

# PEBB

## 2005 Premium Rates

For 2005, PEBB has renewed HMO medical plans with Kaiser Permanente and PPO medical plans with Regence BlueCross BlueShield of Oregon (BCBSO) with no changes to the plans. The Part-time and Retiree HMO and PPO plans are available only to eligible part-time employees and retirees.

Monthly Premium Rates				
	Employee	Employee & Spouse/Partner	Employee & Children	Employee & Family
Kaiser Permanente HMO (with Kaiser routine vision service)	\$507.70	\$756.47	\$594.01	\$792.00
Regence BCBSO PPO (with VSP routine vision service)	582.85	866.42	680.07	907.55
Part-time & Retiree Kaiser Permanente HMO	457.30	681.37	535.03	713.38
Part-time & Retiree Regence BCBSO PPO	476.41	710.98	557.78	744.50

For 2005, PEBB has renewed current dental plans with Kaiser Permanente, ODS (Preferred and Traditional plans) and Willamette Dental Insurance with no changes to the plans. The Benefit Board also continued a lower-cost, lower-benefit ODS plan option available only to eligible part-time employees and retirees.

2005 Dental Plan Monthly Premium Rates				
	Employee	Employee & Spouse/Partner	Employee & Children	Employee & Family
Kaiser Permanente	\$69.59	\$103.68	\$81.42	\$108.55
ODS Preferred	55.55	82.75	65.00	86.66
ODS Traditional	60.19	89.68	70.43	93.90
Willamette Dental	54.68	81.48	63.97	85.29
ODS Part-time & Retiree	44.06	65.65	51.55	68.73

The Board renewed the current life and disability insurance plans with The Standard Life Insurance Company for 2005 with no changes in plan designs. The monthly premium for the \$5,000 mandatory basic life insurance coverage increased from \$1.00 to \$1.10. The \$5,000 optional dependent life insurance monthly premium rate

increased from \$1.23 to \$1.29. The optional employee and spouse life insurance monthly premium rate increased in a range of \$0.01 to \$0.21 per \$1,000 of coverage, depending on age bracket. The monthly premium rate for short-term disability insurance coverage increased from 0.55 percent of payroll to 0.60 percent of payroll.

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## Walking Well

This summer, the Benefit Board's Wellness Subcommittee is piloting an exercise program called "Walking Well." The pilot program will test the potential for a statewide walking program for all PEBB members.

Employees at several agency sites were invited to join in the pilot. To participate, they

- Completed the online health risk assessment at [www.wellmed.com/stateofhealth](http://www.wellmed.com/stateofhealth)
- Took an anonymous pre-program survey and agreed to complete two more after the pilot ends
- Set a personal goal for the program.

Participants received a package of materials to help them start their walking program and stick with it. They also received a pedometer to help them track their progress.

Department of Human Services public health staff will analyze the results of the second survey after the pilot ends in October. The Wellness Subcommittee will use their report to assess the pilot program's potential.

## Why Walk?

Walking is one of the easiest ways to be physically active. Those of us who are able can do it almost anywhere and at any time. It's also very inexpensive. All you need is a pair of comfortable walking shoes. And as little as 30 minutes a day of brisk walking can have a big impact.

When you begin to walk regularly, you may find you:

- Feel better and more relaxed with more energy
- Sleep and deal with stress better
- Have better muscle tone and weight control.

Beyond improving how you feel and look, regular walking can help prevent and manage chronic disease. Walking can:

- Reduce the risks of heart disease, diabetes, high blood pressure, osteoporosis and cancer
- Lower high blood pressure and cholesterol levels
- Moderate symptoms of depression.

Walking can also be a fun social activity with friends, co-workers or family members. It's also a way to enjoy the beauty of Oregon's natural environment.

***Why walk? Why not?***

*Source: National Institutes of Health*

## Plan Early for Flu Season

Flu season doesn't begin until the fall, but PEBB is kick starting plans now for free flu shot clinics at agency sites around the state. Agency representatives responsible for coordinating these efforts should contact PEBB's flu shot provider, [getaflushot.com](http://getaflushot.com), to schedule for the fall.

Send the request by e-mail to [heatherh@getaflushot.com](mailto:heatherh@getaflushot.com). Include the agency name and the contact's name, address, e-mail address and phone number. Indicate the preferred day of the week and time of day for the clinic. If a specific date would allow the flu shot clinic to coincide with a staff meeting, health fair or other agency gathering, please request that date. Also indicate the number of individuals who could be expected to participate.

If you have questions about flu shots or the logistics of hosting a clinic, contact PEBB Health Educator Carole Kment at (503) 362-1111 (Salem); (800) 701-1333 (statewide); [carolek@oregonwellness.com](mailto:carolek@oregonwellness.com).

## August 2004 Public Meetings

All meeting dates, times and locations are subject to change. Please check the PEBB Web site at <http://www.oregon.gov/DAS/PEBB/meetings.shtml> or call the PEBB office for the most current information.

**The Public Employees' Benefit Board** will meet Tuesday, August 17, from 2 to 5 p.m. in Hearing Room 357 in the Capitol building at 900 Court Street NE, Salem.

**The Operations Subcommittee** will meet Tuesday, August 10, from 9:30 to 11:30 a.m. in the PEBB Health Center conference room located at 775 Court Street NE, Salem.

**The Plan Design Subcommittee** will meet Tuesday, August 17, from 8:30 to 11:30 a.m. in Conference Room 350 in the Capitol building.

**The Wellness Subcommittee** will meet Tuesday, August 17, from 11:30 a.m. to 1 p.m. in Conference Room 350 in the Capitol building.

*Meetings held at these addresses are wheelchair accessible. If other accommodations are necessary, please contact Becky Johnson at (503) 378-6296 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  
[oregon.gov/DAS/PEBB](http://oregon.gov/DAS/PEBB)  
[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)  
[pebbhealth@oregonwellness.com](mailto:pebbhealth@oregonwellness.com)

**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  
[www.bestchoiceadmin.com](http://www.bestchoiceadmin.com)

**Kaiser Permanente (medical & dental)**  
(800) 813-2000  
[www.kp.org/ehealth/nw/pebb](http://www.kp.org/ehealth/nw/pebb)

**Nationwide Insurance (auto)**  
(888) 628-4663 media code 8425  
(888) 662-8446 (TDD)

**The ODS Companies (dental)**  
(800) 452-1058  
[www.theodscompanies.com/pebb](http://www.theodscompanies.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 for Regence members)**  
(800) 877-7195  
[www.vsp.com](http://www.vsp.com)

**Willamette Dental Insurance (dental)**  
(800) 460-7644  
[www.willamettedental.com](http://www.willamettedental.com)

# 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)

## Noon-hour Programs at the PEBB Health Center

All classes are from noon to 1 p.m. Registration is required: (503) 362-1111; (800) 701-1333; or [pebbhealth@oregonwellness.com](mailto:pebbhealth@oregonwellness.com). Feel free to bring your lunch. Handouts may be available if you are unable to attend. Check the Health Center Web site at [www.pebbhealth.org](http://www.pebbhealth.org) for updates. *(Please follow agency policy on use of the Internet at work.)* Call the Health Center if you are outside the Salem area and see a class your agency is interested in hosting.

### Depression and Chronic Disease

**Presenter:** Julie Marshall, Ph.D.

**Date:** Tues., August 10

Addresses low mood, sadness, and depression; the roles of anger and guilt; depression treatment options.

### Body Acceptance

**Presenter:** Liz Marik, FNP

**Date:** Wed., August 11

**Time:** Noon-1 p.m.

Identifies cultural influences and what "healthy at every size" means to you.

### Tobacco Cessation

**Presenter:** Carolyn Buel, ANP

**Date:** Tues., August 17

Addresses readiness to quit, over-the-counter and prescription options, and support for quitting.

### Resistance Bands

**Presenter:** Jennifer Truax, MS PT

**Date:** Wed., August 25

Demonstrates use of resistance bands to strengthen the upper body and prevent back pain.

### Prevent and Treat Hypertension

**Presenter:** Jeanine Olson, ANP

**Date:** Thurs., August 26

Presents dietary and lifestyle strategies to improve blood pressure.

### Enlisting Support

**Presenter:** Liz Marik, FNP

**Date:** Wed., September 8

Shows how to find support for healthy behavior changes in your physical activity plan.

### Dealing with Difficult People

**Presenter:** Jack Wills, MSW

**Date:** Tues., September 14

Discusses various types of difficult people and demonstrates coping techniques.

### Preparing for Pregnancy

**Presenter:** Liz Marik, FNP

**Date:** Wed., September 22

Details getting ready for pregnancy with nutrition and lifestyle changes (dads-to-be are welcome).

### Menopause Naturally

**Presenter:** Carolyn Buel, ANP

**Date:** Tues., September 28

Discusses foods, supplements and alternative therapies to assist with menopausal symptoms.

The PEBB Health Center's lending library has materials related to these topics and more. Call or e-mail for a library card so you can take advantage of the resources available to all PEBB members.



## PEBB Mission

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