

PEBB



Planning for the future

The PEBB Plan Design Subcommittee started its yearly planning process last month. The group chose a two-track process for planning 2005 benefits. The options are to renew current health plans and/or ask for proposals on new plans from current and new vendors.

Using this process last year, the Board was able to renew plans for 2004 with an increase of nine percent. The increase was much less than the 15 to 30 percent rate jumps for other large employers in Oregon.

But healthcare cost increases are not slowing down much in 2004. Some consultants predict an average 12 percent increase this year.

So the Subcommittee and Board will continue to face the PEBB challenge – providing quality benefits that are affordable to employees and the state. The Subcommittee’s plan calls for it to:

- Issue a request to carriers in March
- Receive carrier renewal or proposal responses in April
- Review responses and gather stakeholder feedback in light of the Board’s Vision for 2007 (see page 4) during May.
- Draft, refine and report early and final recommendations in June.



What do you think?

For most PEBB members, Open Enrollment last October was very simple. If you didn’t want to change plans, you didn’t need to fill out any forms. But for PEBB, that meant very little feedback. The PEBB office received fewer than 100 responses to the 45,000 surveys sent to employees as part of their enrollment packet.

The Board wants to hear from employees and other PEBB members. It needs your feedback to make sure you’re getting good service and benefits.

So please take a minute to complete the survey inside this newsletter. Then fax, mail or shuttle it back to PEBB. Or, you can fill out the survey form on PEBB’s Web site at <http://pebb.das.state.or.us>. What you think is important to the Benefit Board. Please take the time to let them know.

Inside this issue

Health Center Update	2-3
Public Meetings	4
PEBB Vision for 2007	4
PEBB Resources	4

PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

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

Screenings make a difference



Since Fall 2003, nurse practitioners and health educators from the PEBB Health Center have been holding free health screenings at agencies around the state. The screenings help PEBB members identify such health risks as high blood pressure, cholesterol, blood sugar and body mass index. When screenings indicate health risks, the nurse practitioners privately consult with the members on ways to reduce their risks.

Center staff members say the screenings show that about half the participants have one or more health risks. For some employees, the results have been dramatic.

One member said the screening and consultation probably saved his life. He found he had multiple heart-health risks and began a plan of action to lower them.

Other comments from members:

- I will be making many changes in my health behaviors as a result of today's health screening.
- I am going to start to exercise.
- I am going to make the changes the nurse said I need to do to improve the quality and quantity of my life.

To learn how to schedule a screening at your agency, contact the Health Center using the registration contacts below.

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. To register, call (503) 362-1111 inside Salem, or (800) 701-1333 outside Salem. Or send an e-mail to pebbhealth@oregonwellness.com. 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.)*

Depression

Presenter: Lynn Bosworth
Date: Tues., Mar. 9
Time: Noon-1:00 p.m.

Depression is a common, highly treatable, medical condition. You may have a friend, family member or colleague who is depressed. Or, you may suffer from depression, yourself. Learn how to get help for yourself or others.

Breaking Down Barriers

Presenter: Liz Marik, FNP
Date: Wed., Mar. 10
Time: Noon-1 p.m.

This third class in the Lifestyle Change Series will discuss barriers to physical activity and the solutions to help you be more active. Feel free to join the class any time during the 12-month series.

Five a Day

Presenter: Liz Marik, FNP
Date: Wed., Mar. 17
Time: Noon-1 p.m.

If you want to get the recommended five fruits and vegetables into your daily diet, this is the class for you. Learn to easily add color and taste to your diet and improve your health at the same time.

PEBB Health Center Update *(Continued from page 2)*

IBS and Other Gastrointestinal Disorders

Presenter: Jeanine Olson, ANP
Date: Thurs., Mar. 18
Time: Noon-1 p.m.

Learn how to identify and manage irritable bowel syndrome (IBS). Also, learn about the features of an “abdominal migraine” and dietary measures that may be helpful.

A Dribble With a Giggle?

Presenter: Carolyn Buel, ANP
Date: Tues., March 23
Time: Noon-1 p.m.

This light-hearted title introduces a frank discussion of types of female urinary incontinence, causes of bladder irritants and treatment options.

Chemical Dependency and the Family

Presenter: Myra Gibson, LCSW
Date: Tues., Apr. 13
Time: Noon-1 p.m.

Learn how to identify signs and symptoms of substance abuse and response strategies for family members. The program also covers the challenges faced by adult children of alcoholics.

Make it Happen

Presenter: Liz Marik, FNP
Date: Wed., Apr. 14
Time: Noon-1 p.m.

The fourth class in the year-long Lifestyle Change Series will address the behavior change process, getting more physical activity and setting goals to improve your fitness level. Please join us even if you have not attended past sessions.

Foot Health for Diabetics

Presenter: Tom Mesdag, DPM
Date: Wed., Apr. 21
Time: Noon-1 p.m.

During this one-hour presentation, Dr. Mesdag will discuss the importance of diabetic foot care. He will also discuss right and wrong self-care and who to see for clinical service. The class is also appropriate for non-diabetics.

Cancer Cues

Presenter: Carolyn Buel, ANP
Date: Thurs., April 22
Time: Noon-1 p.m.

This presentation covers information for both men and women. Learn about risks and how cancer is defined. What are warning signs? Why are screening tests so important? Remember: the earlier the diagnosis, the greater the survival rates.



Smoking Cessation

Presenter: Liz Marik, FNP
Date: Wednesday, April 28
Time: Noon-1 p.m.

This class will give you tools to assess your readiness to quit smoking, choose the right over-the-counter or prescription options, and tap into resources that support your efforts.

The PEBB Health Center's lending library has materials on these topics and more. Call or e-mail now for your library card. Check www.pebbhealth.org for a listing of all their books and videos. *(Please follow your agency rules on use of the Internet at work.)*



March 2004 Public Meetings

The Public Employees' Benefit Board will meet Tuesday, March 16, from 2 to 4 p.m. in the Willamette Room of the Willamette Education Service District building at 2611 Pringle Road SE, Salem.

The Board's Operations Subcommittee will meet Tuesday, March 9, from 9:30 to 11:30 a.m. in the PEBB Health Center conference room at 775

Court Street NE, Salem.

The Board's Plan Design Subcommittee will meet Tuesday, March 2, from 9 a.m. to noon in the Willamette Room of the Willamette Education Service District building. The Subcommittee will also meet on Tuesday, March 16 from 9 a.m. to noon at the same location.

Meeting schedules are subject to change. Please check the PEBB Web site at <http://pebb.das.state.or.us> prior to attending a meeting.

To be placed on the list of those to be notified of schedule changes, please call Becky Johnson at (503) 378-6296. Meetings held at these addresses are wheelchair accessible. If further 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

PEBB Health Center

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

Associated Administrators, Inc. (Dependent Care FSA)

(800) 334-4340
(503) 220-3805
www.aai-pca.com

BestChoice Administrators

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

Kaiser Permanente (medical & dental)

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

Nationwide Insurance (auto)

(888) 628-4663 media code 8429
(888) 662-8446 (TDD)

ODS Health Plans (dental)

(800) 452-1058
www.odshealthplan.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 for Regence members)

(800) 877-7195
www.vsp.com

Willamette Dental Insurance (dental)

(800) 460-7644
www.willamettedental.com

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.

PEBB Mission

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