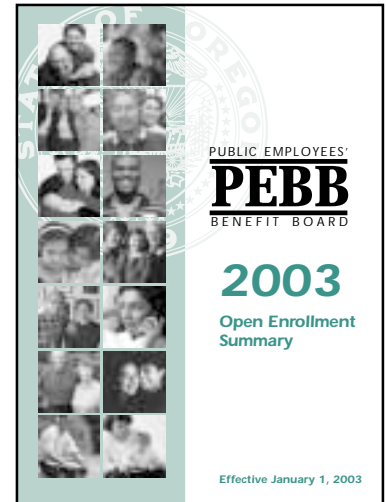


Open Enrollment Catch Up

- Open Enrollment Packets for 2003 benefits were distributed in September. If you did not receive a packet, contact your agency payroll, personnel or benefits office.
- The packet contains a summary brochure, forms and the state contribution notice.
- If you do not want to change your benefit elections for 2003, you do not have to fill out any forms.
- If you want to make any changes to your benefit elections for 2003, fill out the appropriate form or forms **completely**; your new form will replace any other on file.
- If you make any changes, submit the completed form or forms to your agency as soon as possible but no later than Oct. 31.
- All of the materials and some of the enrollment forms for PEBB benefits are available online at PEBB's Web site <http://pebb.das.state.or.us>.
- If you request additional materials using the summary publication's Additional Information Request Form, please remember to write your **name and return address** on the top of the form.
- If you have any questions about your benefits, eligibility or Open Enrollment, call PEBB at (503) 378-1102 in Salem or (800) 778-0520 statewide.



Correction to Open Enrollment Materials

The Kaiser Permanente routine vision benefit for 2003 provides a \$150 allowance that can be applied to frames, lenses or contact lenses every 24 months for both adults **and children**. However, if a member's prescription changes 0.5 diopter or more within 12 months of the initial exam, replacement lenses are covered up to the following maximum values:

- \$60 for single-vision and cosmetic contact lenses
- \$90 for multi-focal lenses.
- Vision exams are covered at the applicable office visit co-payment. They are not part of the allowance.

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PEBB Pilots Statewide Health Screenings

Are you at risk for developing a serious disease? Do you or a family member have a serious health condition? Would you like access to the latest medical information? Or are you ready to improve your overall health status?

If you answered “yes” to any of these questions, and you work in one of the cities listed below, plan to take personal advantage of The State of Health, PEBB’s new wellness program.

As part of The State of Health, the Board’s Wellness Subcommittee recommended that PEBB conduct a statewide health screening pilot program this year. In August, the PEBB Health Center kicked off the project with a two-day screening for PEBB members who work in the Revenue Building in Salem. This first screening tested the pilot plan and

employee interest. Now the Health Center is ready to hit the road.

PEBB members who live or work in the pilot program locations can sign up for a screening slot by calling (800) 701-1333.

The screening itself measures the individual’s glucose and cholesterol levels, body mass index and blood pressure. Participants will be asked to fast for 12 hours before the screening.

PEBB Health Center staff will be available to answer your health questions and help you interpret your screening results. They can also help you enter your results into your HealthQuotient, part of the Web-based suite of tools included in The State of Health.

HealthQuotient helps you assess your health risks based on your family and personal history, daily

Are you at the right address?

When you register for or log onto The State of Health online, you might want to confirm that you’re at the correct Internet address. The full address is www.wellmed.com/stateofhealth. If you type in only www.wellmed.com, you’ll be at WellMed’s demo site, which won’t give you access to The State of Health’s full suite of health and wellness tools.

activities, behaviors and other health factors. Based on your score, the Health Center staff can provide consultation on how to improve your HQ. (Employees should follow agency policy on use of the Internet at work.)

The Wellness Subcommittee will assess this initial pilot program in planning future wellness activities.

Screening Schedule

City	Address	Facility	Date	Time
Ashland	1250 Siskiyou Ave.	Stevenson Union	Oct. 29	7:30 a.m.-2 p.m.
Bend	63055 N Hwy 97	ODOT Conference Room	Oct. 30	7:30 a.m.-2 p.m.
Eugene	125 E 8 th St	Lane County Courthouse	Oct. 21	7:30 a.m.-2 p.m.
Hermiston	610 NW 11 th St	Good Shepard Hospital	Oct. 10	7:30 a.m.-2 p.m.
LaGrande	1410 L Ave	Eastern Oregon University	Oct. 8	7:30 a.m.-2 p.m.
Newport	120 NE Avery	Employment Building	Oct. 17	7:30 a.m.-2 p.m.
Ontario	777 Stanton Blvd	Corrections Admin Building	Oct. 7	6 a.m. – 2 p.m.
Pendleton	4700 NW Pioneer Pl	Criminal Justice Center	Oct. 9	7:30 a.m.-2 p.m.
Portland	800 NE Oregon	State Office Building	Oct. 3-4	7:30 a.m.-2 p.m.

Free Flu Vaccinations for PEBB Members

This year, the PEBB Health Center invited agencies (including field offices) to host the annual flu shot clinics. The Health Center is also working with the PEBB medical carriers to share information about flu clinics they will sponsor in communities within their service areas.

When this newsletter went to press, the agencies and departments listed below had scheduled flu vaccination clinics. These clinics are free for members who are enrolled in a PEBB medical plan and their covered dependents. Others may receive a vaccination at these clinics for a small fee.

The flu shot clinic schedule is regularly updated on PEBB's Web site <http://pebb.das.state.or.us>. For additional information about the flu vaccination clinics, call the PEBB Health Center at (503) 362-1111 in Salem or (800) 701-1333 statewide.

City	Department	Street Address	Date	Time
Boardman	CHS Umatilla & Morrow County	103 SW Kinkade Ave	11/14/02	10a - 12p
Burns	Eastern OR Youth Correctional Fac	1800 W Monroe	11/06/02	TBA
Coos Bay	ODOT Site 3	1155 S 5th St	11/19/02	1p - 2:30p
Eugene	ODOT District 5	2141 E 15th Ave	11/06/02	TBA
Eugene	Student Assistance Commission	1500 Valley Rvr Dr #100	11/07/02	9a - 11a
Eugene	U of O Health Center (faculty, staff)	13th Avenue at Agate Street	10/12/02	10a - 2p
Eugene	U of O Health Center (faculty, staff)	13th Avenue at Agate Street	11/09/02	10a - 2p
Eugene	U of O Health Center (faculty, staff)	13th Avenue at Agate Street	10/16/02	Every Wed-Fri 8-9a
Grants Pass	Rogue Valley Youth Correctional	2001 NE F St	11/06/02	1:30p - 3:30p
Grants Pass	SDS (& CHS, Self-Sufficiency Pgm)	2166 NW Vine	11/07/02	3p - 5p
Hermiston	CHS Umatilla & Morrow counties	950 SE Columbia Dr	11/13/02	9a - 11a
La Grande	CHS	1607 Gekeler	11/12/02	10a - 1p
La Grande	Eastern Oregon University	1 University Blvd	11/13/02	10a - 3p
La Grande	Dept of Fish & Wildlife	107 20th Street	11/14/02	9a - 11:30a
McMinnville	CHS Self Sufficiency Pgm	330 Kirby St	11/05/02	1p - 3p
Medford	SDS	28 W 6th St	11/05/02	8a - 2p
Medford	CHS	800 Cardley Ave	11/07/02	9a - 11a
Medford	SDS	2860 State St	11/07/02	9a - 11a
Milton-Freewater	CHS Umatilla & Morrow Counties	309 N Columbia	11/15/02	8:30a - 10:30a
Milwaukie	CHS SDA 15 Clackamas County	4252 SE Intl Way #A	11/07/02	8a - 10a
Newport	Lincoln County DHS	119 NE 4th Rm 5	11/06/02	9a - 11a
Ontario	Snake River Correctional Facility	777 Stanton Blvd	11/07/02	6-8:30a, 12:30-1:30p, 2-5:30p
Oregon City	CHS - SDA-15 Clackamas County	315 S. Beaver Creek Rd	11/06/02	8a - 11a
Pendleton	Eastern Correctional Institution	2500 Westgate	11/12/02	TBA
Pendleton	CHS Umatilla & Morrow Counties	700 SE Immigrant	11/13/02	1:30p - 3:30p
Portland	OLCC	9079 SE McLoughlin Blvd	11/04/02	1p - 5p
Portland	Employment Department	1433 SW 6th Ave	11/05/02	9a - 10:30a
Portland	ODOT	123 NW Flanders Rm 219	11/05/02	12p - 4p
Portland	Portland State Office Bldg	800 NE Multnomah	11/06/02	9a - 3p
Portland	Dept of Fish & Wildlife	2501 SW 1st Ave	11/13/02	TBA
Portland	Portland State Office Bldg	800 NE Multnomah Rm 120B	11/13/02	9a - 3p

(continued on page 4)

Free Flu Vaccinations *(continued from page 3)*

City	Department	Street Address	Date	Time
Redmond	DHS - Self-sufficiency Pgm	2158 SE College Loop	11/14/02	8a - 10a
Roseburg	DHS	1937 W Harvard Blvd	11/05/02	9a - 3p
Roseburg	ODOT Site 2	3500 Stewart Pkwy	11/19/02	7a - 10a
Salem	School for the Blind	700 Church St SE	10/15/02	2p - 4p
Salem	Marine Board	435 Commercial NE #400	11/05/02	9a - 11a
Salem	DHS	1225 Ferry St. SE	11/05/02	11a - 5p
Salem	Housing & Community Services	702 Church St. NE	11/05/02	1p - 4p
Salem	DHS Safety & Health	500Summer St Rm 137a-d	11/06/02	8a - 5p
Salem	Vets/Land Cons/Ag/Criminal Justice	635 Capitol St. NE #150	11/06/02	9a - noon
Salem	Vets/Land Cons/Ag/Criminal Justice	700 Summer St NE	11/06/02	9a - noon
Salem	Office of Energy	625 Marion St. NE	11/06/02	10a - 2p
Salem	Division of Child Support Site 1	1495 Edgewater NW 120	11/06/02	12:30p-3:30p
Salem	Corrections Enterprises	3691 State St	11/07/02	12p - 2p
Salem	Secretary of State's Office	255 Capitol St NE #180	11/08/02	8a - noon
Salem	State Penitentiary	2605 State St Res #1	11/12/02	6:30a - 4:30p
Salem	Hillcrest Youth Correctional Facility	2450 Strong Rd. SE	11/12/02	1p - 4p
Salem	Division of Child Support Site II	3200 Lancaster Dr NE	11/12/02	11a-1p
Salem	ODOT Region 2	455 Airport Road SE	11/12/02	9a - 11:30a
Salem	Community Colleges/Workforce Dev	255 Capitol St NE	11/13/02	10a - noon
Salem	Housing & Community Services	1600 State St	11/13/02	1:30p - 5p
Salem	State Correctional Institution	3405 Deer Park Dr SE	11/13/02	7a - 10a, 2p -5p
Salem	Lottery	500 Airport Road SE	11/14/02	8a-noon, 3p - 5p
Salem	Legislative Administration	900 Court St NE Room 50	11/14/02	9a -12p
Salem	Dept of Administrative Services	155 Cottage St. NE	11/15/02	11a - 2p
Salem	Youth Authority-Central Admin	530 Center St NE #200	11/18/02	9a - noon
Salem	Dept of Administrative Services	550 Airport Rd	11/19/02	12p - 4p
Salem	Dept of Forestry	2600 State St	11/20/02	11a - 2p
Salem	Health Plan Parkway Bldg	2850 Broadway NE	11/20/02	8:30a -3p
Salem	State Treasurers Office	350 Winter St NE Rm 260	11/20/02	8:30a - 10:30a
Salem	DCBS	350 Winter St NE Rm 260	11/20/02	10:30a - 5p
Salem	Department of Water Resources	158 12th St NE	11/21/02	9a - 11:30a
Seal Rock	ODOT Ona Beach & State Park	12735 NW Pacific Coast Hwy	11/06/02	1p - 3p
St. Helens	Self-Sufficiency Pgm & Child Welfare	500 N Hwy 30 #210	11/12/02	9a -11a
Tigard	PERS	11410 SW 68th Pkwy	11/21/02	9a - 4p
White City	ODOT Site 1	200 Antelope RD	11/12/02	9:30a - 11:30a
Wilsonville	Coffee Creek Correctional Facility	24499 SW Grahams Fry Rd	11/14/02	6:30-8:30a, 2:3-4:30p
Woodburn	OYA MacLaren	2630 N Pacific Hwy	11/05/02	6a-8a, 2p-4p

Oct. 10, 2002

Free Depression Screenings

On Oct. 10, PEBB members can take a free depression screening as part of National Depression Screening Day. Cascade Employee Assistance Program will provide screenings over the telephone for PEBB members from 8 a.m. until 5 p.m.

Callers can talk with a counselor who will provide a confidential assessment with recommendations for treatment and/or resources. Call (503) 639-3009 in Portland or (800) 433-2320. PEBB members can also call the PEBB Health Center for a screening referral, or they can contact their primary care provider for an assessment.

Statistics show one in five American workers suffers from depression in any given year. The annual cost to employers in terms of absenteeism, loss of productivity, and treatment has been estimated at \$60 billion or more.

Annually, more than 19 million American adults suffer from depression according to the National Institute on Mental Health. Although treatment for depression is successful in 80 percent of the cases, most people with depression do not seek help.

PEBB Public Meeting Schedule for

October 2002

The Public Employees' Benefit Board will meet Tuesday, Oct. 15, 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, Oct. 1, from 9 a.m. to noon in Suite B-1 of the Public Service Building, located at 255 Capitol Street NE in Salem. The Subcommittee will also meet Tuesday, Oct. 15, from 9 a.m. to noon in Conference Room 350 of the State Capitol Building.

The Board's Operations Subcommittee will meet Tuesday, Oct. 8, from 10 a.m. to noon at PEBB, located at 775 Court St NE in Salem.

The Board's Wellness Subcommittee will meet Tuesday, Oct. 15, from noon to 1:30 p.m. in Conference Room 350 of the State Capitol Building.

Meeting schedules are subject to change. To be placed on the list of those to be notified of schedule changes, please call Becky Johnson at (503) 378-6296. 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 within 48 hours or as soon as possible before the meeting.

Who should call for a Depression Screening?*

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of suicide

**Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.*

Source: National Mental Health Association

Programs at the PEBB Health Center

Registration is required for all programs. Handouts may be available if you are unable to attend. The PEBB Health Center lending library has reading material on all of these topics. Feel free to bring your lunch to any of the noon-hour classes. To register, e-mail pebbhealth@wellmed.com or phone (503) 362-1111 (Salem) or (800) 701-1333.

Insomnia

Date: Wednesday, October 16

Time: Noon-1 p.m.

Presenter: Liz Marik, FNP

Whether your sleep problem is chronic or occasional, learn what works and what doesn't when it comes to insomnia.

How to Avoid the Winter Blues (Seasonal Affective Disorder - SAD)

Date: Thursday, October 24

Time: Noon-1 p.m.

Presenter: Megan Osborn, ANP

Is this the season when you experience depression, decreased motivation, decreased energy — the blahs? If so, you may be experiencing SAD. Learn what seasonal affective disorder is and the resources available for coping with it.

Recognition and Prevention of High Blood Pressure

Date: Tuesday, October 29

Time: Noon-1 p.m.

Presenter: Jeanine Olson, ANP

Hypertension is referred to as the silent killer. Find out how it is identified and what you can do to decrease your risk factors.

The PEBB Health Center's lending library has reading material on all of these topics above.

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.