

PEBB

Your 2008 benefits It's all online

Your Benefit Board wants to make sure you have access to 2008 benefits information at least a month before Open Enrollment.

Beginning Sept. 1, you can go to <http://oregon.gov/das/pebb> to see all your 2008 options:

- Changes to the medical, dental, life and disability plans
- How each of the plans work
- Whether you're eligible to enroll
- The premium rates for the plans



Review your 2007 benefits

Look for your 2007 benefit statement in the mail this week. It shows all the information in your benefit record to help you get ready for Open Enrollment in October. Make sure the statement shows the correct:

- **Personal information** (address, phone, date of birth, e-mail, etc.)
- **Dependent information** (names, birth dates, etc.)
- **Current benefit enrollments.**

Contact your agency or benefits office **now** to report any errors in your current enrollments. You can find the contact list at http://oregon.gov/das/pebb/pdb/contact_us.shtml.

New process certifies your dependent's eligibility

If you cover a dependent age 19 through 23, you need to follow a new process to certify the dependent is eligible. If you don't provide this certification, your dependent will lose coverage on Dec. 31, 2007.

In October during Open Enrollment, you can certify their eligibility online at <https://pebb.benefits.oregon.gov/members>. If you cover a dependent in this age range, you'll see a screen asking you to certify that you expect the dependent will continue to meet PEBB eligibility rules through 2008.

These rules keep your benefits program in line with the IRS. This means PEBB maintains cafeteria-plan status, which gives you and your employer tax advantages.

Review the definition of an eligible dependent in OAR 101-010-0005 on the PEBB Web site.

If you don't certify your dependent's eligibility by the end of Open Enrollment, you will receive a letter and form during November. You will have until Dec. 9, 2007, to return the form to PEBB.

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Saving tax dollars just got easier

Your Benefit Board has selected ASIFlex as the new administrator for flexible spending accounts (FSAs). The company offers a healthcare FSA debit card that makes it even easier to save tax dollars.

When you enroll for a 2008 healthcare FSA, you'll have the option of having your monthly pre-tax contribution put into a debit-card account. You can use these tax-free deposits to pay for qualified medical and dental expenses not covered in your plans.

How your FSA debit card works

When you use your card, the cost comes right out of your account. This means you don't have to submit claim forms and wait for reimbursement checks.

The card works with the following healthcare providers:

- Hospitals
- Health clinics
- Medical labs
- Dental offices
- Pharmacies
- Optometrists

Using your card at retail outlets

The card will also work at retail outlets that have an Inventory Control System (ICS). Currently, only WalMart, Sam's Club, Walgreens and drugstore.com have an ICS, but this list is expected to grow considerably by January 2008.

*Re-enroll for
2008 FSAs
in October*

Connect with your Benefit Board

Your Benefit Board has created an e-mail address to learn your benefit-related questions, suggestions and concerns.

E-mail the Board at pebb.connect@state.or.us

Public Employees' Benefit Board

Voting Members

Diane Lovell, *Chair*
Jeanene Smith, *Vice Chair*
Peter Callero
Rocky King
Paul McKenna
Sue Nelson
Rich Peppers
Bret West

Advisory Members

House Member (*vacant*)
Senator William Morrisette

Administration

Jean Thorne, *Administrator*
Lydia Lissman, *Deputy Administrator*

The Benefit Board meets monthly. See oregon.gov/das/pebb.meetings.shtml

New user-friendly security process

Before Open Enrollment in October, log in to pebb.benefits to set up your new, user-friendly security questions and answers. PEBB changed the process to help you keep from being locked out if you forget your password.

Before, you created your own security questions, and the answers could vary over time. The answer to "What's my favorite baseball team?" could be "the Cubs" one year and "the Yankees" the next year.

Now, you pick two standard questions with answers that don't vary. For example, "Where was I born?" or "What's my mother's maiden name?"

Go to <https://pebb.benefits.oregon.gov/members>, select Register or Log In, and follow the screen instructions. If you have a problem with the system, call PEBB at (503) 373-1102 in Salem or (800) 788-0520 statewide.

Get personal support through e-mail

Did you know you can e-mail your employee assistance program (EAP) for help with a personal or emotional issue?

Many people who e-mail the EAP like the convenience of using it at home or at the office. They also like not having to look at someone in a counseling session or to be at a certain place at a certain time.

E-mail your EAP for help to

- Determine the best course of action to resolve a personal, family, or relationship issue

- Schedule an appointment
- Find a provider in your area
- Locate community resources

E-mail the EAP at info@cascadecenter.com.

Note: Please follow your agency guidelines about use of state computers at work. You can always call the EAP at (800) 433-2320.

MEMBER HEALTH SURVEY SCHEDULED THIS FALL

If you get a call from someone saying they're conducting a survey for PEBB this fall, please take a few minutes to participate. With support from the Department of Human Services' Healthy Worksites, PEBB is sponsoring this survey to get information on employee health and wellness.

You may be one of the 2,000 employees selected from a random phone list. You will be able to schedule the 15-minute survey interview at your convenience to answer questions about:

- Your health risks
- PEBB's wellness program
- Worksite health and wellness activities
- Your experience with the healthcare system.

All responses will be completely confidential. The independent survey firm will use member phone numbers for this survey, only. It will securely dispose of all individual information when the survey is completed.

The firm will report results to DHS and PEBB only in the aggregate. No person can be identified through any reported information. Your participation is important.

The survey results will help the Board create or modify wellness programs and other activities to meet member needs.

Eat Your Colors

Did you know that color plays a role in nutrition? Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber, and chemicals your body uses to stay healthy and energetic.

To make choosing a variety of fruits and vegetables simple, think of the different colors fruits and vegetables come in – blue or purple, green, white, yellow or orange, and red.

The goal is to eat about one cup from each color group every day. So, keep color in mind – the more color you eat, the greater the health benefit for you.

It's Easy

It's easy to get more color in your diet. Here are some suggestions to help you stay on track.

- Find easy, delicious, colorful recipes at www.fruitsandveggiesmorematters.org
- Healthy ways to prepare vegetables include eating them raw with low-fat dips or in salads; stir-frying or sautéing with canola, olive or sesame oil; steaming; and roasting with olive oil.
- Instead of sharing doughnuts, cookies or candy, bring in some fresh fruits and vegetables to share with your co-workers. Promote a salad bar potluck.

PEBB plans enhance your benefits

For 2008, your Benefit Board enhanced your medical plans to improve your coverage, care and costs.

Hearing Aids

If you need hearing aids in 2008, your plan will cover up to \$4,000. You pay only 10 percent of the cost. This benefit renews every four years.

Glasses and Contacts

In the full-time plans, your materials allowance for routine vision care will increase to \$200. You can use this amount to cover costs of frames and lenses or contacts.

Part-time and retiree plans do not cover routine vision benefits (except for an eye exam in Kaiser).

PEBB Resources

PEBB

www.oregon.gov/DAS/PEBB
Salem: (503) 373-1102
Statewide: (800) 788-0520

BenefitHelp Solutions

(FSA Administrator)
www.benefithelpsolutions.com
(800) 556-2230

Kaiser Permanente

(Medical & Dental Plans)
<http://my.kp.org/nw/pebb>
Portland: (503) 813-2000
Outside Portland: (800) 813-2000
TTY: (800) 735-2900

The ODS Companies

(Dental Plans)
www.odskompanies.com/pebb
Portland: (503) 265-5680
Outside Portland (877) 277-7280

Support from your medical plan

Providence Choice will offer lower co-pays. For example, in the full-time plan, you will pay only \$5 for an office visit to your Medical Home. These lower co-pays make it easier for you to choose and use your Medical Home in the Portland area.

Regence will pilot a new pharmacy program for members with diabetes. If you have diabetes and live one of the pilot communities (to be determined), the plan may give you more support to stay healthy by using your medications wisely.

Samaritan Select will roll out a Zero co-pay program for certain generics. This program fully covers seven of the most-common generic drugs to treat diabetes, high blood pressure and high cholesterol. If you

have one of these conditions, you may be able to get some of your drugs at no cost so you can reach your health goals.

Kaiser Permanente will continue to promote its online tools and low-cost for generics. As a Kaiser member, you can e-mail a provider any time with non-urgent health questions and get a secure e-mail answer within 24 hours. You can even make appointments and get prescription refills online, saving you time, travel and dollars. You will continue to pay just \$1 for generic prescription drugs in the Kaiser HMO.

Providence Choice

(Medical Plans)
www.providence.org/resources/pebb
Portland: (503) 574-6620
Outside Portland: (800) 878-4445

Regence BlueCross BlueShield

(Medical Plans)
www.or.regence.com/pebb
Portland: (503) 220-3849
Outside Portland: (800) 826-9813

Samaritan Select

(Medical Plans)
www.samaritanselect.com
Corvallis area: (541) 768-6900
Outside Corvallis area: (800) 569-4616

The Standard Insurance Company

(Life & Disability Plans)
www.standard.com
Life Benefits (800) 242-1888
Disability Benefits (800) 842-1707

VSP

(Routine Vision Services except Kaiser)
www.vsp.com
(800) 877-7195

Willamette Dental

(Dental Plan)
www.willamettedental.com
Portland: (503) 644-6444, Option 8
Statewide: (800) 460-7644, Option 8

UnumProvident

(Long Term Care Plan)
www.unumprovident.com/enroll/pebb
(800) 227-4165

PEBB Mission

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