



NDPERS Wellness Coordinator WebEx December 7th, 2011 1PM CST

Marissa Parmer
BCBSND/NDPERS Wellness Specialist



Readymade Programs

- **New Programs Provided for 2011**
 - Healthy 'till 100 & beyond 2 points
 - Sit for "60" move for "3" 2 points
 - Stepping stones for stress relief 2 points
 - Physical Activity Counts 2 points
 - MHC & HCC Agency Challenge (July 1, 2011)
 - AHA Program 2 points
 - BCBSND Member Education 1 or 2 points
 - Sample Comprehensive Wellness Program 4 points

*****These are not all programs available to you,
these are just newly added*****



Program Explanations



- **Wellness Coordinator Steps**
- **Explanation of each new program**
 - See attachments provided electronically
 - Fliers
 - Possible emails/newsletters
 - Tracking logs



12/7/2010



HEALTHY TILL 100 & BEYOND!

7 Dimension of Wellness



Register by : Place date here

Challenge yourself to 100 days: Adopt one Wellness dimension into your lifestyle and keep it for 100 days.

Tracking sheets will be provided and submitted to:
List contact info here & when they should be turned in



NDPERS Wellness
building healthy members

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Sit for "60" MOVE for "3"

Get up off your SEAT!



SIGN UP TODAY!

Place date & location here
Log your Daily 3 minutes with tracking log provided
Contact Person:
Place your name here

Anyone that has been sitting for 60 minutes is encouraged to move, stretch and get up off their seat for 3 minutes! Sitting for long periods of time can have negative effects on your health!

- To name a few:
- Poor circulation/heart problems
- Stiffness & muscle aches
- Early death

1 MONTH CHALLENGE TO A WHOLE NEW LIFESTYLE!!!





12/7/2010



Balanced Life = Stress FREE

**4 Week Program to bring Balance to
your daily life**
Join us: (dates here)

*Your
company
name or
logo here*



Register by: (place date here)

The 4 weeks will include speakers (list what speakers give a ways are), weekly emails and handouts on how to reduce stress in your daily life.

For any further questions
Contact: (your name & info here)

WebEx December 7th 1pm CST



Physical Activity Counts!

BE ACTIVE 30 MINUTES a DAY



Any type of physical activity counts!

- You can do 10 minutes 3x a day
- You can do 15 minutes and 15 minutes a day
- You can do 30 minutes a day
- ANY TIME FRAME WORKS!
- DO WHAT WORKS BEST FOR YOU!

Physical Activity Counts!

Register by:

Place date here

- Post length of challenge here
- Incentives if any here
- Contact information here



MyHealthCenter & Health Club Credit Challenge



- **MHC & HCC Program will run July 1st 2011 - June 30th 2012**
 - Further details will be available January and February 2011
 - If you choose to participate include on your next Wellness Plan year proposal



AHA Program

- **AHA program**
 - Was announced on October conference call & forms were dispersed via email from Rebecca Fricke
 - 2 point program
 - Contact Joan Enderle with questions
 - Joan.Enderle@heart.org



BCBSND Member Education



- **Member Educators: Make appointments early!**
 - Jessica Petrick: West side of state
 - Jessica.Petrick@bcbsnd.com
 - Milissa Van Eps: East side of state
 - Milissa.Van.Eps@bcbsnd.com
- **Two NEW Programs: 2 point Programs**
 - Smart Rx: How to make drug costs easier to swallow
 - Conference call in October described this program & available now, January call will elaborate more
 - Nutrition basics for a Healthier You
 - Available starting 2011
 - January conference call will provide demo of program

Fitness During the Holidays!



- **December Newsletter**

- **Holiday tips were inserted**

- Feel free to share with employees
 - Scheduling time for fitness/wellness is best
 - Don't set too high of expectations

- **Great References for Holiday Fitness & Nutrition: ACE Fit Facts**

- http://www.acefitness.org/article/2534/?utm_source=Health%2BeTips&utm_medium=email&utm_term=December%2B2010&utm_campaign=Consumer%2BOutreach&CMP=EMC-HET_1210
 - Drinking your way to weight gain with calories
 - http://www.acefitness.org/article/3153/?utm_source=Health%2BeTips&utm_medium=email&utm_term=December%2B2010&utm_campaign=Consumer%2BOutreach&CMP=EMC-HET_1210
 - Great outdoor winter activities, to stay fit

NDPERS Definition of Comprehensive Wellness Program

- **Definition of a Comprehensive Wellness Program.**
 - A comprehensive wellness program requires that wellness be a part of the organization’s culture. A wellness committee should be formed and be representative of a mix of management and employees. This committee should develop a mission and goals for the organization related to wellness that is incorporated into the organization’s overall formal goals and objectives. Through these goals and objectives, specific initiatives to accomplish these goals should be determined. These initiatives should include:
 - Wellness related activities conducted at least monthly throughout the wellness plan year.
 - Awareness meetings, displays in common staff area or some other form of “kick-off” notification to inform employees and get their involvement
 - Educational material distributions in various formats (i.e. posters, emails, flyers, newsletter articles, etc) throughout the promotion
 - Follow-up at the end of the promotion (i.e. survey, meeting, etc).
 - In addition, dependent upon the type of initiative being promoted, staff should be asked to track their progress over a pre-determined period of time (i.e. 4 week walking challenges, 4 week fruit & vegetable challenge) if applicable.



Sample Comprehensive Wellness Program

- **To receive 4 points:**
 - 12 month program that designates a wellness topic each month: topics can repeat
 - You can accomplish by several different options:
 - Having monthly speakers
 - Weekly emails on that topic
 - Have an activity for that month that relates to given topic
 - Be creative, submit during wellness proposal and NDPERS determines if 4 points
 - Please see attached for example



Questions



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January Conference Call



- **Discussion on how all Wellness programs are progressing**
 - Address any questions/concerns
- **BCBSND Member Education**
 - New Program Overview: Nutrition & RX
 - January 27th 12:30pm CST
 - The call in number is: 877-455-8688
 - Code 641163