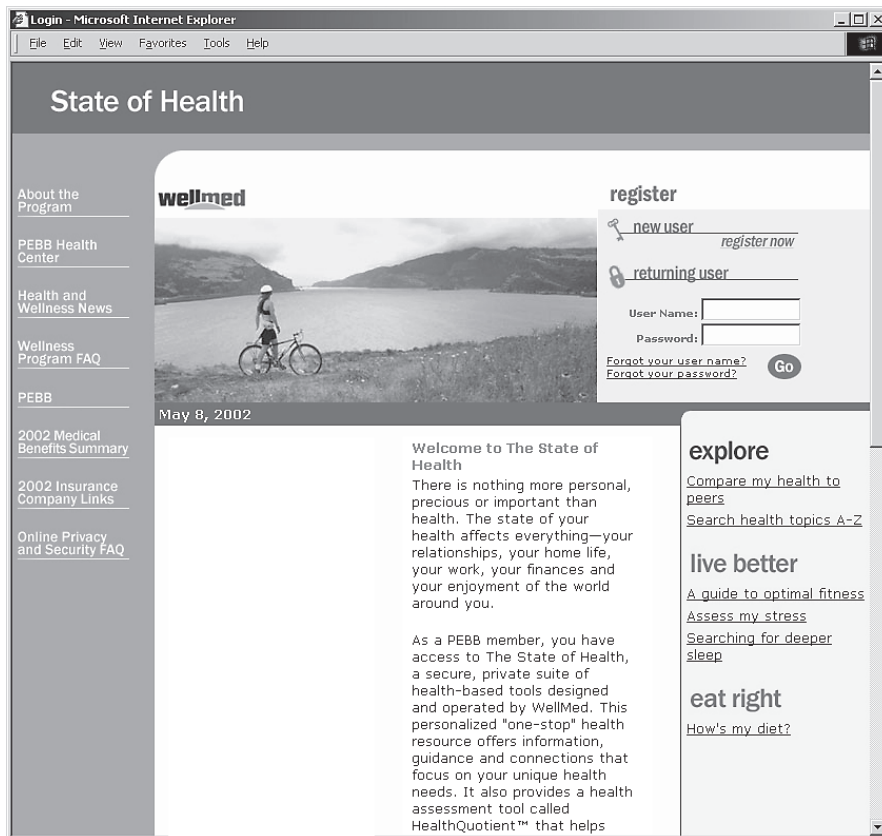


Welcome To The State of Health

Beginning Saturday, June 1, PEBB members can log in to their own personal, private wellness program at www.wellmed.com/stateofhealth. This secure, confi-

dential Web site offers an array of interactive tools to help you and your family make the most of your healthcare benefits. Here's how to use them.



Logging In

1. Go to: www.wellmed.com/stateofhealth to reach the State of Health log in page.
2. Click on "new user" or "register now" in the upper right corner.

(Hint: The next time you use the State of Health tools, go to "returning user" and just enter your user name and password to go directly to your personal State of Health home page.)

(continued on page 2)

Your Privacy is Protected

Who will have access to any personal data entered at The State of Health?

Only PEBB members themselves will have access to their own personally identifiable data. Through your user name and password, you will be the only one with access to any of your personal information, unless you share your password with someone else.

Will PEBB or the state be able to access any personal or individual data about any user?

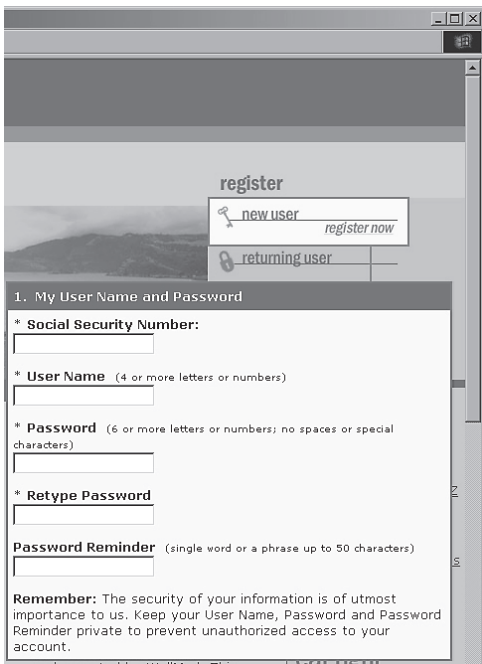
Neither PEBB nor the state can access personal or individual information through The State of Health Web site. PEBB will never have access to any member's individual health data. PEBB will only receive reports about PEBB members as a group, not as individuals. For example, PEBB may learn the total number of members who use the site but cannot know who those people are.

(continued on page 4)

Welcome To The State of Health *(continued from page 1)*

Registering

Type in your registration information.



The screenshot shows a web browser window with a registration form. At the top, there is a 'register' button and two options: 'new user' and 'returning user'. Below this, the form is titled '1. My User Name and Password'. It contains several fields: 'Social Security Number', 'User Name (4 or more letters or numbers)', 'Password (6 or more letters or numbers; no spaces or special characters)', 'Retype Password', and 'Password Reminder (single word or a phrase up to 50 characters)'. A 'Remember' note at the bottom states: 'The security of your information is of utmost importance to us. Keep your User Name, Password and Password Reminder private to prevent unauthorized access to your account.'

1. Enter your Social Security Number.
2. Choose a “User Name” that’s easy to remember. You’ll use it every time you visit the State of Health site. *(Hint: your User Name can be any word or combination of four or more letters or numbers. Don’t use a common word or name, such as “Dave” since it has probably been taken already. Also, don’t use spaces or special characters.)*
3. Choose a “Password” that’s easy to remember. *(Hint: Your Password cannot be the same as your User Name. It should contain at least six letters or numbers. But do not use spaces or special characters, such as “@” or “\$”)*

4. Retype your Password to confirm that it is correct.
5. Choose a “Password Reminder.” *(Hint: This is a quick clue about your password if you forget it. Your reminder cannot be the same as the password, but it can be a single word or phrase up to 50 characters, such as “My dog’s middle name.”)*

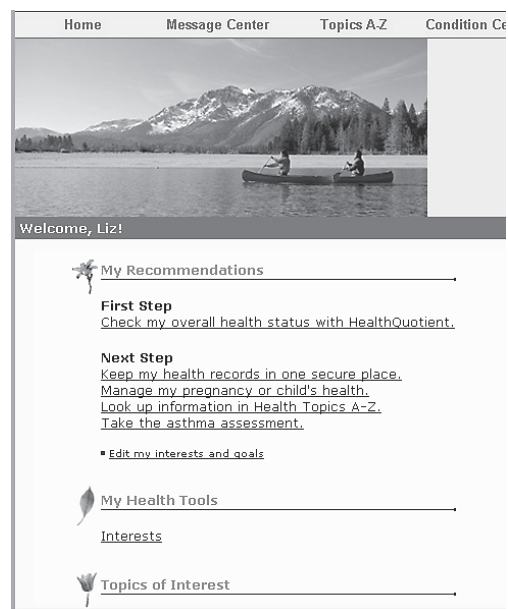
Enter your personal information

1. Type in your first and last names.
2. Type in your date of birth. *(Hint: Be sure to use two digits for the month and day and then all four digits for the year, such as 05/12/1964.)*
3. Enter your zip code. *(Hint: Use your work or home zip code.)*
4. Enter your e-mail address. *(Hint: Use your work or home e-mail.)*
5. Enter Yes or No for e-mail permission. *(Hint: If you enter Yes, WellMed may send you periodic e-mail messages pertaining to your health interests. You can unsubscribe at any time. Your e-mail address will not be given to anyone else.)*
6. Check the box regarding agreement with WellMed’s Terms and Conditions and Privacy Policy. *(Hint: To read the full documents, just click on the link for each.)*

7. Click “submit” to enter all your information.

State of Health Personal Home Page

Upon completing registration, you will arrive at your State of Health personal home page! This is your secure, online location where you can explore a wide variety of health tools and information – personalized to you.

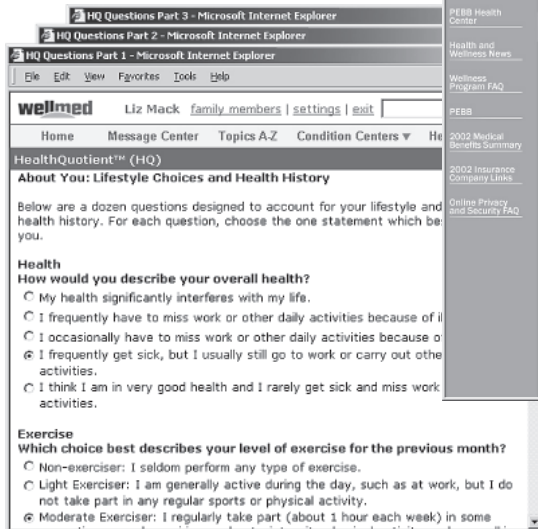


The screenshot shows the State of Health Personal Home Page. At the top, there are navigation links: 'Home', 'Message Center', 'Topics A-Z', and 'Condition Ce'. Below the navigation is a large banner image of a lake with mountains in the background. A 'Welcome, Liz!' message is displayed. The main content area is divided into sections: 'My Recommendations' with a 'First Step' (Check my overall health status with HealthQuotient) and a 'Next Step' (Keep my health records in one secure place, Manage my pregnancy or child's health, Look up information in Health Topics A-Z, Take the asthma assessment). There is also a link to 'Edit my interests and goals'. Below this is 'My Health Tools' with a link to 'Interests'. At the bottom, there is a 'Topics of Interest' section.

Choosing topics will help personalize your State of Health home page with information and articles about the topics you’ve selected. You can check the box next to the health topics that interest you at any time.

Under My Recommendations, take the First Step and click on the link to HealthQuotient, a 10-minute online health risk assessment.

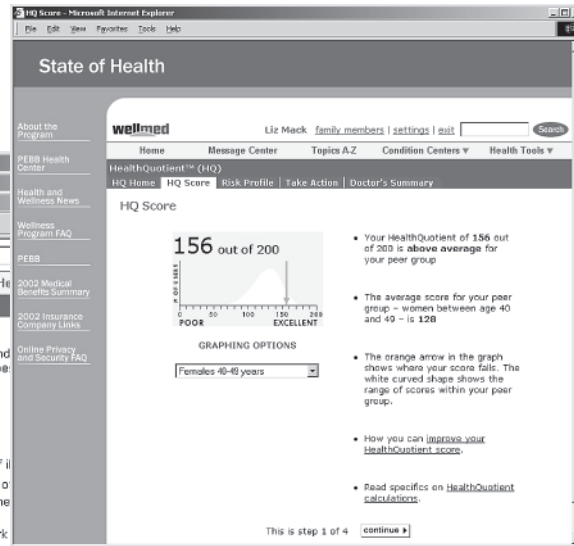
HealthQuotient



On the HealthQuotient introduction page, click on “Take Assessment” on the far right side of the screen to start the HealthQuotient questionnaire. (*Hint: The next time you come back to HealthQuotient, you can change your answers by clicking on the “Update Assessment” link under My Assessment.*)

The HealthQuotient assessment will ask 20 to 25 questions about your medical profile, lifestyle and family health history. Plus you can enter in your blood pressure, cholesterol scores and other measurements on the last page of the questionnaire.

Click “Submit” at the bottom of each page. At the end, you will receive your personalized “HQ Report” with your “HQ Score.”



Your HQ Score tells you how your health compares with that of other people in your age group. The report provides in-depth information on the health risks identified through the questionnaire.

Back Home

To get back to your State of Health home page at any time, click the “Home” link under the WellMed logo.

Other Tools

To get to other health tools from your State of Health home page, just use the recommended steps or click on the items listed at the top of each page to travel around the site.

For example, to get to the Asthma Condition Center, click on “Condition Centers” at the top of the screen and select “Asthma.” On the Asthma Condition Center home page, click on “Take Assessment” in the upper right side of the page to start the Asthma questionnaire.

When you are finished with the assessment, you will receive your personalized Asthma Report, which contains a clinical summary, treatment options and recommended actions.

Logging Out

When you are finished using the online health tools, simply click on “exit” at the top of any screen next to the Search box. This will log you out of WellMed’s secure system and save your personal health information.

The next time you come back, go to www.wellmed.com/stateofhealth, and log in as a Returning User with your User Name and Password to get to your home page.

Questions?

If you have questions about how to use The State of Health online, click on “feedback” at the bottom of any page. WellMed will respond within two business days.

Your Privacy is Protected *(continued from page 1)*

How secure is personal data I enter on the Web site?

All personally identifiable information a PEBB member enters on the site is confidential and secure. The data reside on a computer server network owned and operated by WellMed, Inc. WellMed has received the highest recognition in the e-health industry for its protection of users' privacy and the security of their personal information. The company uses a highly redundant, geographically distributed network of servers to provide its services.

The Web site includes a message center. Does that mean personal information will be sent by e-mail?

No. If you receive an e-mail notice that a message is waiting at the Web site, you can access the message only on WellMed's servers and only by using your personal user name and password. Messages for individuals will not be delivered over the Internet; they cannot be intercepted or viewed by others.

May employees access The State of Health at work?

Agencies have varying policies about accessing the Internet from work and during work hours. Employees should review their agencies' policies and seek agency clarification if they need further information. PEBB has no role in setting policies on Internet use and encourages employees to follow agency policies.

Is employee personal data protected if they access the Web site at work?

Any information an employee enters at the Web site is private and secure, no matter which computer or Internet connection they use. The Web site resides only within WellMed's secure network and can be accessed only through the user name and password.

May I save the information?

Feel free to save any of the site's pages on your home computer. However state employees should be aware that state computers are public property, and information saved and stored on them may be considered public information.

What controls are there for children's access to the Web site?

The State of Health Web site is intended for adult use only. A parent or guardian may use the site for a minor dependent who is a PEBB member. The parent or guardian is solely responsible for providing supervision of the minor dependent's use of the site. The Web site does not search the Internet for information. It searches only information stored on WellMed's network servers.

How credible is the health information provided through the Web site?

All the health-related materials at the site have been developed or reviewed by medical professionals. Users can be confident they are factual and up-to-date.

What if I change my mind about information I entered at the site?

You can correct, update, review or remove information you previously entered.

If I set up accounts for covered family members, is their information secure as well?

When you set up accounts for family members, you will be prompted to establish a user name and password for each member. Family members can protect their personal information by not sharing their user name or password.

Public Employees' Benefit Board

775 Court Street NE
Salem, OR 97301-3802

Telephone: (503) 373-1102
Toll-Free: (800) 788-0520
Website: <http://pebb.das.state.or.us>
E-mail: inquiries.pebb@state.or.us
Fax: (503) 373-1654

PEBB Health Center Update

775 Court St. NE • Salem, OR 97301
(800) 701-1333 • (503) 362-1111 • pebbhealth@wellmed.com

Guard Your Medical Safety

June is national Safety Month, and patient safety is one of the nation's most pressing healthcare challenges. A recent report by the Institute of Medicine estimates that as many as 98,000 people die in U.S. hospitals each year as the result of lapses in patient safety. Here are five steps to safeguard your own care.

1. Speak up if you have questions or concerns.

Choose a doctor with whom you feel comfortable talking about your health and treatment. It's okay to ask questions and to expect answers you can understand.

2. Keep a list of all the medicines you take.

Tell your doctor and pharmacist about the medicines that you take, including over-the-counter medicines and dietary supplements. Tell them about any drug allergies you have. Ask about side effects and what foods and other things to avoid while taking the medicine. Read the medication's label. Make sure it is what your doctor ordered and you know how to use it. If the medicine looks different than you expected, ask the pharmacist about it.

3. Make sure you get the results of any test or procedure.

Ask your doctor or nurse when and how you will get the results of tests or procedures. If you do not get them when expected—in person, on the phone, or in the mail—don't assume the results are fine. Call your doctor and ask for them. Ask what the results mean for your care.

4. Talk with your doctor and healthcare team about your options if you need hospital care.

If you have more than one hospital to choose from, ask your doctor which one has the best care and results for your condition. Before you leave the hospital, be sure to ask about follow-up care, and be sure you understand the instructions.

5. Make sure you understand what will happen if you need surgery.

Ask your doctor and surgeon:

- Who will take charge of my care while I'm in the hospital?
- Exactly what will you be doing?
- How long will it take?
- What will happen after the surgery?
- How can I expect to feel during recovery?

Tell the surgeon, anesthesiologist, and nurses if you have allergies or have ever had a bad reaction to anesthesia. Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.

Taken from Five Steps to Safer Health Care. Patient Fact Sheet. January 2001. Quality Interagency Coordination Task Force.

Programs at the PEBB Health Center

Feel free to bring lunch to any of the noon-hour classes.

Getting Ready for Pregnancy

Presenter: Liz Marik, FNP
Date: Wednesday, June 12
Time: Noon-1 p.m.

Learn what you can do on your own to make sure you have a healthy pregnancy. *Call your local hospital or community college to find out if they offer classes on this topic.*

The Total Person Concept

Presenter: Dr. John Palmer
Date: Tuesday, June 18
Time: Noon-1 p.m.

Chiropractic is the fastest growing healthcare profession in the United

States. This lecture will focus on the Total Person Concept of chiropractic health care.

Mastering a Vegetable Garden

Presenter: Charolette Hottman, Master Gardener
Date: Wednesday, June 26
Time: Noon-1 p.m.

How to prepare soils; vegetables that will grow into colder seasons; how and when to harvest; keeping them fresh, storing and freezing; how to prepare for next year's garden; container gardening for apartment dwellers.

New Alternatives for Lowering High Blood Pressure

Presenter: Debbie Dufour, FNP
Date: Thursday, June 27
Time: Noon-1 p.m.

Learn about the most current recommendations for hypertension, with and without prescription drugs. Find out how nutrition, dietary supplements and new medications can lower your numbers. Will also address pregnancy induced-hypertension.

PEBB Public Meeting Schedule for May 2002

The **Public Employees' Benefit Board** will meet Tuesday, June 18, from 2 to 4 p.m. in Hearing Room 357 of the State Capitol Building, located at 900 Court St NE in Salem.

The **Board's Plan Design Subcommittee** will meet Tuesday, June 4, from 9 a.m. to noon in Suite B-1, Studio A of the Public Service Building, located at 255 Capitol Street NE; and on Tuesday, June 18,

from 9 a.m. to noon in Conference Room 350 of the State Capitol Building.

The **Board's Wellness Subcommittee** will meet Tuesday, June 18, from noon to 1:30 p.m. in Conference Room 350 of the State Capitol Building.

The **Board's Operations Subcommittee** is not currently scheduled to meet in June.

Meeting schedules are subject to change. The most current public meeting notices are posted on PEBB's Web site at <http://pebb.das.state.or.us>. Meetings held at these addresses are wheelchair accessible. If special accommodations are necessary, please contact Becky Johnson at (503) 378-6296 within 48 hours or as soon as possible before the meeting.



Recommended resources from the PEBB Health Center lending library:

- ✓ *While Waiting*: Information you need to know about pregnancy and having your baby.
- ✓ *Natural Healing for the Pregnant Woman*: A new approach to pregnancy and childbirth.
- ✓ *The 12-Month Pregnancy*: (video). The best time to prepare for pregnancy is months before conception.
- ✓ *Alternative Medicine*: (video). An overview of Chinese and Indian medicine, homeopathy, herbalism, naturopathy, osteopathy, massage and chiropractic practices.
- ✓ *The Arthritis Foundation's guide to Alternative Therapies*.

To check out these resources, call (503) 362-111 or (800) 701-1333.

PEBB Resources

Access PEBB, insurance companies and other benefit resources using the contact information below. The insurance company Web sites include provider directories. You can also link to insurance company Web sites from the PEBB Web site.

Public Employees' Benefit Board (PEBB)

(503) 373-1102, (800) 788-0520
<http://pebb.das.state.or.us>
inquiries.pebb.@state.or.us

Associated Administrators, Inc. (Dependent Care FSA)

(800) 334-4340
(503) 220-3805

BestChoice Administrators

(800) 556-3137
(503) 765-3581

Health Center

(800) 701-1333
(503) 362-1111
pebbhealth@wellmed.com

Cascade East Health Plan (medical)

(866) 577-CEHP (2347) toll-free
www.cehp.org

Kaiser Permanente (medical & dental)

(800) 813-2000
www.kp.org/nw

Nationwide Insurance (auto)

(888) 628-4663 media code 8425
(888) 662-8446 (TDD)

ODS Health Plans (dental)

(800) 452-1058
www.odshp.com/pebb/

Regence BlueCross BlueShield of Oregon (medical)

(800) 826-9813
(503) 220-3849

www.or.regence.com/pebb

The Standard Insurance Company (life & disability)

(800) 242-1888
www.standard.com

Unum (long-term care)

(800) 227-4165
www.unum-ecs.com/pebb

VSP (vision)

(800) 877-7195
www.vsp.com

Willamette Dental Insurance (dental)

(800) 460-7644
www.denkor.com

PEBB Mission

To provide a high quality plan of health and other benefits that are affordable to both the employee and the state.