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Wellness Education Presentations

Data shows that employees who attend BCBSND Wellness Education presentations are two to three times more engaged in wellness programs than those who do not. These resources provide valuable information and tools to help your workforce control out-of-pocket expenses, lower health care costs and become more informed and accountable consumers.





Presentation Topics

Health Insurance: 6 Keys to Getting Your Money's Worth

Learn how to save money and fully utilize your health plan. From choosing a primary care physician and using plan “freebies” to choosing generic drugs and knowing when it’s appropriate to seek medical care, this presentation covers six ways you can use your health plan to maintain or improve your health.

Better Health Is a Walk in the Park

Research shows walking more each day can reduce the risk of developing heart disease, diabetes, cancer and other health problems. “Better Health Is a Walk in the Park” encourages members to walk more by explaining the health benefits, giving tips on how to get started and providing tools to help employees start counting steps.

Daily Actions for Better Nutrition

They’re calling your name ... those tempting treats that claim to get you through an afternoon slump. Cravings and hunger can take any good nutrition plan off track, but with a few simple changes, your workforce can eat their way to better health. We’ll provide palatable, bite-sized chunks of information employees can use immediately.

Hypertension: Taming a Silent Killer

Also known as high blood pressure, hypertension is linked to heart disease, heart attacks, strokes, kidney failure and other health problems. The presentation explains the causes and risk factors of hypertension, plus provides eight specific lifestyle changes for lower blood pressure.

Top Tips for a Safe, Fun Summer

Summer fun means plenty of water, sunshine and food. Learn how to protect your health without missing out on the fun. Full of tips you can put into action, this session will teach you to recognize heat stroke, keep insects away, protect against foodborne illness and more.

HealthyBlue

Get the Most Out of Your Health Plan Benefits

Learn how to use HealthyBlue online tools and get your Health Club Credit. You know getting and staying active improves your overall wellness, and a Health Club Credit helps you maximize your health plan investment. This presentation encourages members to use online tools in creating plans for better health to gain rewards in wellness and best use their health plan benefits.

Strength Training

What comes to mind when you hear “strength training”? This presentation will correct misperceptions and help employees see the critical need for strength training for all adults. Your presenters will demonstrate how to incorporate strengthening exercises into everyday life—even for those who never set foot in a gym.

Beat the Bug: Keep the Flu and Colds Away

Is that a cold or the flu? How do you tell? Get answers to those questions and more in this interactive, 30-minute presentation. Members will learn things they may not have known about these common wintertime ailments and get specific tips.

Diabetes—Don’t Sugarcoat It

Type 2 diabetes has tripled in recent years. Additionally, four of 10 adults have prediabetes, and most aren’t even aware of it. This fun, interactive presentation helps employees understand how to prevent and manage this condition.

Don’t Stress, Be Your Best

Some people think stress makes you sick. Others think it makes you more resilient. Both are correct. 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.

Low Back Health

What is one of the most common reasons that people visit a doctor? Back pain. That’s according to the Annals of Internal Medicine. This presentation shares the basics of back pain, focusing on low back pain, including causes, risk factors, plus risk factors that we can modify, symptoms, treatments and care options. It also outlines when back pain warrants a trip to the doctor.

How It Works

1. Choose one of our 30-minute live presentations, delivered in person or via webinar.
2. Contact a BCBSND Wellness Education specialist to schedule a time that fits for your workforce.
3. We’ll help you promote the session with a poster template for you to print onsite and an email reminder to send employees.

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





Contact Us

Contact the Wellness Education specialist for your area to schedule a presentation or learn more about establishing—or enhancing—your worksite wellness program.



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Wellness Education materials are part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and environmental.

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 1-800-342-4718 (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 1-800-342-4718 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-342-4718 (TTY: 1-800-366-6888).