

THE CONNECTION

March 2008

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

Marinated Wild Oregon Salmon



Salmon is an excellent source of omega-3 fatty acids, said to be

good for both body and brain.

Ingredients

- 2 cups olive oil
- 1/4 cup soy sauce
- 4 cloves garlic
- 3 shallots
- 2 lemons (zest & juice)
- 2 tablespoons black pepper
- 1/4 cup Italian parsley

Chop ingredients very fine. Marinate salmon (whole, steaks or filets) for one hour. Then cook the salmon any way you'd like. Planked, grilled or baked are all good options.

Recipe Source: Travel Oregon

Tips for a Healthy Brain

As we age, we need to think about keeping our brains in shape, too. Follow these tips to help keep your brain—and your body—vibrant and healthy throughout your life.

Do

- **Exercise your body regularly**, and get involved in fun, physically active leisure pursuits.
- **Eat a balanced diet** rich in antioxidants and omega-3 fatty acids (*see recipe at left*).
- **Keep your mind exercised!** Engage in active learning and pursue new experiences.
- **Stay socially engaged** with friends, family and your community.
- **Maintain a positive attitude** and a sense of control over your life.
- **Take steps to manage stress** at work and at home.
- **Mind your numbers:** lose extra pounds, lower high cholesterol, and keep your blood glucose and blood pressure under control.
- **Get adequate sleep.**
- **Get medical attention** for any potential health problems.
- **Recognize that occasional memory slips** (like forgetting a name or where you put the keys) are entirely normal.



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<http://oregon.gov/das/pebb>

New for FSA Debit Card Owners

You can now use your healthcare flexible spending account debit card at hundreds of pharmacy outlets. Use the card to pay for prescription and over-the-counter drugs and other healthcare supplies.

Check out the list of outlets on the ASIFlex Web site, <http://orpebb.asiflex.com>. The site also explains how to use the card. Be sure to check out the advice on documenting purchases for tax reasons.

Connect with Your Benefit Board

The Board now schedules time for public (member) comments during the noon-hour portion of monthly meetings. This is an opportunity for you to bring issues to the Board's attention and to provide input on Board decisions. The Board meets on the third Tuesday of the month; check the meeting schedules and agendas here: <http://oregon.gov/das/pebb/meetings.shtml>.

Tips for a Healthy Brain

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Don't

- Drink to excess, smoke, or use illicit drugs.
- Ignore sudden changes in mental status.
- Avoid going to the doctor if you notice changes in your physical or mental health.
- Overlook the possibility of prescription drug interactions that can affect mental functioning.
- Think you're too old to take up something new!

Source: Staying Sharp (AARP and the Dana Alliance for Brain Initiatives)

Note for TriCare Members

New federal regulations mean that PEBB members with TriCare coverage can no longer opt out of medical coverage. If you opted out of PEBB medical coverage for 2008 because you have TriCare coverage, please contact your payroll or benefits office to enroll in a PEBB medical plan.



Oregon Improves Autism Coverage

Beginning this year, medical plans in Oregon must cover speech, occupational and physical therapy to treat autism the same as any other medical condition.

This removes previous age limits from PEBB medical plans. See the coverage description in your plan's member handbook or evidence of coverage, available on the PEBB Web site.

Resources

PEBB

www.oregon.gov/das/pebb
inquiries.pebb@state.or.us (benefit questions)
(503) 373-1102, (800)788-0520

FSAs: <http://orpebb.asiflex.com/default.aspx>

EAP: www.cascadecenters.com (800) 433-2320

Medical Plans

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

Mail-order Prescriptions

PPS: www.ppsrx.com
Walgreens: www.walgreenshealth.com

Dental Plans

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

Optional Plans

Standard Insurance Company: www.standard.com
UnumProvident: www.unumprovident.com/enroll/pebb

Add Value to Your Benefits

The more you know about your benefits, the more you can use them to your benefit.



Review your healthcare plan at least once year.

PEBB's Web site posts your plans' member handbook or evidence of coverage. Review the summary of benefits to know what's covered and your portion of the cost. Go over the plan's list of limitations and exclusions. Think about how they might apply to you.

Ask your doctor. For example, if your doctor prescribes a new drug, ask if it's in your plan's formulary – the list of preferred and generic drugs. If not, ask if a less-costly formulary drug would work as well in your case.

Ask your plan. If your provider recommends a test, screening or procedure, check to see if it's covered in your plan. If you have *any* question about how it will be covered, call your plan's customer service number and get a clear answer before going forward.

The more you know about local hospitals, the more you can choose quality care.

Find out how your hospital rates on quality. The Leapfrog Group Web site shows where Oregon hospitals are on the way to reaching goals for safe, quality patient care. www.leapfroggroup.org.

Check for cost. When it comes to quality, higher cost doesn't always mean better care. Oregon's Office of Health Policy and Research lists costs for common services at many hospitals in the state. www.oregon.gov/ohppr/rsch/comparehospitalcosts.shtml