

Board Selects 2006 Plans

The Benefit Board selected 2006 medical care vendors in late June. (Please see the PEBB Web site for the Board's selections: www.oregon.gov/DAS/PEBB.)

The Proposal Selection Committee, made up of all eight voting Board members, carefully judged the finalist proposals in light of PEBB's vision for the future of healthcare.

After interviews and negotiations, the committee scored the proposals. Members first considered quality measures offered

by the vendors and then reviewed administrative and cost criteria.

The quality criteria included:

- Whether plan providers can offer PEBB members a "medical home," evidence-based care and support to manage their own health
- If the plan has infrastructure for information technology, and the ability to integrate services and manage for quality
- If the plan makes information on costs, quality, outcomes and other data freely available.

The Board will continue discussions in July on 2006 prescription drug plans and other outstanding issues.

Plan Renewals

The Benefit Board also chose to renew contracts for 2006 with current dental, routine vision care, life and disability plan carriers. The carriers are:

Kaiser Permanente
The ODS Companies
Willamette Dental
VSP
The Standard Insurance
Company.

ODS Posts Member Web Site

The ODS Companies have posted a new Web site for those who subscribe to their plans. PEBB members in ODS dental plans can use the site to review their claims, search for participating dentists and order ID cards. To register for the secure site, members need to provide their first and last name, date of birth and ID number, which is printed on the member's ID card. If you are in an ODS dental plan and can't locate your ID number (begins with the letter P), contact PEBB or ODS (*see Resources, page 2*).

Benefits Online This Fall

Employees of a state agency and a university will test pebb.benefits in August in preparation for roll out to all members this fall. The test employees will use PEBB's online benefit management system to update their personal, dependent and beneficiary information to ensure the system is user-friendly.

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Have a Safe Summer, Not a Trauma Season

Emergency department personnel call summertime “Trauma Season” because accidents send more people to the ER during summer than any other time of year. Top causes are swimming and pedestrian incidents, car crashes, bike spills, falls and other hazards. Children, especially, are more prone to injury during Oregon summers, when they spend more unsupervised time outside.

Don’t take a vacation from safety this summer. Here are some summer safety tips from the Oregon Department of Human Services and the Safe Kids Campaign:

- **Ride Safe!** Always buckle up. Make sure your kids are secured in the right safety seat or belt for their age and size.
- **Wheel Safe!** Wear a helmet when you cycle. And make sure your kids wear the right helmet and other protective gear when they ride bikes, scooters, skates or skateboards.

- **Walk Safe!** Follow pedestrian safety rules and teach them to your kids. Never let a child under 10 cross the street alone.
- **Play Safe!** Supervise your children at playgrounds and even in the backyard. Make sure they play on soft surfaces, such as grass or mulch.
- **Dress Safe!** You and your children should wear reflective materials when outside at night. They should also wear well-fitted protective gear when playing team sports.

And don’t forget to **Work Safe!** Many adults don’t recognize the potential dangers associated with use of outdoor power equipment such as mowers and trimmers. Turn off any such equipment if a child enters the work area. Don’t let them play with the equipment, even when it’s not in use. If you use a riding mower, store the ignition keys in a safe place, and never carry or tow passengers.

Stay Safe on or in the Water

For information on safety on or in the water this summer, check the following resources:

- The Oregon State Marine Board’s Web site on boating safety: www.boatoregon.com/Safety/index.html
- The Oregon Parks and Recreation Department’s Web on beach safety: oregon.gov/OPRD/PARKS/beach_safety.shtml
- The Wendoll Water Drop coloring book on water safety for kids, available on the Oregon Department of Human Services Web site: egov.oregon.gov/DHS/ph/safekids/wendoll.shtml.

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.

PEBB

Phone: (503) 373-1102, (800) 788-0520
Fax: (503) 373-1654
Web: oregon.gov/DAS/PEBB
E-mail: inquiries.pebb@state.or.us

PEBB Health Center

Phone: (503) 362-1111, (800) 701-1333
Web: www.pebbhealth.org

BenefitHelp Solutions

(Healthcare and Dependent Care FSAs)
Phone: (800) 556-2230
Web site: www.benefithelpsolutions.com

Kaiser Permanente

(HMO & Dental Plans)
Phone: (503) 813-2000, (800) 813-2000
Web site: my.kp.org/nw/pebb

The ODS Companies

(Dental Plans)
Phone: (800) 452-1058
Web site: www.odskompanies.com/pebb

Regence BlueCross BlueShield of Oregon

(PPO Plans)
Phone: (800) 826-9813 (outside Portland);
(503) 220-3849 (Portland)
Web site: www.or.regence.com/pebb

The Standard Insurance Company

(Life and Disability Plans)
Phone: (800) 842-1707;
Disability (800) 242-1888
Web site: www.standard.com

UnumProvident

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

VSP

(Vision Service Plan)
Phone: (800) 877-7195
Web site: www.vsp.com

Willamette Dental Insurance

(Dental Plan)
Phone: (800) 460-7644
Web site: www.willamettedental.com

Knowledge is Power: *Using the Internet for Health Research*

Did you know?

Did you know that more than 80 percent of online adults look for healthcare information on the Internet? The Internet can be helpful in researching health conditions, identifying treatment options, finding support networks and getting information about living a healthy lifestyle. Be an informed patient – get online and get started!

Where to start

A good place to start your research is at www.wellmed.com/stateofhealth. This secure, private site for PEBB members offers a health risk assessment that helps you understand the state of your health. It also contains condition centers where you can learn how to manage specific health issues. You can also do research in its A-to-Z health library.

Consider the source

While the Internet has a wealth of helpful information, make sure you are using legitimate sources for your research, like www.wellmed.com/stateofhealth. To evaluate other Web sites, ask a few questions:

- Who sponsors it? Is it a for-profit company selling a product, a nonprofit health association or some other entity? What's the sponsor's interest in the topic you're researching?
- How does the information on the site compare with other evidence you've seen? Check other sites for comparison.

- Is an author of an article identified? If so, is she qualified – what are her credentials and training?
- When was the site last updated? Outdated health information won't do you any good, and new information is available frequently.
- What's the site's privacy policy? Don't share sensitive information online unless you understand a site's privacy policy and how information you provide might be used.
- Does the site promise cures for incurable diseases? Does it sell subscribers' lists? If so, proceed carefully.
- Ask your healthcare providers about sites they find reliable.

Getting support

People often look to the Internet for support when they're facing a new diagnosis or want to connect with others who share their health concerns. Many Web sites offer online discussions and support groups. For example, the American Cancer Society Web site includes a Cancer Survivors Network that has chat rooms and helps people create Web pages to share their experiences. A number of sites tailor support for specific groups, like the Arthritis Foundation, which has a special message board just for young adults. Your research should point you to a variety of avenues for support. Again, be sure you understand privacy policies of any group you join.

Resources

Below is a sample of some useful sites.

www.healthfinder.gov.

Sponsored by the federal government, this is a great place to start your research.

www.familydoctor.org. The American Academy of Family Physicians provides information about common health concerns.

www.healthcarecoach.com. This site contains information about navigating the healthcare system and advocating for yourself and your family.

www.mayoclinic.com. The Mayo Clinic provides information about diseases and conditions, treatment decisions, pharmaceuticals and healthy living.

www.medlineplus.gov. This site, sponsored by the National Library of Medicine and the National Institutes of Health, includes a medical encyclopedia, information about clinical trials and interactive tutorials.

Public Meetings

The Benefit Board and its subcommittees usually meet monthly. Times and locations are subject to change. For schedules, please check the Meetings section of the PEBB Web site: oregon.gov/DAS/PEBB/meetings.shtml.
(Please follow agency policy on use of the Internet at work.)

PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

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

Outside the Salem area? Call the Health Center to arrange a class or health screening at your worksite.

Programs at the PEBB Health Center

Registration required. Handouts may be available if you are unable to attend. Check the Health Center Web site at www.pebbhealth.org for updates. *(Please follow agency rules on use of the Internet at work.)* Feel free to bring a meal to any of these classes.

Stress Management

Presenter: Linda Spaulding, Certified Nutrition Consultant and Educator

Date: Thurs., July 7,
5:15 -6:15 pm

Fee: \$15.00 for optional guide book

Learn about the effects of stress and eight proven techniques that can help.

Depression

Presenter: EAP

Date: Thurs., July 14, noon-1 pm
Learn how to get help for yourself or others who suffer from this highly treatable medical condition.

Smoking Cessation

Presenter: Carolyn Buel, ANP

Date: Tues, July 19, noon-1 pm
and 5:15-6:15 pm

Evaluate your readiness to quit, and learn about PEBB's smoking cessation benefit.



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

Protect Your Eyesight

Presenter: Daniel Bishop, M.D.

Date: Thurs., July 21, noon-1 pm
Learn about eye problems and diseases, and why routine eye exams are important.

What's in Your Food?

Presenter: Linda Spaulding, Certified Nutrition Consultant and Educator

Date: Tues., July 26, noon-1 pm
Learn how to avoid unhealthy additives and safe ways to make healthy food choices.

Bring it all Together

Presenter: Linda Spaulding, Certified Nutrition Consultant and Educator

Date: Thurs., Aug. 4, 5:15-6:15 pm
Food choice guidelines designed to help you sustain moderate fat loss. What to eat, how much and how often. Learn the balance.

Coping with Change

Presenter: Cindy Aerni, EAP

Date: Tues., Aug. 16, noon-1 pm
In a work culture of constant change, coping can be a challenge. Learn what worked in the past and develop plans for the future.

Get SASsy with the Summer Adventure Series!

Hiking and Backpacking to Improve Your Health

Presenter: Lee Slattum, Chemeketa Hiking Club

Date: Tuesday, July 12, noon-1 pm
Learn the right gear, the right places and the endless possibilities to enjoy Oregon's natural beauty.

Improve your Blood Pressure, Glucose Levels and Heart Health by Road or Mountain Biking

Presenter: Chris Morscheck, Biking Instructor

Date: Tuesday, Aug. 9,
5:15-6:15 pm

Interested in road or mountain biking? Roll on in! Learn how to pick the best bike for your journey along with biking etiquette.

Posture Class

Presenter: Brent E. Smith, D.C.

Date: Thurs., Aug. 18, noon-1 pm
This class will teach you ergonomically correct work postures and help you to go through your work day with more energy.

Healthy Kids

Presenter: Liz Marik, FNP

Date: Tues., Aug. 23, noon-1 pm
Learn how to get your kids to eat healthier, move more and be happier. A Family Nurse Practitioner helps you create a healthy environment for your family. Children five years and older welcome.

PEBB Mission

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