

PEBB Plans Easy Open Enrollment

This year's Open Enrollment for 2003 benefits may be the easiest yet. So easy, that if you don't want to change any benefits, you won't have to fill out a single form.

The Benefit Board decided to continue all 2002 plans with current carriers for 2003. So, you will need to submit a completed form **only if**:

- You want to enroll in or change a medical and/or dental plan
- You want to enroll for or increase coverage in optional life and/or disability insurance
- You want to add or remove dependents from coverage.

Eligible part-time employees will also have a couple of additional options for 2003.

Open Enrollment will run through the month of October. If you **do** want to make a change in your benefits for 2003, you will need to submit the completed form to your agency by Oct. 31, 2002.

We heard you

As part of Open Enrollment during the last five years, PEBB asked employees for feedback on the process. Their message came through loud and clear: they want it to be simpler with less paper and fewer forms to complete. With few benefit changes planned for 2003,

this year's Open Enrollment offers the opportunity to act on that feedback.

Employees will receive a summary Open Enrollment packet in mid to late September. The packet will contain:

- A summary brochure that highlights changes, plan comparison tables, premium rates and how-to checklists
- The state's benefits contribution notice for 2003
- Enrollment forms
- An Additional Information Request Form.

You can use the request form to order the complete 2003 benefits handbook, additional forms, provider directories and other materials. In addition, you can access all the materials at the PEBB Web site (<http://pebb.das.state.or.us>) beginning in early October. You can also order materials by e-mail to inquiries.pebb@state.or.us.

Help is available

In October it will be easy to get more in-depth guidance and consultation by:

- Calling a PEBB Benefits Counselor during office hours to get one-on-one counseling – (800) 788-0520 outside Salem and (503) 373-1102 in Salem

- Viewing the Open Enrollment video and other materials on PEBB's Web site
- Coordinating with your agency payroll, personnel or benefits representative to sponsor a PEBB-conducted meeting (if 25 or more area employees sign up to attend)
- Asking the agency representative to host an on-site meeting using a PEBB-produced video and other meeting materials
- Attending a Benefits Work Session at PEBB's offices in Salem (schedules available in September).

Keep in mind that you don't have to wait until Open Enrollment to get answers to benefits questions. Feel free to call PEBB anytime during the year with any questions or concerns. Or e-mail inquiries.pebb@state.or.us.

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Strictly for Kids

The State of Health Web site has a new health tool that's just for kids – and their parents. Child Health Manager, provided by WellMed, helps parents and guardians manage the health and development of children age six and younger. This comprehensive online program at www.wellmed.com/stateofhealth is available to all PEBB members. It provides a central, easy-to-access location for securely storing all of a child's pertinent health information.



Among the program's features:

- Home Page is a personalized, interactive site for all the vital information a child's caregiver might need. From here, you can link to the latest information on child-health issues and receive important immunization reminders for each child.
- Healthcare Visits contains questionnaires for doctor visits. Use them to help communicate important information with healthcare professionals.
- Monthly Journal includes a month-by-month diary of a child's first year.
- Child Development Trackers are based on leading developmental screening criteria. They'll help you track your child's growth and development in areas such as language, social and motor skills.
- Child Record provides convenient, secure online storage of your child's health information – medications, checkups,

immunizations and more. You can also print summaries, such as an immunization history, to send to daycare or school.

Child Health Manager can not only guide you on child-health issues, but also help to reassure you that you're doing the right things for your child's health. Plus, you'll find the vital information stored here to be especially important when traveling, in an emergency, when changing medical plans or providers, or when providing health documentation.

The State of Health How to Get There

To get to Child Health Manager, go to www.wellmed.com/stateofhealth, enter your user name and password, choose the Health Tools menu and select Child Health. Not registered yet? It's easy. From www.wellmed.com/stateofhealth, follow the registration instructions.

While you're there, be sure to assess your HealthQuotient. It will guide you on your path to the State of Health.

Public Employees' Benefit Board

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Salem, OR 97301-3802

Telephone: (503) 373-1102
Toll-Free: (800) 788-0520
Website: <http://pebb.das.state.or.us>
E-mail: inquiries.pebb@state.or.us
Fax: (503) 373-1654

SUMMER SAFETY TIPS

Summer is definitely here, with more daylight hours, sunshine and warm weather. In your eagerness to enjoy more time outdoors, don't forget some very important safety tips.

- Keep well hydrated; carry water with you wherever you go.
- In swimming pools or on a boat, flotation devices and life jackets may save a life. Up to 60% of boating fatalities are alcohol-related; don't drink and operate *any* vehicle.

- First-aid kits are a must for outdoor activity. Keep one with you or in your car.
- Protect yourself and little ones from sunburn. Use sunscreen with a sun protection factor (SPF) of 15 or higher. Reapply at least every two hours — more frequently if you are sweating or in water. Don't forget your lips and ears!
- Poison Oak is very common during the summer. Know what the plant looks like, and avoid it if possible. If you know you

might encounter the plant, apply a product beforehand that prevents the rash. An over-the-counter antihistamine can help if you've already been exposed.

- Many individuals are sensitive or allergic to insect bites. Know what to do or how to treat an allergic reaction.

The PEBB Health Center has pamphlets on these topics and many others. If you would like additional information please give us a call. Have a safe, healthy and fun summer!

Programs at the PEBB Health Center

Pre-registration is required for all classes. Feel free to bring lunch to any of the noon-hour classes.

Just Move

Schedule: Four weeks; start any time in August

Location: Anywhere you are

Welcome to the American Heart Association's exercise challenge! This fun program will challenge you (and others) to make heart-healthy decisions about your physical activity. You will receive instructions, a tracking log, a simple "OK to Start" questionnaire, and a safety information sheet. Your goal will be to reach 60 minutes or more of regular physical activity per week over a four-week period. Take this opportunity to challenge yourself, your family and co-workers to step up to the next level of fitness. Call the PEBB Health Center to have an information packet sent to you. *Materials can be photocopied for additional participants.*

Blended Families

Presenter: Jack Wills, MS

Date: Tuesday, August 6

Time: Noon-1 p.m.

Who will be in control? Who will have the power? How will family roles change? These are important questions to those who are blending their families. Learn how to master the complications of different types of relationships, differing rules and expectations, identity, and handling visitation. Explore smooth transition strategies, general principles, communication and management of expectations.

The Course of ADHD from late Adolescence into Adulthood

Presenter: Justine K. Crawford, Psy.D.

Date: Wednesday, August 14

Time: Noon-1 p.m.

An overview on the neurobiology of Attention Deficit Hyperactivity Disorder, followed by a discussion of ADHD symptoms in late adolescence and how they may change over time, the process of assessment and diagnosis, and treatment options.

The Glycemic Index and Diabetes

Presenter: Denise Cedar, RD, CDE

Date: Wednesday, August 21st

Time: Noon-1 p.m.

Fine tune your blood-sugar control using the glycemic index to emphasize healthy carbohydrate choices.

Presentations scheduled for September

Cultivating Health, Weight Management; Cholesterol, What is It?; Breast Feeding; Is Stress Making You Sick?

To register, e-mail pebbhealth@wellmed.com or call (503) 362-1111 or (800) 703-1333. Handouts may be available if you are unable to attend. The PEBB Health Center lending library also has reading material on all the program topics. Please call if you are interested.

PEBB Public Meeting Schedule for August 2002

The Public Employees' Benefit Board is not scheduled to meet in August. The Board's Plan Design Subcommittee is tentatively scheduled to meet Tuesday, Aug. 6, from 9 a.m. to noon. The location is to be determined. No other subcommittees are scheduled to meet in August.

Meeting schedules are subject to change. To be placed on the list of those to be notified of schedule changes, please call Becky Johnson at (503) 378-6296. The most current public meeting notices are posted on PEBB's Web site at <http://pebb.das.state.or.us>.

PEBB public meetings are wheelchair accessible. If special 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

Associated Administrators, Inc. (Dependent Care FSA)
(800) 334-4340
(503) 220-3805

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

Health Center
(800) 701-1333
(503) 362-1111
pebbhealth@wellmed.com

Cascade East Health Plan (medical)
(866) 577-CEHP (2347) toll-free
www.cehp.org

Kaiser Permanente (medical & dental)
(800) 813-2000
www.kp.org/nw

Nationwide Insurance (auto)
(888) 628-4663 media code 8425
(888) 662-8446 (TDD)

ODS Health Plans (dental)
(800) 452-1058
www.odshp.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.unum-ecs.com/pebb

VSP (vision)
(800) 877-7195
www.vsp.com

Willamette Dental Insurance (dental)
(800) 460-7644
www.denkor.com

PEBB Mission

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