

PUBLIC EMPLOYEES'
PEBB
BENEFIT BOARD

September 2003

Open Enrollment for 2004 **No change? No forms!**

Most employees will be pleased to learn that, if they don't want to change their benefits for 2004, they won't need to take any action during Open Enrollment. So, if you don't want to make a change, you don't have to fill out any benefit forms this October.

The Benefit Board was able to renew current benefit plans for 2004 with only a nine percent overall increase for the health plans. The Board made only minor adjustments to the plans, so employees don't have to re-enroll for any of their insurance benefits.

Employees will still receive a complete Open Enrollment package in September. So, individuals who do want to make a change in their enrollment – adding a dependent, for example, or enrolling for optional life insurance – will have all the forms and information they need. All the Open Enrollment materials will also be posted on PEBB's Web site at <http://pebb.das.state.or.us>.

If you're not sure what your current benefit selections are, look for a confirmation letter from PEBB through your agency this month. The letter lists each

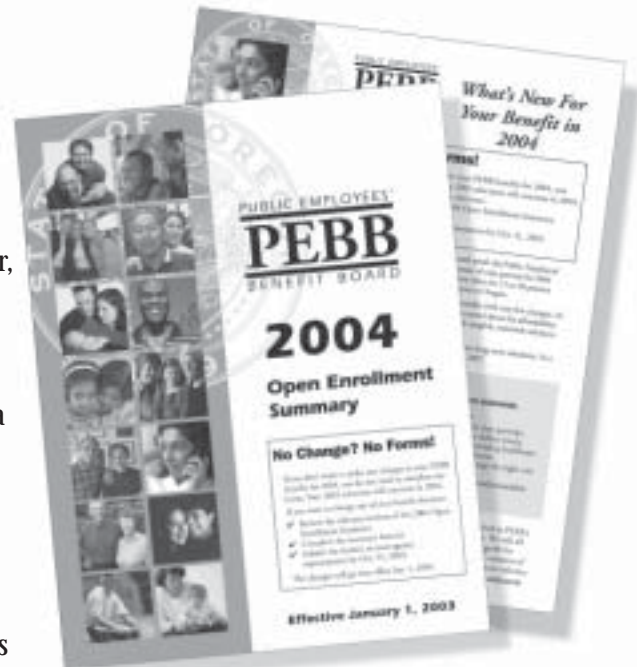
employee's current benefits enrollment. If you don't receive a confirmation letter, check with your personnel and payroll offices.

University system employees will not receive a confirmation letter. These employees should refer to their monthly earnings statement to confirm their current benefit selections.

If you have any questions about your benefits, please contact a PEBB Benefits Counselor at (503) 373-1102 (Salem) or (800) 788-0520. Or e-mail inquiries.pebb@state.or.us.

Cascade East Members

The Board of Directors of Cascade East Health Plans has decided to discontinue operations after December 31, 2003. So, all PEBB members currently enrolled in this plan will need to enroll for another medical plan during Open Enrollment for 2004 benefits. PEBB will mail a notice and enrollment form to the home addresses of these members this month.

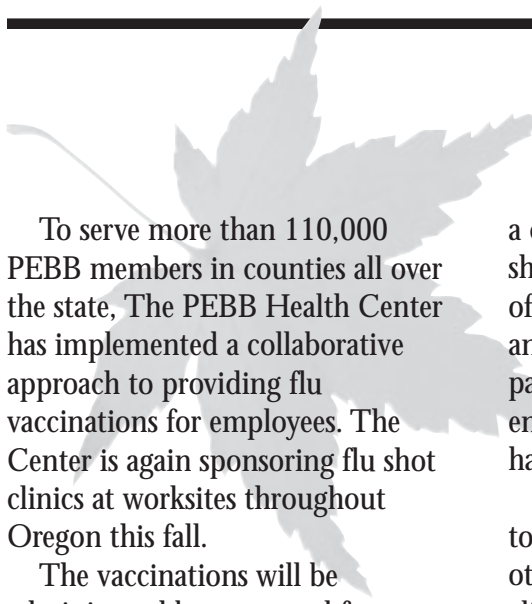


Most of these members will need to enroll in the Regence BlueCross BlueShield of Oregon PPO for which they are eligible. Members can enroll for the Kaiser Permanente HMO only if they live or work within 30 miles of a Kaiser Permanente facility where they can receive care. Kaiser has no facilities on the eastern side of the state.

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Fall Flu Clinics



To serve more than 110,000 PEBB members in counties all over the state, The PEBB Health Center has implemented a collaborative approach to providing flu vaccinations for employees. The Center is again sponsoring flu shot clinics at worksites throughout Oregon this fall.

The vaccinations will be administered by personnel from GetAFluShot.com. The Health Center will coordinate the program and also provide updated information about community based programs to give employees a wide selection of options.

On-site Agency Clinics

There is no cost to the agency to host a clinic. Flu shots are available at no cost to members who present their PEBB medical insurance ID card. Individuals not covered by one of PEBB's insurance plans (e.g., temporary employees, other family members) can receive a flu shot for \$20.

Health Center staff are contacting agencies that participated in on-site flu shot clinics last year to help them schedule clinics again this year. If you didn't have an on-site clinic last year and would like to have a flu shot clinic at your worksite, please contact your agency safety officer or personnel manager.

The safety officer or personnel manager should contact GetAFluShot.com at (503) 258-9700. The deadline for scheduling

a clinic is Sept. 30. The caller should be able to suggest a couple of dates during October and offer an estimate of the number of participants so the company can ensure sufficient vaccine will be on hand.

GetAFluShot.com will also need to know if the agency will allow other PEBB members to attend the clinic. If access to the facility is restricted or not appropriate for other PEBB members as a vaccination site, the site will not be listed in Health Center or PEBB communications.

As they are scheduled, the list of agency flu shot clinics will be posted on PEBB's Web site at <http://pebb.das.state.or.us> and the Health Center's Web site at www.pebbhealth.org.

If you need help in coordinating a location, contact Carole Kment, RN, at the PEBB Health Center at (503) 362-1111 or (800) 701-1333 (outside Salem).

Carrier-sponsored Clinics

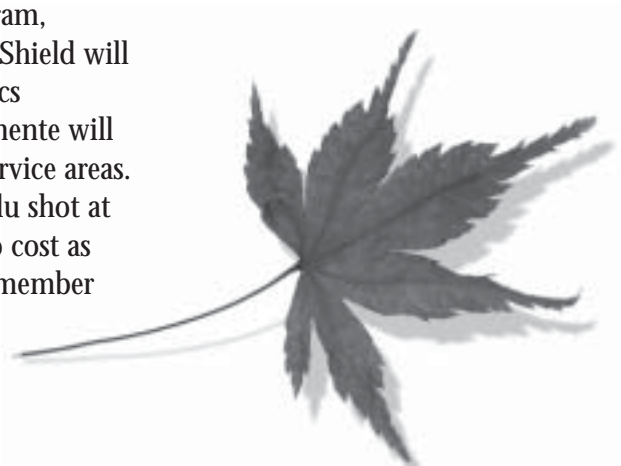
In addition to the PEBB-sponsored flu shot program, Regence BlueCross BlueShield will be offering flu shot clinics statewide. Kaiser Permanente will also offer clinics in its service areas. Members can receive a flu shot at any of these clinics at no cost as long as they show their member

ID card. Information about carrier clinics will also be available on the PEBB and Health Center Web sites. Or you can contact the insurance carrier directly for more information.

Good Shepherd Hospital in Pendleton will host a health fair with flu shots available for Cascade East members. Members will need to present a *photocopy* of their insurance card to receive a free flu shot.

Other Options

Many communities also offer flu shots at various locations. Members will be responsible for payment if they receive a flu shot at one of these events, but Regence BlueCross BlueShield of Oregon members can turn in a receipt to be reimbursed. PEBB members may also receive a flu shot from their healthcare provider but may be subject to routine office visit co-payments or co-insurance fees.



PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

(800) 701-1333 • www.pebbhealth.org • (503) 362-1111 • pebbhealth@oregonwellness.com

Programs at the PEBB Health Center

Registration is required for all programs. Feel free to bring your lunch to any of these noon-hour classes. If you live outside the Salem area, please call for resources on these or any other health-related topics. Health Center staff will be happy to mail them to you. For registration or information, call (503) 362-1111 or (800) 701-1333, or send an e-mail to pebbhealth@oregonwellness.com

You are what you Think

Presenter: Liz Marik, FNP

Dates: Mondays and
Wednesdays, Sept. 8,
10, 15, 17, 22, 24, 29,
& Oct. 1

Fee: \$10 for materials

Time: Noon-1 p.m.

This four-week class will explore how learning to express your feelings and set boundaries will reduce your stress and improve your physical and mental well-being.

Healing Power of Food

Presenter: Linda Spaulding,
Nutrition Educator

Date: Tuesday, Sept. 9

Time: Noon-1 p.m.

Food shapes the form of our lives, often without our knowledge. This class examines the changes taking place in the American diet that mirror changes in national health.

Colds and Flu

Presenter: Liz Marik, FNP

Date: Tuesday, Sept. 16

Time: Noon-1 p.m.

This class will help decipher the difference between the symptoms of a cold or flu. Get tips on how to prevent getting either a cold or the flu this season.

What's all This Talk about Cholesterol?

Presenter: Jeanine Olson, ANP

Date: Thursday, Sept. 18

Time: Noon-1 p.m.

Learn how to interpret your cholesterol numbers and how to change your diet to lower your cholesterol. Get tips for dining in restaurants along with healthful recipes.

Stressed?

Presenter: Carole Kment, BS,
Health Education

Date: Thursday, Sept. 25

Time: Noon-1 p.m.

The class will focus on the basic sources of stress, the stages of the stress reaction, and overall approaches to stress management. It will also cover the effects of acute and chronic stress on one's health.

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 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, September 16, from 2 to 4 p.m. located in the Willamette Room of the Willamette Education Service District building at 2611 Pringle Road SE in Salem.

The Board's Operations Subcommittee will meet Tuesday, September 9 from 10 a.m. to noon

in the conference room of the PEBB Health Center located at 775 Court St NE in Salem.

The Board's Plan Design Subcommittee will meet Tuesday, September 16 from 9 a.m. to noon in the Willamette Room of the Willamette Education Service District building at 2611 Pringle Road SE in Salem.

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.

Carrier News

Kaiser Permanente will offer a new, limited medical benefit to eligible dependents who are full-time, registered college students (at least 12 credit hours per term or semester) in 2004. The student must be attending a recognized institution outside of the HMO's service area. The benefit will pay up to \$1,200 annually at 80 percent benefit level routine, continuing and follow-up care. Urgent or emergency care for these out-of-area dependents will continue to be covered under their urgent and emergency care benefit.

Regence BlueCross BlueShield of Oregon has changed its policy related to some baseline screenings. Beginning with the new plan year, colonoscopy and sigmoidoscopy will be covered under the surgical benefit of the carrier's contract, regardless of diagnosis. Normal coinsurance will apply. This clarification should be of interest to PEBB members whose providers recommend such baseline screenings at a specific age.

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

PEBB Health Center

(800) 701-1333
(503) 362-1111
www.pebbhealth.org

Associated Administrators, Inc. (Dependent Care FSA)

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

Kaiser Permanente (medical & dental)

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

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.unumprovident.com/enroll/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.