

## Board selects vision planning consultants

This summer, the Benefit Board contracted with planning consultants from Aon Consulting and the Center for Evidence-based Policy at Oregon Health & Science University (OHSU). In November, the group will help the Board evaluate options for implementing PEBB's Vision for 2007 (*see sidebar*).

This vision grew from an in-depth study of forces impacting PEBB's mission. By statute, that mission is to provide quality benefits at a cost affordable to the employees and the state. The study predicted continued cost increases for healthcare benefits with no indication of better-quality care. Member feedback highlighted the same problems. Board members saw that, by 2007, PEBB would be facing "mission impossible."

Board Chair David Hartwig heads the state's Risk Management Division. Hartwig said, "The Board is committed to finding or developing innovative healthcare models that could work in Oregon."

Diane Lovell is vice chair of the Board and an AFSCME representative. She concurred with Hartwig. "We want to evaluate healthcare models that

provide key components of the Board's vision and that could be successful for our members. Then we can weigh their risks and opportunities."

### **PEBB Vision for 2007**

PEBB envisions a new state of health for its members statewide. Key components of the PEBB program will include:

- ✓ An innovative delivery system in communities statewide that provides evidence-based medicine to maximize health and utilize dollars wisely.
- ✓ A focus on improving quality and outcomes not just providing healthcare.
- ✓ The promotion of consumer education and informed choices.
- ✓ Appropriate market and consumer incentives that encourage the right care at the right time.
- ✓ System-wide transparency through explicit, available and understandable reports about costs, outcomes and other useful data.
- ✓ Benefits that are affordable to the state and employees.

## ***Open Enrollment Oct. 1-31 No change? No forms!***

If you don't want to make any changes to your PEBB benefits for 2004, you do not need to complete any forms. Your 2003 selections will continue in 2004. If you do want to change any of your benefit elections:

- Review the relevant sections of the 2004 Open Enrollment Summary
- Complete the necessary form(s)
- Submit the form(s) to your agency representative by Oct. 31, 2003

The changes will go into effect Jan. 1, 2004.

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# Flu Clinic Schedule

This fall, agencies are sponsoring on-site flu vaccination clinics at worksites throughout the state. Following is the schedule at the time this newsletter went to press. For the most up-to-date schedule, go to [www.pebbhealth.org](http://www.pebbhealth.org) or <http://pebb.das.state.or.us>.

| City             | Date           | Agency                 | Address                      | Start                          | End                                 |
|------------------|----------------|------------------------|------------------------------|--------------------------------|-------------------------------------|
| Albany           | Mon. Oct. 13   | DHS Com. Hum. Services | 118 2nd SE Suite C           | noon                           | 2 p.m.                              |
| Beaverton        | Tues. Oct. 28  | Employment             | 12901 SW Jenkins Rd          | 11:30 a.m.                     | 1 p.m.                              |
| Bend             | Mon. Oct. 13   | ODOT                   | 63055 N Hwy 97               | 1 p.m.                         | 4 p.m.                              |
| Corvallis        | Tue. Oct. 14   | ODOT                   | 3700 SW Philomath Blvd       | 1 p.m.                         | 2 p.m.                              |
| Corvallis        | Mon. Oct. 27   | OSU Foundation         | 850 SW 35th St               | 11:30 a.m.                     | 1:30 p.m.                           |
| Eugene           | Tues. Oct. 14  | Student Assist. Com.   | 1500 Valley River Dr Ste 100 | 9 a.m.                         | 11:30 a.m.                          |
| Eugene           | Wed. Oct. 15   | ODOT                   | 1920 Henderson               | 9 a.m.                         | noon                                |
| Eugene           | Sat. Oct. 18   | U of O                 | 13th and Agate               | 10 a.m.                        | 2 p.m.                              |
| Grants Pass      | Thurs. Oct. 23 | OYA Rogue Valley       | 2001 NE F St                 | 1 p.m.                         | 3 p.m.                              |
| Grants Pass      | Tues. Oct. 28  | Senior & Disabled Svcs | 2166 NW Vine                 | 4 p.m.                         | 5 p.m.                              |
| Gresham          | Tue. Oct. 14   | Child Welfare          | 355 NW Division              | 10 a.m.                        | 10:30am                             |
| Hermiston        | Mon. Oct. 6    | DHS                    | 950 SE Columbia Dr           | 9:30 a.m.                      | 10 p.m.                             |
| Klamath Falls    | Fri. Oct. 10   | OJD                    | 316 Main St                  | 10 a.m.                        | noon                                |
| Klamath Falls    | Fri. Oct. 14   | ODOT                   | 2557 Altamount Dr            | 3 p.m.                         | 5 p.m.                              |
| Klamath Falls    | Tues. Oct. 14  | OIT                    | 3201 Campus Dr               | 8 a.m.                         | 2 p.m.                              |
| LaGrande         | Mon. Oct. 13   | EOU                    | 1 University Blvd.           | 9 a.m.                         | 5 p.m.                              |
| LaGrande         | Tues. Oct. 14  | Integrative Svcs.      | 1607 Geckler Lane            | 8 a.m.                         | 8:30 a.m.                           |
| LaGrande         | Wed. Nov. 19   | ODOT                   | 3016 Island Ave              | 11:30 a.m.                     | 2 p.m.                              |
| LaGrande         | Wed. Nov. 19   | Fish and Wildlife      | 107 20 <sup>th</sup> St.     | 9 a.m.                         | 9:30 a.m.                           |
| Lakeview         | Thurs. Nov. 13 | ODOT                   | 1269 S G St                  | 1 p.m.                         | 2 p.m.                              |
| McMinnville      | Wed. Oct. 29   | CHS McMinnville        | 330 Kirby                    | 1 p.m.                         | 3 p.m.                              |
| Medford          | Fri. Oct. 10   | DEQ                    | 201 W Main, Ste D            | 2 p.m.                         | 2:30 p.m.                           |
| Medford          | Thur. Oct. 30  | Disability Svs Medford | 28 West 6th St Ste D         | 8:30 a.m.                      | 12:30 p.m.                          |
| Milton-Freewater | Mon. Oct. 6    | DHS                    | 309 N Columbia Dr            | 2 p.m.                         | 2:30 p.m.                           |
| Monmouth         | Thurs. Oct. 16 | WOU health center      | 345 N Monmouth               | 9 a.m.                         | 1 p.m.                              |
| Monmouth         | Fri. Oct. 24   | WOU health center      | 345 N Monmouth               | 1 p.m.                         | 5 p.m.                              |
| Newport          | Tues. Nov. 4   | DHS Lincoln Cty        | 119 NE 4th Room 5            | 10:30 a.m.                     | 11:30 a.m.                          |
| North Bend       | Wed. Nov. 5    | DHS                    | 3030 Broadway                | 2 p.m.                         | 4 p.m.                              |
| Ontario          | Thu. Oct. 30   | Snake Rvr Corrections  | 777 Stanton Blvd             | 6 a.m.<br>10:30 a.m.<br>2 p.m. | 8:30 a.m.<br>1:30 p.m.<br>5:30 p.m. |
| Oregon City      | Tue. Oct. 7    | Clackamas County Court | 807 Main St, room 310        | 1:30 p.m.                      | 2:30 p.m.                           |
| Oregon City      | Tues. Oct. 21  | DHS                    | 315 S Beaver creek Rd        | 8:30 a.m.                      | 10 a.m.                             |
| Oregon City      | Wed. Oct. 22   | Employment             | 506 High St                  | 1 p.m.                         | 2 p.m.                              |
| Pendleton        | Tues. Oct. 21  | Eastern OR Corrections | 2500 Westgate                | 8 a.m.                         | 4 p.m.                              |

*(Continued next page)*

## Flu Clinic Schedule *(Continued)*

| City      | Date           | Agency                      | Address                        | Start            | End                  |
|-----------|----------------|-----------------------------|--------------------------------|------------------|----------------------|
| Pendleton | Mon. Oct. 6    | DHS                         | 700 SE Imigrant                | 11:30 a.m.       | 12:30 p.m.           |
| Portland  | Wed. Oct. 15   | East Self Sufficiency       | 1415 SE 122 Ave                | 8 a.m.           | 9:30 a.m.            |
| Portland  | Thurs. Oct. 16 | OLCC                        | 9079 SE McLoughlin             | 1 p.m.           | 4 p.m.               |
| Portland  | Thurs. Oct. 16 | Midtown Child Welfare       | 1425 NE Irving St.             | 10 a.m.          | 1 p.m.               |
| Portland  | Tue. Oct. 21   | SE Self-Sufficiency         | 3975 SE Powell Blvd.           | 8:30 a.m.        | 9 a.m.               |
| Portland  | Tues. Oct. 21  | ODOT Portland               | 123 NW Flanders                | 11 a.m.          | 3 p.m.               |
| Portland  | Wed. Oct. 22   | DHS                         | 7825 N. Lombard                | 9 a.m.           | 9:30 a.m.            |
| Portland  | Thurs. Nov. 6  | State Office Building       | 800 NE Oregon                  | 9 a.m.           | 3 p.m.               |
| Portland  | Thurs. Nov. 13 | State Office Building       | 800 NE Oregon                  | 9 a.m.           | 3 p.m.               |
| Portland  | Wed. Oct. 15   | East Child Welfare          | 3618 SE 122 <sup>nd</sup> Ave. | 10 a.m.          | 10:30 a.m.           |
| Portland  | Wed. Oct. 15   | Outer SE Self Sufficiency   | 8129 SE Malden                 | 1:30 p.m.        | 2:30 p.m.            |
| Portland  | Tue. Oct. 21   | Broadwy Self Sufficiency    | 4425 NE Broadway               | 11 a.m.          | 12:30 p.m.           |
| Portland  | Tue. Oct. 21   | Midtown Branch              | 1425 NE Irving, #400           | 1 p.m.           | 3 p.m.               |
| Portland  | Thurs. Oct. 23 | Albina Child Welfare        | 30 N Webster                   | 11 a.m.          | 1:30 p.m.            |
| Portland  | Wed. Oct. 29   | DEQ NW Reg. Office          | 2020 SW 4th Ave, Ste 400       | 2 p.m.           | 3 p.m.               |
| Redmond   | Thurs. Oct. 16 | DHS                         | 2158 SE College Loop Ste A     | 8 a.m.           | 9 a.m.               |
| Roseburg  | Wed. Oct.      | DHS                         | 1937 W Harvard Blvd            | 9 a.m.           | 2 p.m.               |
| Salem     | Fri. Oct. 3    | PEBB Health Center          | 775 Court St NE                | 10 a.m.          | 2 p.m.               |
| Salem     | Wed. Oct. 8    | State Lands                 | 775 Summer Street NE           | 8:30 a.m.        | 11:30 a.m.           |
| Salem     | Tues. Oct. 14  | Fish & Wildlife             | 3406 Cherry Ave NE             | 11 a.m.          | 1 p.m.               |
| Salem     | Tues. Oct. 14  | Child Support-Site 2        | 3200 Lancaster Dr NE           | 11 a.m.          | 1 p.m.               |
| Salem     | Wed. Oct. 15   | Corrections                 | 3405 Deer Park Dr SE           | 7 a.m.<br>2 p.m. | 10 a.m.<br>4:30 p.m. |
| Salem     | Thurs. Oct. 16 | State Fire Marshall         | 4760 Portland Rd. NE           | 11 a.m.          | noon                 |
| Salem     | Mon. Oct. 20   | Office of Energy            | 625 Marion St. NE              | TBA              | TBA                  |
| Salem     | Mon. Oct. 20   | OYA                         | 530 Center St NE Ste 200       | 9 a.m.           | 10:30 a.m.           |
| Salem     | Tues. Oct. 21  | Employment                  | 875 Union St                   | 9 a.m.           | 1 p.m.               |
| Salem     | Tues. Oct. 21  | Lottery                     | 500 Airport Road SE            | 8 a.m.<br>3 p.m. | Noon<br>5 p.m.       |
| Salem     | Wed. Oct. 22   | Legislative Admin.          | 900 Ct St NE                   | 9 a.m.           | 1 p.m.               |
| Salem     | Wed. Oct. 22   | State Library               | 250 Winter St NE               | 2 p.m.           | 4 p.m.               |
| Salem     | Thurs. Oct. 23 | DAS East                    | 1225 Ferry St NE               | 8 a.m.           | 5 p.m.               |
| Salem     | Tues. Oct. 28  | OR Dept of Revenue          | 955 Center St NE               | 10 a.m.          | 3 p.m.               |
| Salem     | Tues. Oct. 28  | Hillcrest Youth Corrections | 2450 Strong Rd. SE             | 12 p.m.          | 2 p.m.               |
| Salem     | Wed. Oct. 29   | DAS West                    | 155 Cottage NE, u130           | 8 a.m.           | 5 p.m.               |
| Salem     | Wed. Oct. 29   | DHS                         | 4074 Winema Pl                 | 11 a.m.          | 1 p.m.               |
| Salem     | Thu. Oct. 30   | OHP Parkway                 | 2850 Broadway NE               | 12 p.m.          | 5 p.m.               |
| Salem     | Thurs. Oct. 30 | School for the Deaf         | 999 Locust St NE               | 2:30 p.m.        | 4 p.m.               |
| Salem     | Tues. Nov. 4   | DCBS                        | 350 Winter St NE Rm C          | 8 a.m.           | 4 p.m.               |

*(Continued on page 4)*

## Flu Clinic Schedule *(Continued from page 3)*

| City        | Date          | Agency                   | Address                    | Start                  | End                    |
|-------------|---------------|--------------------------|----------------------------|------------------------|------------------------|
| Salem       | Tues. Nov. 4  | OSP                      | 2605 State St. Res. #1     | 6:30 a.m.<br>1:30 p.m. | 9:30 a.m.<br>4:30 p.m. |
| Salem       | Wed. Nov. 5   | DHS Safety & Health      | 500 Summer St NE,137       | 9 a.m.                 | 4 p.m.                 |
| Salem       | Wed. Nov. 5   | School for the Blind     | 700 Church St SE           | 3 p.m.                 | 4 p.m.                 |
| Salem       | Wed. Nov. 5   | Lottery                  | 500 Airport Rd. SE         | 3 p.m.                 | 5 p.m.                 |
| Salem       | Wed. Nov. 5   | ODOT                     | 355 Capitol St NE          | 7:30 a.m.              | 1 p.m.                 |
| Salem       | Thu. Nov. 6   | Community Colleges       | 255 Capitol St. NE         | 10 a.m.                | 12 p.m.                |
| Salem       | Thus. Nov. 6  | DAS Print                | 550 Airport Rd SE          | 1 p.m.                 | 5 p.m.                 |
| Salem       | Thus. Nov. 6  | Secretary of State       | 255 Capitol St. NE, 180    | 9 a.m.                 | 5 p.m.                 |
| Salem       | Wed. Nov. 12  | DMV Salem                | 1905 Lana Ave NE           | 9 a.m.                 | 4 p.m.                 |
| Salem       | Mon. Nov. 17  | DHS Safety & Health      | 500 Summer St NE, 137      | 9 a.m.                 | 4 p.m.                 |
| Salem       | Wed. Nov. 19  | Forestry Health Fair     | 2600 State St              | 11 a.m.                | 2 p.m.                 |
| Salem       | Fri. Nov. 21  | PEBB Health Center       | 775 Court St NE            | 10:30 a.m.             | 1:30 p.m.              |
| Seal Rock   | Tues. Nov. 4  | ODOT                     | 12735 NW Pacific Cst Hwy   | 8 a.m.                 | 9 a.m.                 |
| St. Helens  | Wed. Oct. 29  | Self-Sufficiency Program | 500 N. Hwy 30 Ste 210      | 9 a.m.                 | 9:30 a.m.              |
| St. John    | Thus. Oct. 23 | Child Welfare            | 7825 N Lombard             | 8:30 a.m.              | 9 a.m.                 |
| White City  | Tues. Oct. 23 | Jackson County Roads     | 200 Antelope               | 1:30 p.m.              | 3 p.m.                 |
| Wilsonville | Thus. Oct. 30 | Coffee Creek Corrections | 24499 SW Grahams Ferry Rd. | 6 a.m.<br>2 p.m.       | 8 a.m.<br>4 p.m.       |
| Woodburn    | Tues. Oct. 14 | OYA                      | 2630 N Pacific Hwy         | 6:30 a.m.              | 8:30 a.m.              |

## Numbers you need to know

Forget phone numbers; you can always look them up. Here are numbers you really need to know:

- Your cholesterol levels (major predictors of future heart disease)
- Your blood glucose level (lets you know if you're at risk for diabetes and serious complications)
- Your body mass index (indicates risks for diabetes, heart disease, arthritis and even cancer)
- Your blood pressure rate (high numbers increase risk of stroke, heart disease and more)

Knowing your numbers helps you know your risks. Knowing your risks helps you take better care of yourself.

Several agencies have scheduled free Personal Health Profile sessions to help employees know their numbers.

Call the PEBB Health Center for more information. In Salem: (503) 362-1111. Outside Salem: (800) 701-1333. To find out more about a Personal Health Profile session at your agency, check with your safety or personnel officer to see if your agency will support a Personal Health Profile screening for employees. Or, you can make an

Employees of the following agencies can learn their Personal Health Profile numbers at agency Health Fairs.

| Agency                            | Date                   | Location                                     |
|-----------------------------------|------------------------|--|
| DAS (for DAS employees)           | Oct. 9, 8 a.m.-3 p.m.  | Executive Building, 155 Cottage St NE, Salem |
| DHS (for DHS employees)           | Nov. 17, 8 a.m.-4 p.m. | Lobby, 500 Summer St NE, Salem               |
| Forestry (for Forestry employees) | Nov. 19, time TBA      | Headquarters, 2600 State St, Salem           |

appointment with your healthcare provider (copays or coinsurance will apply).

Record and track your numbers in your personal health trackers online at [www.wellmed.com/stateofhealth](http://www.wellmed.com/stateofhealth). This private, secure, ad-free health tool is only for PEBB members. *(Please follow your agency policy about use of the Internet at work.)*

# PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

(800) 701-1333 • [www.pebbhealth.org](http://www.pebbhealth.org) • (503) 362-1111 • [pebbhealth@oregonwellness.com](mailto:pebbhealth@oregonwellness.com)

## Programs at the PEBB Health Center

Registration is required for all programs. Handouts may be available if you are unable to attend. Feel free to bring your lunch to any of these noon-hour classes. For registration call 503-362-1111 or 1-800-701-1333 or send an e-mail to [pebbhealth@oregonwellness.com](mailto:pebbhealth@oregonwellness.com). Check the Health Center website at [www.pebbhealth.org](http://www.pebbhealth.org) for any updated class or lending library information. *(Please follow your agency rules on use of the Internet at work.)*

### Chronic Pain

**Presenter:** Carolyn Buel, ANP  
**Date:** Thursday, Oct. 9  
**Time:** Noon-1 p.m.

Help, I hurt! We all suffer from physical pain at times during our lives. For acute or chronic pain, we need relief. Learn about types of pain, pain management and guidelines for pain treatment.

### Cultivating Health

**Presenter:** Carole Kment,  
Health Educator  
**Dates:** Fridays, Oct.  
10,17,24,31  
November 7  
**Time:** Noon-1 p.m.  
**Class Fee:** \$15 for materials

Follow this weight management program in class or on your own. Major components: assessing your readiness to make lifestyle changes, methods and tools to make those changes and resources to keep you going in the right direction.

### Every Woman's Fear:

#### A Breast Lump

**Presenter:** Carolyn Buel, ANP  
**Date:** Tuesday, Oct. 14  
**Time:** Noon-1 p.m.

Learn to be proactive regarding breast health. Identify risks and learn about common breast symptoms and what they mean. Learn about diagnostic tools besides mammography.

### Diabetes and Heart Disease

**Presenter:** Denise Cedar,  
RD, CDE  
**Date:** Thursday, Oct. 16  
**Time:** Noon-1 p.m.

***"Have a heart"*** and take care of your ticker. Diabetes increases heart disease risk, but you can do a lot to keep your heart healthy. Learn how nutrition, exercise and medications can help.

### Asthma

**Presenter:** Liz Marik, FNP  
**Date:** Tuesday, Oct. 21  
**Time:** Noon-1 p.m.

This class will focus on diagnosis, treatment, and prevention of asthma for either the person who has a current diagnosis of asthma or knows someone who does.

The PEBB Health Center's lending library has materials on these topics and more. Call or e-mail for your library card so you can take advantage of the resources available to all PEBB members. Check the Health Center web site at [www.pebbhealth.org](http://www.pebbhealth.org) for any updated class or lending library information. *(Please follow your agency rules on use of the Internet at work.)*



# September 2003 Public Meetings

**The Public Employees' Benefit Board** will meet Tuesday, Oct. 21, from 1 to 5 p.m. in Conference Room 350 in the Capitol Building at 900 Court Street NE, Salem. The Board agenda will include brief subcommittee reports and normal business for the first hour of the meeting. The remainder of the meeting will focus on planning for the PEBB 2007 Vision.

Information regarding the PEBB 2007 Vision is available at <http://pebb.das.state.or.us/vision.htm>.

**The Board's Operations Subcommittee** will meet Tuesday, Oct. 14 from 10 a.m. to noon in the PEBB Health Center conference room at 775 Court St NE in Salem.

**The Board's Plan Design Subcommittee** will meet Tuesday,

Oct. 7, from 9 a.m. to noon in the Oregon Room of the Willamette Education Service District, located at 2611 Pringle Road SE in Salem. The Plan Design Subcommittee will also meet Tuesday, Oct. 21, in the Oregon Room of the Willamette Education Service District.

*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/newsindex.htm>. 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.*

## 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](mailto:inquiries.pebb@state.or.us)

### PEBB Health Center

(800) 701-1333  
(503) 362-1111  
[www.pebbhealth.org](http://www.pebbhealth.org)

### Associated Administrators, Inc. (Dependent Care FSA)

(800) 334-4340  
(503) 220-3805  
[www.aai-pca.com](http://www.aai-pca.com)

### BestChoice Administrators

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

### Cascade East Health Plan (medical)

(866) 577-CEHP (2347) toll-free  
[www.cehp.org](http://www.cehp.org)

### Kaiser Permanente (medical & dental)

(800) 813-2000  
[www.kp.org/health/nw/pebb](http://www.kp.org/health/nw/pebb)

### Nationwide Insurance (auto)

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

### ODS Health Plans (dental)

(800) 452-1058  
[www.odshp.com/pebb/](http://www.odshp.com/pebb/)

### Regence BlueCross BlueShield of Oregon (medical)

(800) 826-9813  
(503) 220-3849  
[www.or.regence.com/pebb](http://www.or.regence.com/pebb)

### The Standard Insurance Company (life & disability)

(800) 242-1888  
[www.standard.com](http://www.standard.com)

### Unum (long-term care)

(800) 227-4165  
[www.unumprovident.com/enroll/pebb](http://www.unumprovident.com/enroll/pebb)

### VSP (vision)

(800) 877-7195  
[www.vsp.com](http://www.vsp.com)

### Willamette Dental Insurance (dental)

(800) 460-7644  
[www.denkor.com](http://www.denkor.com)

## Governor signs PEBB Bill

Governor Ted Kulongoski on Aug. 12 signed House Bill 2172 into law. The new statute clarifies PEBB administrative procedures for self-insurance, should the Board choose to consider self-insurance in the future.

## PEBB Mission

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