



NDPEERS Wellness Forum

WEDNESDAY, NOVEMBER 18th

8:00 a.m. to 4:00 p.m. (tentative)

North Dakota Heritage Center

Auditorium

or

Web Cast

**AGENDA WILL BE POSTED ON WEBSITE
PRIOR TO FORUM**

The wellness forum is designed for all Wellness Coordinators who are responsible for creating the wellness programming for their employers. For those employers currently not participating in the wellness program, the forum is an opportunity to learn more about the program and to consider participation for the July 1, 2010- June 30, 2011 plan year.

The following are some of the topics that will be covered:

- Updates regarding various wellness efforts across the state.
- Discussion of various tools, resources and disease management efforts available to coordinators to utilize in the development of their employer wellness program.
- Overview of what you will need to do for the 2010-2011 plan year wellness programming in order to receive the 1% discount for health insurance.
- Round table discussion for coordinators to work in groups to develop a comprehensive wellness program by utilizing the various tools and resources referenced throughout the forum.

You are not required to register for the forum. The full agenda will be posted on the NDPEERS website prior to November 18. Any reference materials, except those used by the speakers, will be available on the website after the forum.



Wellness Forum Agenda

November 18, 2009

- 8:10 – 8:15 **Opening Remarks**, Rebecca Fricke
- 8:15 –8:25 **Greeting from the Governor’s Office**, Tami Wahl, Policy Advisor to Governor Hoeven
- 8:25 – 8:35 **Welcome and Introduction**, Sparb Collins, NDPERS Executive Director
- 8:35 – 8:45 **NDPERS Health Care Costs**, Bryan Reinhardt
- 8:45 - 9:15 **Results: Employee Based Wellness Pilot**, Dr. Nancy Vogeltanz-Holm
- 9:15 - 9:25 **Application Timelines**, Rebecca Fricke
- 9:25 – 9:35 **Update on statewide efforts**, Pete Seljevold
- 9:35 – 9:40 **New Position at BCBSND**, Michael Carlson
- 9:40 – 10:00 **Break**

WELLNESS TOOLS

- 10:00 – 10:45 **BCBS Wellness**, Jessica Petrick, Jodi Crouse & Onalee Sellheim
BCBS Member Education Programs
MyHealthCenter & Health Club Credit Programs
Plan Design Enhancements
- 10:45 – 11:00 **Diabetes Management**, Jayme Steig
- 11:00 – 11:15 **“A Year of Fruits & Veggies” and “Fruits & Veggies, More Matters”**, Karen Ehrens
- 11:15 – 11:30 **Go Red & American Heart Association**, Joan Enderle
- 11:30 – 11:40 **Tobacco Cessation**, Rebecca Fricke
- 11:40 – 11:50 **Wellness Benefit Funding**, Kathy Allen
- 11:50 – 12:00 **Additional Tools**, Rebecca Fricke
EAP resources
Pfizer
Health Finder – US Dept of Health & Human Services
Matrix on employer page
- 12:00 - 1:00 **Lunch on your own**



- 1:00 – 1:15 **Interactive Wellness Segment**, Michael Carlson
- 1:15 – 1:25 **Putting it together**, Rebecca Fricke
Discuss Toolkit Handout
Introduce Breakout Session Assignment
- 1:25 – 2:25 **Breakout session – Building Your Plan**
- 2:25 – 2:45 **Break**
- 2:45 – 4:15 **What plan did you build?**

