



pectives

RETIREE EDITION
Volume 33, Number 1

A Word From the Executive Director

As the Executive Director appointed by the NDPERS Board in February 2024, please allow me to tell you a little about myself.

I began employment in the NDPERS office in December 1995 as a recent college graduate that relocated to North Dakota. My start at NDPERS was as the front desk receptionist, which allowed me the opportunity to quickly learn about the benefits offered through NDPERS as I answered incoming phone calls on our main office line. My role quickly transitioned to be the first member service representative of the agency as we pivoted to a call center where a majority of questions could be answered upon first contact. From here, there were many different positions within the Benefits team, each allowing me to gain knowledge and experience on the administration of the NDPERS benefits.

I have considered myself very fortunate to be able to develop a career of 29 years (and counting) working in so many different capacities. Every single role I had allowed me to gain a greater appreciation of the importance in providing quality benefits to the dedicated employees and retirees of the State of North Dakota and its political subdivisions.

Looking ahead for NDPERS, I truly am excited to serve each of you as our office administers your benefits. We have a great team at the office, one I am privileged to lead, working together to achieve our mission:



Rebecca Fricke
Executive Director

“Champion the health and financial security of our members by providing comprehensive, innovative retirement and insurance benefit solutions through collaboration and personalized support.”

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Want to learn more about other bills? Visit the NDPERS website to read the complete Legislative Summary.

Legislative Summary

These bills were passed and signed by Governor Armstrong during the most recent Legislative Assembly. This summary is for information only and does not require you to take action.

HB 1113 Payment of Administrative Fees for the NDPERS 457 Deferred Compensation Plan

Gives NDPERS the authority to fund the administrative expenses of the 457 Deferred Compensation Plan by charging participants. More information will be provided to members once the Board determines a fee structure.

HB 1234 Main Plan Lump Sum Infusion

Provides for a \$25 million transfer from the Strategic Investment and Improvements Fund to NDPERS for the purpose of reducing the unfunded liability of the Main Defined Benefit Plan. The transfer, which also estimates a \$65 million transfer during the 2025-27 biennium, is in lieu of NDPERS charging state governmental units the Actuarially Determined Employer Contribution (ADEC) rate.

HB 2120 Highway Patrol Cash Infusion

Provides for a \$15 million cash infusion into the Highway Patrol Retirement Plan.

HB 2121 Technical Corrections

Clarifies or corrects various sections of North Dakota Century Code for consistency with federal law and how NDPERS administers the plans.



Reach Your Wellness Goals with a Health Coach

WebMD health coaching is designed to help you reach your health and wellness goals and improve your well-being in areas that matter to you. Sanford Health Plan members have access to health coaching at no charge – simply by accessing online tools with our wellness partner, WebMD. Small steps for big changes: With your personalized wellness program, your coach will have you focus on what you need to do in order to feel and be your best.

Why should I participate in health coaching?

Sometimes we all need a little extra help and guidance as we work to tackle health, fitness, or general wellness goals. Your WebMD Health Coach will work with you to create a personalized wellness program just for you. Your coach will help you focus on what you need to do to feel and be your best. Some of the topics you and your coach might discuss include:

- Exercise & Nutrition
- Tobacco cessation
- Weight management
- Sleep hygiene
- Stress resiliency
- Alcohol use

By making positive changes in these areas of life, you can take concrete steps toward improving your health and overall well-being. Many people find that coaching helps them reduce stress, manage stress better when it happens, lower blood pressure and cholesterol, prevent or keep diabetes in check, lose weight, and simply feel better overall.

While your health coach can be a valuable partner in your well-being, a coach is not a substitute for a doctor or other health care professional. Coaches do not provide clinical information, diagnoses, or medication education but they can help you follow through on your doctor's recommendations. Please be sure to share any diagnoses and care needs with your coach.

What is health coaching?

Health coaching is all about conversations and connections designed to help you. You'll enjoy confidential conversations with your coach via phone or the secure messaging platform. Your health assessment results offer one set of information to help



guide the work you will do with your coach. You can create personal goals and get the motivation, information and encouragement you need to achieve those goals.

What qualifications does my health coach have?

WebMD Health Coaches have degrees in health education, nutrition, exercise physiology, mental health counseling, and diabetes management. The coaches are Certified Health Education Specialists or have a similar certification in their specialty area (for example, Certified Exercise Physiologists, Registered Dietitian, etc.). Coaches are also trained to help you move towards better well-being at a pace comfortable for you.

Will I have the same coach every session?

You will be assigned to a team of coaches to ensure that a coach is always available when it works for you. This means you don't always have to sync up your schedule with a specific coach to get help. That said, you may end up talking to the same coach multiple times depending on schedules. Every coach on your team will know your goals and concerns so you can feel confident that whoever you talk to is qualified and able to focus just on you.

What can I expect from my first coaching session?

Your health and wellness coach can answer questions regarding your health risk assessment results. Together you and your coach will discuss the opportunities and barriers that you face in making your health and wellness the priority you want it to be. You'll discuss how you can feel empowered to make changes and improvements in your life and what goals are right for you. Some examples include finding a workout buddy, adding fruit to your lunch each day, or taking 5 or 10 minutes of quiet time to relax in the afternoon. Your coach will be by your side and help you pick the goal that fits your needs and lifestyle.

How should I prepare for my coaching sessions?

To get the most out of your health coaching session, be sure to look over the results of your health risk assessment and note any questions you have. If you have been to the doctor after you last completed the health risk assessment, be sure to update your coach on any new biometric data such as cholesterol or

blood pressure readings. You can also write down any questions, concerns, thoughts, or ideas for goals that you want to ask your coach about.

Getting the most from your coaching session should be easy because the topic is you! Generally, in each coaching session you will discuss your goals, things that may have changed for you, what help or information you might need and – of special importance – any successes you must celebrate. All of these come together to enable our coaches to really know you and help you improve your well-being.

How can I track my progress and goals?

Once you've started working with a coach, you can find a wealth of resources on the My Health page, Daily Habits page, and the Coaching page which will include the goals you agree upon with your coach. You can also link to the Resources page for tools that can help you measure your success as you make progress towards your goals.

Learn more at sanfordhealthplan.com/members/wellness/health-coach



Find a health coach

How do I get signed up?

To access the online wellness portal:

- Log on to your MyChart account at member.sanfordhealthplan.org/portal/Authentication/Login
 - If you do not have a MyChart account, you will need to select “Request access for myself.”
- Click on the “Your Menu” icon
- Scroll to “Portals and Links” under insurance
- Click “Wellness Portal” inside the Portals and Links page

Once you have entered the wellness portal, here's how you can access health coaching:

- Click on the menu icon in the upper right-hand corner
- Click on “Coaching”
 - This will direct you to the page where you can schedule your initial visit with a health coach

New Benefit for Medicare Retirees



As an NDPERS Medicare retiree and a Sanford Health Plan member, you can enroll in the Silver&Fit® program at no cost. This healthy aging program offers flexible fitness options, digital tools and resources that can be tailored to your individual needs.

This includes access to a no or *low cost* fitness membership through a participating fitness center and home fitness options. This benefit cannot be used in conjunction with the Fitness Center Reimbursement program.

What's included at NO COST TO YOU:

- Membership at a participating standard fitness center or YMCA
- Access to thousands of on-demand workout videos
- A personalized workout plan based on your fitness goals
- Access to the Well-Being Club with live virtual classes, events and wellness resources
- One-on-one Well-Being Coaching (phone, video, or chat sessions)
- Use of the Silver&Fit Connected!™ tool to track activity and earn rewards
- Fun rewards program for staying active – like Silver&Fit-branded gear and pins



Scan to visit Silver&Fit

Ready to sign up?

- Visit silverandfit.com
- Click 'Check Eligibility'
- Register and select a participating fitness center or YMCA

Questions? Call Silver&Fit customer service at 877.427.4788 (TTY/TDD: 711) toll-free.



Scan to view the
We are looking for you

We are looking for You

NDPERS has an extensive list of individuals we would like to contact. We encourage you to visit the We Are Looking for You section of the NDPERS website under About NDPERS. If you see any familiar names, contact the individuals. They can send an email to ndpersinfo@nd.gov or call 701.328.3900 or 800.803.7377 and reference the list.



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NDPERS Board of Trustees

The NDPERS Board consists of eleven members and acts as the governing body overseeing numerous benefits for the North Dakota employees and retirees.

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