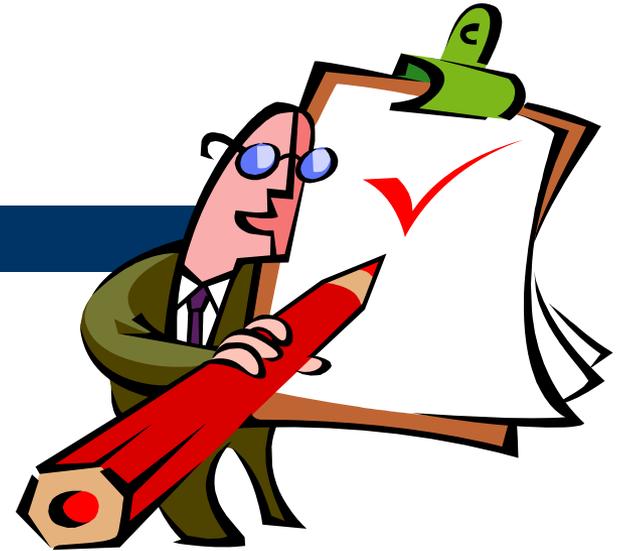
# 2008 Plan Year Timeline



- February 2008 - Submit your Wellness Program Discount Application SFN 58436 to PERS by the 29<sup>th</sup>.
- March 2008 - PERS will review and evaluate the Wellness Program Discount Applications submitted.
- April 2008 - PERS will provide all Wellness Programs that have not been approved a second opportunity to submit a revised copy.
- May 2008 - PERS will review and evaluate the revised Wellness Program Discount Applications submitted.
- July 2008 – New Plan Year begins and runs through June 30, 2009.

# 2008 Plan Year Components

- Commitment Agreement (new groups)
- Wellness Coordinator Appointed (new groups)
- Wellness Coordinator attends the Wellness Forum
- Distribute communication materials to your agency employees on a monthly basis and promote the PERS Tobacco Cessation Program (if applicable)
- Develop Wellness Program (Wellness Discount Application)
  - Revised & fillable form will be available on the website by December 1, 2007
- Implement Wellness Program during Plan Year (July 1, 2008 through June 30, 2009)



# 2008 Plan Year Wellness Application Process

- Total of 5 points needed
  - Communication materials and promotion of PERS Tobacco Cessation program (if eligible) = 1 point (required)
  - One Day Program = 1 point
  - Multi-Day Program = 2 points
  - Comprehensive Wellness Program = 4 points

# 2008 Plan Year Wellness Application Process

- Additional sections added:
  - Changes related to requests for funding assistance:
    - Must be submitted by wellness coordinator
    - Must demonstrate direct correlation between request for funds and 1% discount application
    - Must submit request for funds through wellness funding program with 1% discount application
  - Wellness Coordinator signature required



# Resources

- Resources presenting have exhibits today
- Available on-line
- Updated with additional resources
  - EAP Providers
  - 2-1-1 Mental Health America of North Dakota
  - NDSU Extension Service
- Contact information

# Resources

Home Page for NDPERS - North Dakota Public Employees Retirement System - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites

Address <http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html> Go Links

**North Dakota** nd.gov Official Portal for North Dakota State Government

**North Dakota Public Employees Retirement System**

**Sparb Collins**  
Executive Director

**General Information**

- Home
- NDPERS News
- About NDPERS
- Contact NDPERS
- Forms & Publications

**Member Services**

- Active Members
- Temporary/Part-Time Employees
- Retirees

**Employer Services**

- Program Administration
- Program Enrollment

**Consultant/Provider Services**

- Deferred Comp Providers
- Request for Proposals

**Online Services**

- PeopleSoft Portal
- NDPERS Online Services
- Register for Logon ID
- Online Services FAQ
- Secure File Transfer (logon required)

**Other Information**

- Links
- Search
- Site Map

**Insurance Notices**

- NDPERS Privacy Policy
- Prescription Drug Creditable Coverage Notice

**NDPERS Employer-Based Wellness Program**

Documents in this section require Adobe Acrobat Reader® for viewing. The reader is available as a free download from [Adobe Systems, Inc.](#) In addition, you may wish to consult the "[pdf help page](#)" for instructions on printing or saving an Adobe Acrobat (.pdf) document.

**Program Information**

- [Commitment Agreement](#)
- [Employer Based Wellness Discount Application](#) (SFN 58436)
- [Wellness Plan Application Example - Small Agency](#)
- [Wellness Plan Application Example - Medium Agency](#)
- [Wellness Plan Application Example - Large Agency](#)
- [Wellness Program Year-End Program/Activity Confirmation](#) (SFN 58437)
- [Wellness Benefit Funding-Program Overview](#)
  - [Standard Program Application](#)
  - [S.A Day Challenge Program Application](#)
  - [Interest Survey](#)

**2006 Wellness Forum**

- [View the webcast](#)
- [Forum Agenda](#)
- Forum Presentations
  - [NDPERS Employer Based Wellness Programs](#)
  - [Wellness Program Administrative Issues](#)
  - [Wellness Benefit & Application Process](#)
  - [Smoking Cessation Program](#)
  - [Wellness Program Assessment](#)
  - [Healthy ND Worksite Wellness Update](#)
  - [Go Red ND/American Heart Assoc. Worksite Wellness](#)
  - [Health Dialog Resources](#)
  - [BCBS Wellness Education Programs](#)
  - [Overview of DOT Wellness Program](#)
  - [Overview of School for the Blind Wellness Program](#)

**Resources**

- [NDPERS Wellness General Resources](#)
- **EAP Wellness Services Available**
  - [Deer Oaks](#)
  - [Med Center One](#)

Internet

# Resources

Home Page for NDPERS - North Dakota Public Employees Retirement System - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html>

NDPERS Privacy Policy  
Prescription Drug  
Creditable Coverage  
Notice

**Resources**

- [NDPERS Wellness General Resources](#)
- **EAP Wellness Services Available**
  - [Deer Oaks](#)
  - [Mad Center One](#)
  - [St. Alexius](#)
  - [The Village](#)

 **Walking Works**  
The Blue Program for a Healthier America

 **PERS 5 A Day Challenge**

 **healthfinder**

 **2-1-1**  
North Dakota  
Get Connected. Get Answers.

 **NDSU**  
Extension Service  
North Dakota State University

 **GO RED North Dakota**  
DAF DAKOTA MEDICAL FOUNDATION

 **BCBS Member Education**  
MEMBERS



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Internet

# NDPERS Communications

- Monthly Wellness Emails
  - Format in PDF
  - Format in Word
- Wellness Posters
  - Post in highly visible employee area
  - Supply
- Tobacco Cessation Emails & Posters
  - Additional communications sent to eligible state agency, district health units & university system employers
- Coordinator Specific Emails

# Coordinator Changes

- Review current coordinator to determine if better assignment may exist
- If the coordinator is reassigned, email Rebecca Fricke at [rfricke@nd.gov](mailto:rfricke@nd.gov)

# Contact Information

- December through February
  - Please email questions to Rebecca & Kathy at [rfricke@nd.gov](mailto:rfricke@nd.gov) & [kallen@nd.gov](mailto:kallen@nd.gov)



# Questions

