



# "WELLNESS & BENEFITS FAIR"



Tuesday, September 17<sup>th</sup>  
 Capitol Building: Ground Floor, West End

**9:00 a.m. to 3:00 p.m.\***

*\*Cholesterol, blood sugar and PSA screening will begin at **8:15 a.m.**  
 Fasting for at least 10 hours prior to screening will provide more accurate results.*

**All other screenings and vendor tables will be available at 9:00 a.m.**

***Presentations/Screenings/Vendors are subject to change.***

***Employee participation is subject to agency approval.***

## Presentations

Who	What	When	Where
ASIFlex	<b>"2020 Plan Year Annual Enrollment"</b> (20-25 minutes) Review upcoming changes to NDPERS Flexcomp plan for the 2019 Plan Year Annual Enrollment.	10:00 am 2:00 pm	Ft. Union Room
Bismarck Cancer Center	<b>"E-Cigarettes Friend or Foe?"</b> (20-25 minutes)	9:30 am	Peace Garden Room
Bismarck Cancer Center	<b>"Food - Label Reading &amp; Portion Control"</b> (20-25 minutes)	2:30 pm	Peace Garden Room
Sanford Health Plan	<b>"Get Moving at Work"</b> (20-25 minutes) Learn about the harmful effects sitting too often has on your health and how to add exercise to your workday.	10:30 am 1:30 pm	Roosevelt Park Room
Sanford Health Plan	<b>"Healthy Meals in a Hurry"</b> (20-25 minutes) Set yourself up for success to shop, plan and cook health meals.	11:00 am 1:00 pm	Roosevelt Park Room

***Screenings/Vendors are subject to change.***

## Screenings

Who	What	When	Cost	Where
WorkLife Inc	Cholesterol & Blood Sugar	8:15-2:45	\$5.00	Brynild-Haugland Room
WorkLife Inc	Prostate Specific Antigen (PSA)	8:15-2:45	\$48.00*	Brynild-Haugland Room

**\*Please bring exact change or pay by check made payable to Worklife OCC Med.**

## Information Tables

**Ground Floor Hallway – West End & Brynhild Haugland Room**

- Sanford Sleep Center      — Sanford Health Plan      — Bismarck Cancer Center
- CHI ST. Alexius Great Plain Rehabilitation Services      — YMCA
- CHI St. Alexius Health Clinical Research Services
- Dept of Human Service - Aging Service      — Vitalant      — CHI St. Alexius EAP Services
- Village Business Institute EAP Services      — Employee Network Inc. (eni) EAP Services
- ASIFlex      — Voya Financial      — Delta Dental      — Superior Vision