

The Connection

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

June 2008

ICED Raspberry Tea



Ingredients:

2 cups
raspberries
Zest & juice
of 1 orange
3 Tbsp honey
2 tea bags
Lemon slices

Directions:

Mash or puree raspberries. Rub through sieve to remove seeds. Bring zest, juice, honey and six cups of water to boil. Remove from heat, add tea and steep three minutes. Add to puree, mix and chill. Serve with lemon slice.

Smooth Out the Knots

Personal problems can tie you in knots. Cascade Centers, your employee assistance program (EAP) offers a full spectrum of no-cost solutions to help you smooth out emotional, legal or family tangles that can keep you from operating at your peak.

Your Emotional Wellbeing

You can call the EAP for a confidential talk with a professional counselor about any life issue. Even the most sensitive topics are just between the two of you.

Call your EAP for help with

- Marital problems
- Alcohol or drug abuse
- Parent-child relationships
- Stress and anxiety
- Workplace conflicts

You and the Law

Don't know where to start to deal with a legal issue?

Contact your EAP. You can have a half-hour consultation with an EAP-network

attorney at no cost. Typical topics include

- Consumer, personal and family law
- Taxes, wills and estate planning

If a half-hour isn't enough, you can get more time with the lawyer at 25 percent off normal hourly rates.

(Continued on page 2)



Take A Walk

The simple act of walking has vast health benefits. Routine walking helps



Manage your blood pressure.

Lose weight and gain strength.

Get rid of stress and boost your spirits.

Taking that first step can be difficult. Here are a few tips to remember when you start.

Dress for it. Wear comfortable shoes and protective clothing you can adjust for weather.

Warm up. Stretch and get warm.

Pace yourself. Use the talking test; if you can't hold a conversation because you're out of breath, slow down.

Keep straight. Bad posture can increase your likelihood of injury

Keep track. How far did you go? A pedometer can help you track your progress.

Picture your life better (continued from page one)

Your Family

You always want the best for your family. The question is, what's "best" for your personal circumstances? Your EAP can search out the facts to help you make educated choices on

- School and childcare choices for your kids
- Alternative housing, home care and medical care options for aging parents

What to Expect

When you call your EAP, a professional counselor will ask a few questions to determine your best course of action. From there, you'll work out a plan of "next steps" based on your individual needs.

**Call Cascade Centers
for free, professional, confidential help.
(800) 433-2320**

More "firsts" for you in 2009

Your Benefit Board has added the following innovations to 2009 medical plans:

- No-cost screenings for colorectal, breast and cervical cancer
- No-cost generic drugs for heart disease, diabetes and depression
- Comprehensive quit-tobacco program in all medical plans with prescription aids co-pays from \$10 to \$1
- No-cost access to nutritional counseling
- Weight-loss program

Upcoming PEBB Meeting Topics

June 17

Review final 2009 rate proposals. Make final decisions on 2009 plan renewals.

Public Comment

Board and committee meetings include a time slot for public comment. To see agendas and to sign up to provide comment refer to www.oregon.gov/das/members.shtml

Resources

oregon.gov/das/pebb

**Question about your benefits?
inquiries.pebb@state.or.us
(503) 373-1102,
(800) 788-0520**

Medical Plans

Kaiser Permanente my.kp.org/nw/pebb
Providence Choice providence.org/pebb
Regence BCBSO or.regence.com/pebb
Samaritan Select samaritansselect.com
VSP (Vision Service Plan) vsp.com

Mail-order Prescriptions

PPS ppsrx.com
Walgreens walgreenshealth.com

Dental Plans

Kaiser Permanente my.kp.org/nw/pebb
ODS odscompanies.com/pebb
Willamette Dental willamettedental.com

Optional Plans

Standard Insurance standard.com
UnumProvident
unumprovident.com/enroll/pebb

Other Benefits

FSA orpebb.asiflex.com
EAP cascadecenters.com (800) 433-2320

PEBB leads the way

A snapshot of your Benefit Board's history of innovations

1999

Coverage for domestic partners
Medical cost subsidies in rural counties

2000

Lower-cost plans for part-time employees
Long-term care insurance

2001

Parity for mental health coverage
Three-tier prescription drug plan design

2002

Online health tools
Chronic disease management in plans

2003

PEBB Vision of a new State of Health
Medical plans chosen on quality measures

2004

Online enrollment and benefits management
Pedometer pilot program

2005

Lower costs for generic drugs
No-cost tobacco cessation program
Healthcare flexible spending accounts

2006

Free worksite health screenings
Coverage for bariatric surgery

2007

Almost "paperless" Open Enrollment

2008

Improved coverage for hearing aids, glasses, dental implants, autism

Connect with your Benefit Board

pebb.connect@state.or.us

Voting members

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

Advisory Members: Rep. Tina Kotek;
Sen. William Morrisette