

Perspectives

FOR ACTIVE
MEMBERS
OF THE
NORTH DAKOTA
PUBLIC
EMPLOYEES
RETIREMENT
SYSTEM

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This newsletter is published by the North Dakota Public Employees Retirement System
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701-328-3900

Toll free: 1-800-803-7377

<https://ndpers.nd.gov>

Board Members:

Jon Strinden, *Chairman*

Troy Seibel

Attorney General Appointee

Mylynn Tuft

State Health Officer

Rep. Pamela Anderson

Legislative Management Appointee

Senator Dick Dever

Legislative Management Appointee

Members Elected:

Mike Sandal, Casey Goodhouse,

Yvonne Smith, Kim Wassim

Sparb Collins, *Executive Director*

Kathy M. Allen, *Editor*

NDPERS Board Election

The term of North Dakota Public Employees Retirement System (NDPERS) Board member Mike Sandal expires on June 30, 2017. NDPERS is required to give notification of the vacancy and the election process to all active employees. The Board acts as the administrating body to manage the Public Employees Retirement System, Judges Retirement System, Highway Patrol Retirement System, North Dakota National Guard System, Law Enforcement Retirement System, Job Service Retirement Plan, the Uniform Group Insurance Program, Section 457

Deferred Compensation Plan, Retiree Health Insurance Credit program, and the Section 125 FlexComp plan for public employees. In addition, three of the elected members are selected by the Board to serve on the State Investment Board.

The Board consists of nine members. The chairman is appointed by the Governor. Three members are elected by the active membership, one member is elected by the retired membership, there is an attorney general appointee, and the State Health Officer.

(Continued on page 2)

Joining the Board

Two new members recently joined the NDPERS Board. Mylynn Tuft serves in the capacity of State Health Officer. Troy Seibel serves as the Attorney General Appointee. The NDPERS Board and staff welcome Mylynn and Troy as the newest members.



Mylynn Tuft



Troy Seibel

Thank you, Tom & Arvy!

Thomas Trenbeath and Arvy Smith concluded their terms on the NDPERS Board in November 2016 and February 2017, respectively. Tom served as the Attorney General Appointee for 10 years while Arvy served as the ND Department of Health Designee for 15 years. The NDPERS Board and staff extend their appreciation to Tom and Arvy for their contribution and dedication during their time on the Board.



Thomas Trenbeath



Arvy Smith

2016 Comprehensive Annual Financial Report

NDPERS prepares a Comprehensive Annual Financial Report as of June 30 of each year. This report contains detailed financial, investment, actuarial and statistical information for the plans administered by NDPERS. You can view, download or print the report from the NDPERS website Financial/Actuarial section found under the "About" tab at the top of the home page screen.

NDPERS Actuarial Reduction Tables for Retirement Benefits

The NDPERS Board reviewed a proposed implementation plan for updating the NDPERS actuarial reduction tables for retirement benefits. These tables are used in determining retirement benefits for all benefit options with the exception of the single life option. GRS is the NDPERS actuarial consultant working on the project and will complete its work on the tables and provide recommendations to the Board in July 2017. Should the NDPERS Board take action to update the current reduction tables, NDPERS will be communicating this change to members. Therefore, if you are planning to retire in the next year, you will understand how this change may affect your retirement benefit so you can plan accordingly. Follow NDPERS on Facebook to receive updates on this subject.

Have a Balance in Your 2016 FlexComp Plan? Don't Lose it, Use It!

If you participated in the 2016 FlexComp Plan, be sure to check the available balance and submit claims to use the remaining funds. The claims submission deadline for the 2016 Health Care and Dependent Care expenses is April 30, 2017. All FlexComp claims must be received by ADP or postmarked by 11:59 pm, Eastern Time, on April 30, 2017. Claims submitted after this date will not be processed and any remaining balance in the account(s) will be forfeited.

Samples of Eligible FlexComp Expenses:

- Extra pair of eyeglasses or prescription sunglasses
- Extra contact lenses and maintenance products
- Lasik vision correction
- Teeth cleaning (excludes bleaching or whitening)
- Smoking cessation

- New or replacement items for your medicine cabinet or first-aid kit
- Prescriptions
- Over-the-counter (OTC) medical supplies
- Orthodontia services
- And many more!

Visit ADP's online Eligible Expense Guide to view a list of thousands of eligible items or search for specific items.

To view account balances, access claim forms or submit claims online, log into your account on the ADP Spending Account website. You can also contact ADP's Participant Solution Center at 1-800-336-1881. Representatives are available to assist you Monday through Friday from 8 a.m. until 8 p.m., Eastern Time, excluding holidays.

NDPERS Board Election *(Continued)*

The Board meets once a month in Bismarck with the meetings generally lasting four to five hours. Board members are paid \$148 per meeting.

Any active participating member of the NDPERS Main System, members of the defined contribution retirement plan, the Highway Patrol retirement system and the Job Service retirement plan are eligible to serve as an elected member of the Board and may become a candidate for election so long as that department or political subdivision is not currently represented on the Retirement Board by a Board member not up for election (NDCC 54-52-03). Currently, the Office of Management and Budget and Department of Human Services have members that serve on the Board, so employees from those agencies are not eligible to become candidates in the upcoming election. The term is for five years beginning on July 1, 2017, and ending on June 30, 2022.

An eligible individual must obtain the signatures of 100 active NDPERS members to be nominated as a candidate for the vacancy. Nomination petitions are available from the NDPERS office at 400 East Broadway, Suite 505, Bismarck, ND. You may request this information in writing, by phone or through our e-mail address at ndpers-info@nd.gov. The information is also available on our website home page at <https://ndpers.nd.gov>

The deadline to submit petitions is 4 pm Friday, May 5, 2017. Election ballots will be mailed to active members by June 2, 2017, and must be returned no later than the close of business on Friday, June 16, 2017. Election returns will be tabulated on Monday, June 19, 2017.

If you have any questions about the NDPERS Board election, please call the NDPERS office at 701-328-3900 or toll-free at 800-803-7377.

NDPERS Launches Mobile Friendly Website

NDPERS launched a redesigned website with the purpose of enhancing communication with its membership. It has many new features aimed to facilitate access to information online.

When you visit the NDPERS home page, you can conveniently find three strategic sections listing the most frequently requested information including life events and popular forms.



I WANT TO...

- Attend Training & Events
- Change My Personal Information
- Enroll in NDPERS Plans
- Estimate My Retirement Benefit
- File a Claim
- Purchase Service Credit
- Request an ID Card
- Schedule an Appointment at NDPERS
- Subscribe to NDPERS Publications & Updates
- Update My Beneficiary



LIFE EVENTS

- Birth, Adoption or Legal Guardianship
- Death
- Disability
- Leaving NDPERS Membership
- Marriage or Divorce
- Name or Address Change
- Retirement
- Returning to Work



POPULAR FORMS

- Authorization for Direct Deposit for Annuity Payments [.pdf]
- Authorization for Automatic Premium Deduction [.pdf]
- Designation of Beneficiary for Group Retirement Plan [.pdf]
- Designation of Beneficiary for Group Life Insurance Plan [.pdf]
- Notice Of Change (Address, Name, Etc.) [.pdf]
- Request for Benefit Information [.pdf]

You can also quickly access your PERSLink Member Self Service (MSS) account by clicking on the Member/Employer LOGIN button. Use the expand options to find instructions on how to use PERSLink MSS as well as an explanation of what information can be accessed and updated on MSS.

For your convenience, if you would like to save PERSLink MSS in your favorites, we recommend using the following direct link:
<https://perslink.nd.gov/perslinkwss/wfmloginME.aspx>



New URL Address

We've updated our website address to <https://ndpers.nd.gov>. If you have our former home page address saved in your favorites, you will be redirected to the new site.

Comments or Questions on the new NDPERS Website?

We welcome your feedback on the new NDPERS website. Email us today at ndpers-info@nd.gov.

Employee Assistance Program

Request for Proposals for the NDPERS Employee Assistance Program (EAP) for the July 2017 through June 2019 biennium will be issued in April 2017. The NDPERS will select the qualified vendors and send a list to state agencies in May. Each agency will select an EAP provider by June 23, 2017. To view your current EAP provider, visit our website EAP section under Active members. We also provide additional information on the NDPERS Employee Assistance Program online.

Updated Forms Now Available

NDPERS recently updated numerous forms. The updated forms are available on our new website at <https://ndpers.nd.gov> and on PERSLink Member Self Service (MSS). Most forms are fillable and can be completed online; otherwise, print and mail forms to the NDPERS office.

Upcoming Events for Active Employees Bismarck, Dickinson and Fargo

Financial Essentials Workshop (FEW)		
Bismarck	Tuesday, May 16, 2017	Registration available online.
Fargo	Tuesday, September 5, 2017	Registration is not yet available.
Dickinson	Tuesday, October 10, 2017	Registration is not yet available.
Pre-Retirement Education Program (PREP)		
Bismarck	Wednesday, May 17, 2017	Registration available online.
Fargo	Wednesday, September 6, 2017	Registration is not yet available.
Dickinson	Wednesday, October 11, 2017	Registration is not yet available.

What seminar is right for you?

During 2016, NDPERS introduced the Financials Essentials Workshop (FEW), after active members requested a training program that would provide timely information for new hires and early to mid-career employees. The focus of the FEW is to help active employees understand their NDPERS benefits in order to integrate financial planning in to their lives.

On the other hand, the popular Pre-Retirement Education Program (PREP) aims to serve active employees interested in retiring within the next five years. PREP provides personalized benefit estimates and information on retirement benefits, group insurance options, and Social Security.

This table summarizes the main differences between the programs. If you need additional information about these events, please call the NDPERS office at 701-328-3900 or toll free at 1-800-803-7377.

Financial Essentials Workshop (FEW)

Duration: 4 hours
Cost: \$10

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

Focus

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

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

Print or download materials from the NDPERS website at ndpers.nd.gov.

Pre-Retirement Education Program (PREP)

Duration: 8 hours
Cost: \$20

Ideal for individuals interested in retiring in the next five years and are seeking specific information on retirement planning

Focus

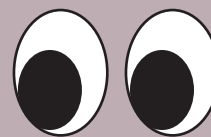
- NDPERS retirement benefits
- Personalized benefit estimate
- Retiree insurance plan options
- Legal estate planning
- Retiree Health Insurance Credit (RHIC)
- Social Security

General overview of NDPERS benefits and options available at retirement.

Informational materials are provided, along with a personalized NDPERS benefit estimate.

We Are Looking for You!

Any assistance you can provide in locating these individuals 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, reference this newsletter.



Abdirahim Ahmed	Anita B. Farrell	Jay Kuntz	Lori Schwan
Casey A. Anderson	Ryan C. Filiowich	Linda F. Langley	Cindy A. Scott
Tamara J. Anderson	Mark A. Gonzalez	Susan Mcintyre	Stanford Sitting Crow
Celeste M. Barfield	Jesse Michael Green	Camille Mountain	John Smith
Kristine Marie Blackcloud	Cynthia R. Hanson	Danielle Nelson	Judi K. Sprung
Donald T. Burke	David Hart	Glenda M. Nygaard	Traci Storey
Jacqueline A. Carbonaro	Renae Katherine Hausauer	Amy M. Patzer	Joseph Talago
John D. Colby	Michael Hawks	Leray Richard Paulson	Justine K. Thompson
Robert Coleman	Cindy L. Heim	Jon Peltier	Steven Wiebelhaus
James L. Cromwell	Shannon K. Innis	Dennis W. Pengilly	Vincent L. Williams
Kari L. Dohrmann	Krista M. Johnson	Ardyth R. Pfaff	Robert Woodruff
Edith E. Einarson	Peter R. Johnson	Kris Quintus	
Barbara J. Farrar	Steven E. Johnston	Sandra Jane Schmitz	

Healthy Pregnancy Program

Give your baby a healthy start. Staying healthy during pregnancy can help you avoid a low birthweight or premature birth. That's why Sanford Health Plan offers a free Healthy Pregnancy Program. Through this program, you will get the support you need to make the best choices for you and your baby.

Our program offers:

- A nurse that reviews a health assessment with you to tailor support, tips and tools to meet your needs and to help you with your pregnancy questions or to assist with your health care needs
- Information on pregnancy, childbirth and postpartum.

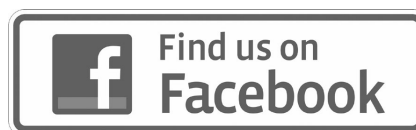
As a Healthy Pregnancy Program member, you will:

- Get free pregnancy tips that tell you how to take care of yourself during pregnancy and after the baby is born.
- Receive a deductible waiver if you have your delivery care provided by a PPO participating provider. High deductible plan members can take part in the program, but are not eligible for the deductible waiver.
- Receive free prenatal vitamins.
- Have access to Text4baby, a free tool that sends you text messages regarding doctor visit reminders, personalized tips on prenatal care, baby's growth, signs of labor, nursing, eating habits and more. Text BABY (or BEBE) to 511411 to sign up.

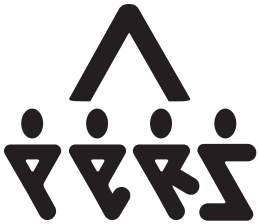
To sign up for the Healthy Pregnancy program call Care Management at (888) 315-0884 or sign up online by visiting www.sanfordhealthplan.com/memberlogin. After you login go to NDPERS-Education and select Health Programs for You.

Members with Single coverage: For coverage to continue beyond thirty-one (31) days of the newborn's date of birth, coverage must be applied for through NDPERS within thirty-one (31) days of the newborn's date of birth.

Members with current Family coverage: Subscribers with Family Coverage under the Plan are encouraged to notify the Plan in advance when a pregnancy and expected due date is known. Newborn children will be added to the Certificate automatically if the Subscriber is enrolled in Family Coverage and the Plan and/or NDPERS is notified of the pregnancy.



Need regular updates and the latest information on NDPERS benefits? Join us and follow the NDPERS facebook page. Simply search for NDPERS or North Dakota Public Employees Retirement System and click the Like Us button!

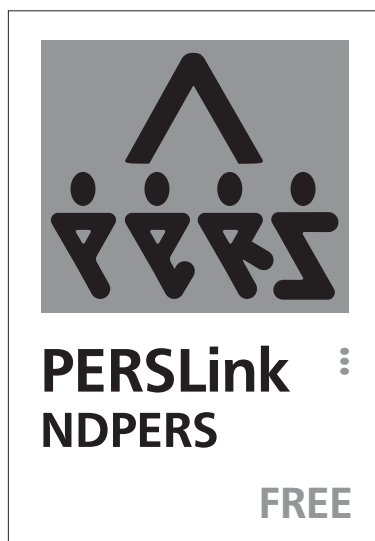


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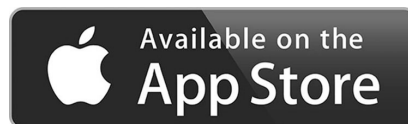
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PERSLink Member Self Service (MSS) Mobile Application



Do you need an easy and convenient way to view your NDPERS benefit information including a quick update on your retirement account balance? Download the FREE PERSLink Member Self Service app available for Android and Apple devices. To start, instruct your employees to download the app onto a Samsung or Apple 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 MSS Mobile App Quick Instruction Guide is available on the NDPERS website.