



ND



WELLNESS EDUCATION PRESENTATIONS

Live, interactive seminars on relevant and meaningful topics

HOW IT WORKS

01

CHOOSE

one of our 30-minute live presentations, delivered in person or via webinar.

02

CONTACT

a BCBSND Wellness Education specialist to schedule a time that fits for your workforce.

03

HELP

you promote the session with a poster template for you to print onsite and an email reminder to send employees.

We're continuously updating existing content and adding new interactive presentations. There's no charge, and presentations can be customized to fit your organization.

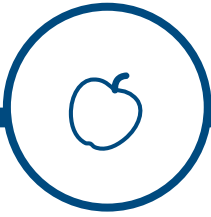


PRESENTATION TOPICS



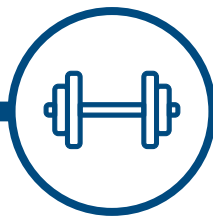
BETTER HEALTH IS A WALK IN THE PARK

Research shows walking more each day can reduce major health risks. We'll dive into the health benefits of walking, give tips and provide tools to help employees get started.



DAILY ACTIONS FOR BETTER NUTRITION

Tempting treats can throw off anyone's nutrition. But we have simple, bite-sized actions to help your employees eat their way to better health.



STRENGTH TRAINING

A critical part of everyone's health is strength training. We'll correct myths and show how to add strengthening exercises into everyday life—even for those who never set foot in a gym.



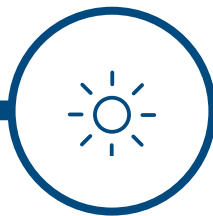
HYPERTENSION: TAMING A SILENT KILLER

Hypertension (a.k.a. high blood pressure) is linked to many major health problems. We'll explain the causes and risk factors of hypertension and lifestyle changes for lower blood pressure.



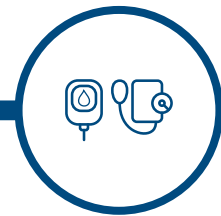
DON'T STRESS, BE YOUR BEST

People who thrive through life's stressors do so because they perceive stress differently. This presentation will help your employees reframe the way they think about stress.



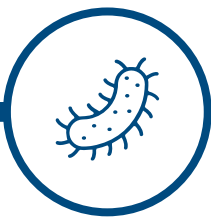
TOP TIPS FOR A SAFE, FUN SUMMER

Summer fun means plenty of water, sunshine and food. Get tips for recognizing heat stroke, keeping insects away, protecting against food-borne illness and more.



DIABETES—DON'T SUGARCOAT IT

Type 2 diabetes has tripled in recent years. Additionally, four out of 10 adults have prediabetes, and most aren't even aware of it. This presentation will help employees prevent and manage this condition.



BEAT THE BUG: KEEP THE FLU & COLDS AWAY

Is that a cold or the flu? How do you tell? Learn about common wintertime ailments and get tips in this interactive, 30-minute presentation.



HEALTH INSURANCE: SIX KEYS TO GETTING YOUR MONEY'S WORTH

Employees will learn how to save money and fully use their health plan to maintain or improve their health.



GET THE MOST OUT OF YOUR HEALTH PLAN BENEFITS

Learn how to use HealthyBlue online tools, get your health club credit and improve your overall wellness.



www.bcbsnd.com/worksitewellness

CONTACT US

Schedule a presentation or learn more about establishing or enhancing your worksite wellness program.



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SCHEDULE A
WELLNESS
PRESENTATION



Wellness Education materials are part of a comprehensive health and wellness platform, BlueElements.

Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This information is available in alternate formats, free of charge, by calling Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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