

Perspectives

FOR RETIRED
MEMBERS
OF THE
NORTH DAKOTA
PUBLIC
EMPLOYEES
RETIREMENT
SYSTEM

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IN THIS ISSUE...

- Summary of Legislative Proposals
- Non-NDPERS Plans RHIC Reimbursement Deadline
- We Are Looking For You!
- Find Us on Facebook!
- Online Provider Directory Upgraded
- Earn \$250 with the Dakota Wellness Program
- Seeing a Doctor While Traveling
- PERSLink Member Self Service (MSS) Mobile Application



This newsletter is published by the North Dakota Public Employees Retirement System
Box 1657, Bismarck, ND 58502
701-328-3900

Toll free: 1-800-803-7377
nd.gov/ndpers

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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 1% 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 1/2%• Employee contributes 1/2%
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 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.

Non-NDPERS Plans RHIC Reimbursement Deadline

If you have NDPERS retiree insurance premiums, you do not need to take any action.

If you have eligible non-NDPERS health or prescription drug insurance premiums, you must submit claims directly to ASIFlex by the deadline of September 30, 2016 to receive RHIC reimbursement for the 2015-2016 plan year. The plan year is July 1 through June 30.

RHIC not claimed by the September 30 deadline following the close of the 2015-2016 plan year is forfeited.

If you have claim reimbursement questions, please contact ASIFlex directly at 1-800-659-3035. All non-NDPERS RHIC claims must include both the claim form and all required documentation. More detailed information can be found on the NDPERS Home Page online at <http://www.nd.gov/ndpers/>. Mail forms to ASIFlex, PO Box 6044, Columbia, MO 65205-6044. Forms submitted to NDPERS will not be accepted but returned.

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.

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Abdirahim Ahmed
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Jon Peltier
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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.

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.

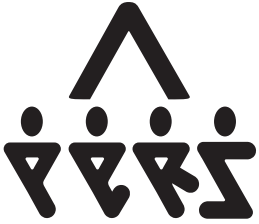
Seeing a Doctor While Traveling

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.

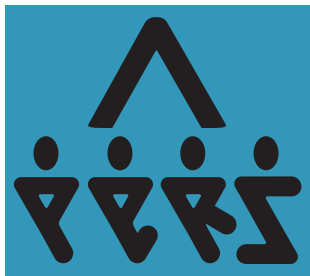
If you need to find a provider, use our provider lookup tool at sanfordhealthplan.com/ndpers or contact Member Services at (800) 499-3416.



North Dakota Public Employees Retirement System
Box 1657
Bismarck, ND 58502-1657

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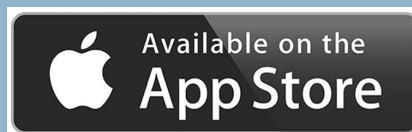
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PERSLink Member Self Service (MSS) Mobile Application

PERSLink Member Self Service (MSS) has gone mobile!

To start, download the app onto a mobile device.



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.