

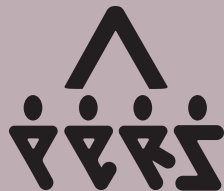
Perspectives

FOR ACTIVE
MEMBERS
OF THE
NORTH DAKOTA
PUBLIC
EMPLOYEES
RETIREMENT
SYSTEM

SUMMER EDITION 2016 • VOLUME 38, NUMBER 2

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This newsletter is published
by the North Dakota Public
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Summary of Legislative Proposals

The following summarizes the bills proposed to date for the 2017 legislative session.

Bill No.	Sponsor	Description
101	NDPERS	Fourth year of the Recovery Plan Increases employee and employer contributions to the Main Plan by 2% starting January 2018. This 1% increase in contributions would be divided between the employee and employer in the following manner: <ul style="list-style-type: none">• Employer contributes 1%• Employee contributes 1%
102	NDPERS	Technical bill <ul style="list-style-type: none">• Deletes normal retirement date to recognize “age” and early retirement.• Updates statute for legislative change made in SB 2020 last session.• Reduces the Bureau of Criminal Investigation (BCI) contributions by $\frac{1}{2}\%$ to 5.5% from 6%. The purpose is to equalize BCIs contributions to others in this system.• Clarifies a member can only get a disability benefit from the retirement plan they are presently enrolled in as an active member.• Updates Retiree Health Insurance Credit language to reflect reimbursements to the member.• Clarifies that if member has closed their account before a deposit, the system is not responsible for depositing the money. Federal law does not allow NDPERS to reopen the account.• Adds to the DC plan the same wording that is in the DB plan relating to late contributions, thereby making our administrative remedy the same.
103	NDPERS	Telemedicine Benefit Proposes uniform group insurance telehealth coverage as a requirement of all insurance plans and to repeal an expiration date on these services.

ADP First Time Online Users

Managing your spending account online offers the convenience of submitting a claim and viewing your balance from home. If you are accessing your ADP Spending Account online (<https://myspendingaccount.adp.com>) for the first time, you will need to enter this Client Registration Code: NORTHDAKO-09338. This is an extra security feature to protect participant’s privacy and personal identifiable information. For any additional questions, please contact ADP at 800-336-1881.

Seeing a Doctor While Traveling

If I am vacationing or visiting another state, or traveling to another country, what are my options if I need to see a doctor?

Sanford Health Plan partners with national networks PHCS Healthy Directions and MultiPlan Complementary. These networks are available only to those members who reside, travel or attend school outside our service area. If you use a provider within these networks, your claims will be processed at the basic level. If you are traveling to another country and need to have medically necessary emergency or urgent care services, these services will be covered at the PPO in-network level. There is no coverage for elective health care services if a member travels to another country for the purpose of seeking medical treatment outside the United States.

Members should always show their medical ID card to the provider. Providers can contact Member Services for questions regarding your eligibility. Members may be responsible for full payment of services when using a non-network provider or provider located outside of the United States.

If you need to find a provider, use our provider lookup tool at sanfordhealthplan.com/ndpers or contact Member Services at (800) 499-3416.

Earn \$250 with the Dakota Wellness Program

We all need different solutions to be successful in our individual wellness pursuit. The Dakota Wellness Program for NDPERS members at Sanford Health Plan does just that – offering a broad mix of tools and a variety of education to encourage and support you in your wellness journey, wherever you are. NDPERS Dakota Plan Health Benefits members and their covered spouses are eligible to participate in the Dakota Wellness Program, offering up to \$250 in incentives (\$500 per household).

There are three ways to earn your \$250 incentive.

1. Fitness center reimbursement

Visit your gym regularly to reap the health benefits of fitness while earning reimbursements toward your \$250 benefit. This program offers up to \$20 monthly reimbursement to eligible members or covered spouses who visit a participating gym or fitness center at least 12 times a month. To participate in this program and get reimbursed for your gym membership fees, ask your fitness center for the Sanford Health Plan reimbursement form. Fill out the form and return it to your fitness center. The gym will track your monthly gym usage and confirm you met the minimum 12-visit requirement each month. If you met the requirement, you will be reimbursed for the cost of your fitness center membership fee, up to \$20 per month. If you did not visit your gym the required number of times, try again next month!

2. On-site wellness education

Participate in health and wellness activities offered on-site by your employer to earn points toward your \$250 wellness incentive. You may be offered education or activities through your site's wellness coordinator or Sanford Health Plan's wellness educators. You can earn a maximum of 6,000 points through on-site activities each program year, which runs July 1 to June 30. Keep an eye out for wellness education opportunities at your worksite.

3. Online wellness portal

A new online wellness portal was launched for NDPERS Dakota Plan Health Benefits members and their covered spouses on April 1, 2016. This portal is an interactive tool to help guide you toward new healthy habits and engage with your health and wellness in a new way. To get started on the portal, sign in to your mySanfordHealthPlan account at sanfordhealthplan.com/memberlogin. Select Wellness Portal from the NDPERS Dakota Wellness menu. Once inside the wellness portal, you can participate in programs, challenges, and the community. You can also track your water, steps, fruits and veggies, and more! Earn points toward your benefit every step along the way by getting involved in the portal.

A very important piece of the wellness portal is the LifeScore. This is your annual health assessment. In order to be eligible to receive your \$250 wellness incentive, you must complete the LifeScore first. Find this important step under the Essential Care tab. After taking your LifeScore, you will gain access to the redemption center and be eligible to get fitness center reimbursements. The redemption center is where you can use your on-site education and wellness portal points for gift cards and merchandise. You can access the redemption center from the NDPERS Dakota Wellness tab in your mySanfordHealthPlan account.

Remember: The \$250 wellness benefit is a mix of the three activities. You may use a combination of fitness center reimbursement, on-site wellness activities, and wellness portal points to earn your \$250 (25,000 points) incentive. You may earn more than 25,000 points throughout the year, but you can only redeem or be reimbursed for up to \$250 per calendar year. For questions about the Dakota Wellness Program, contact NDPERSWellness@sanfordhealthplan.com or call (844) 742-0014.

We Are Looking for You!

Any assistance in locating these individuals or a family member is appreciated. Please contact NDPERS at 701-328-3900 or toll free at 800-803-7377. You can also email us at ndpers-info@nd.gov. When you call or email us, mention this newsletter.

George A. Abdilnour
Abdirahim Ahmed
Casey A. Anderson
Darrin R. Anderson
Carlos B. Bakken
Randy Blaseg
Shera J. Brandvold
Jenna Bratlie
Gregory A. Butson
Troy J. Campion
Victoria A. Carlson
Robert Coleman
Jennifer L. Dahl
Melanie J. Doehler
Bennett C. Everett
Barbara J. Farrar
William C. Gordon
Cory G. Greene
David Hart
Michael Hawks
Clint W. Hecker
Rhonda R. Helde
Joshua P. Johansen
Peter R. Johnson
Phyllis Jorde

Monica D. Knutson
Christopher J. Knutson
Ron M. Koop
Jay Kuntz
Heather G. Larson
Susan McIntyre
Camille Mountain
Danielle Nelson
Carol Y. Nitschke
Paul D. Olson
Rachelle A. Oster
Jon Peltier
David K. Reed
Shelly M. Reilly
Shylah K. Reuter
Nancy J. Sagvold
June Sandvold
Lori Schwan
Stanford Sitting Crow
John Smith
Stephanie M. Springer
Susan D. Streitz
Nicol K. Weigel
Steven Wiebelhaus
Robert Woodruff

Quit Tobacco Today

Quitting tobacco is tough. Get help quitting and covering the costs by participating in the Tobacco Cessation Program. The North Dakota Public Employees Retirement System received a grant to help covered employees, and their covered dependents who are 18 and older, quit smoking or chewing tobacco. Eligible employees include current employees of the state of North Dakota, the North Dakota University system, district health units and Garrison Diversion Conservancy District. This program is administered by Sanford Health Plan. County, city and other members of the NDPERS group are not eligible through this program; however, tobacco cessation funds may be available at the local level.

This program pays for up to \$700 of eligible tobacco cessation expenses every six months. Up to \$200 can be used for office visits and co-pays; up to \$500 can be used for FDA-approved medications. Participants will get a tobacco cessation program debit card to use when you visit your health care provider or purchase medications at the pharmacy. Keep your receipts! You will be asked to verify all expenses. For more information and to enroll in the program, contact Sanford Health Plan at (877) 737-7730.

New ADP Claim Mailing Address

ADP assists our members with their FlexComp medical and dependent care claims. During July, ADP's system underwent scheduled maintenance. As a result, there is a new P.O. Box for participants who submit claims to ADP via the U.S. Postal Service (USPS).

ADP Spending Accounts
P.O. Box 34700
Louisville, KY 40232

The USPS will forward claims from the old P.O. Box to the new one, but participants should be aware that there may be a delay in processing while claims are being forwarded. If participants choose to mail their claims through the USPS or submit by fax, they should download a new form for each claim and submit it to the address/fax number indicated on the form.

As a reminder, claim forms should not be copied for reuse. Each time a claim form is downloaded from the ADP Spending Account website, it is embedded with a unique, single-use barcode. Copying and reusing forms can cause delays in processing and reimbursement. For the fastest and most secure claims processing, participants should use the online claim submission tool. If you have any questions, please contact ADP toll free at 800-336-1881.

Walk At Work Day 2016



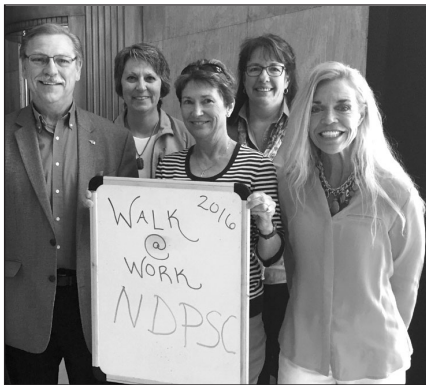
Dickinson State College

On May 19, 2016, Sanford Health Plan and NDPERS invited employees to get out and move with a walk at work. The event drew 90 participants as we observed Global Employee Health & Fitness Month with a walk around the Capitol.

The event started with North Dakota State Health Officer Dr. Terry Dwelle discussing the health benefits of staying active throughout the day. Then the group took off on its walk. Worksites outside of Bismarck were invited to participate in

their own way by hosting a walking event at their respective worksites. Sites that participated at the Capitol or sent in a photo of their local walking event were entered into a drawing for a Fresh Fruit Friday. Congratulations to Public Service Commission and City of Medora! Each site enjoyed a bowl of healthy snack options.

Check out some photos from Walk at Work events across the state. Thank you to everyone who participated!



ND Public Service Commission



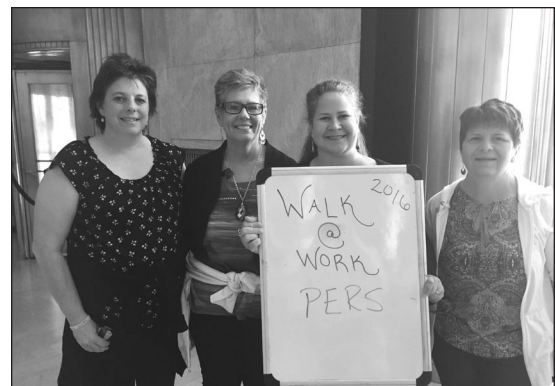
Department of Agriculture



City of Medora



Valley City State College



NDPERS



ND Vision Services/School for the Blind

Upcoming NDPERS Events in Minot September 6 & 7

NDPERS will sponsor FEW and PREP events at the Riverside Holiday Inn in Minot. FEW is intended for individuals who want to start planning for their financial future. This differs from the PREP which is intended to prepare individuals for retirement. Wondering what seminar is right for you?

FEW – Financial Essentials Workshop

Duration: 4 hours

Cost: \$10

Ideal for new hires and other active employees interested in maximizing NDPERS benefits for financial planning success.

Focus:

- Financial planning as an active employee
- Service purchases
- 457(b) Deferred Compensation Plan
- Portability Enhancement Provision (PEP)
- FlexComp
- College Save with BND

General overview of NDPERS programs available to assist you in planning and budgeting to meet your long-term financial planning goals.

Print or download your materials from the NDPERS website.

PREP – Pre-Retirement Education Program

Duration: 8 hours

Cost: \$20

Ideal for individuals interested in retiring in the next 5 to 10 years seeking specific information on retirement planning.

Focus:

- NDPERS retirement benefits
- Personalized benefit estimate
- Retiree insurance plan options
- Legal estate planning
- Retiree Health Insurance Credit (RHIC)
- Social Security

Personalized retirement planning information and overview of NDPERS benefits available at retirement.

Book is provided along with a personalized NDPERS benefit estimate.

Find additional information about these events online at www.nd.gov/ndpers/. The Registration Forms are online under NDPERS Upcoming events on the home page. Please send completed registration form with payment to NDPERS by Monday, August 22. No cash. If you have additional questions, please contact NDPERS at 701-328-3900 or toll free at 1-800-803-7377.

PERSLink Member Self Service (MSS) Mobile Application

PERSLink Member Self Service (MSS) has gone mobile!

To start, download the app onto a mobile device.



PERSLink
NDPERS

FREE



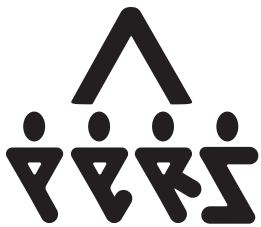
- For Apple IOS 8 & 9
- Access App Store
 - Search for PERSLink or NDPERS
 - Download for free



- For Android 5 & 6
- Access Play Store
 - Search for PERSLink NDPERS
 - Download for free

This mobile app is not available for Windows mobile devices at this time.

A PERSLink Mobile App Quick Instruction Guide is available on the NDPERS website.



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Bismarck, ND 58502-1657

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58501



Find us on
Facebook

NDPERS has joined the Facebook community.
Keep up-to-date with the latest information on NDPERS benefits.
To find us, enter *North Dakota Public Employees Retirement System*
into your Facebook search bar. **Like us today!**

Online Provider Directory Upgraded

Sanford Health Plan launched a redesigned provider directory on June 1, 2016. It now has a clean, modern design, with improved functionality. Changes include new artwork and design, new search criteria options, including tax ID and NPI, and mobile-friendly features. The directory is also mobile friendly to use with your smartphone or tablet device. If you need to search for a provider, visit sanfordhealthplan.com/ndpers or log on to your member account at sanfordhealthplan.com/memberlogin and click the My Information tab, then select Find a Provider.

Contact TIAA and Get Personalized Advice

TIAA supports NDPERS in the management of the 401(a) Defined Contribution Plan and 457 Deferred Compensation Companion Plan. Their staff offers personalized advice on investment choices including guidance on plan features and future retirement strategies. If you are interested in a personalized appointment near you in one of the cities or surrounding areas below, please contact the available TIAA representative directly.

Grand Forks and Fargo

Scott Roche

Mobile: 704-988-3004

Email: kroche@tiaa.org

Bismarck

Denise Bares

Mobile: 701-989-5984

Email: Denise.Bares@tiaa.org

If there is no local TIAA representative, call TIAA at 800-732-8353. Their financial experts are available to help you by phone.

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