

PUBLIC EMPLOYEES'
PEBB
BENEFIT BOARD

January 2003

Time for a benefit checkup

January is the time to check your benefits enrollment. Even if you made no changes for 2003, it's a good idea to review your elections annually to ensure they're correct.

The quickest way to do a benefit checkup is to review the deductions shown on your first pay stub or pay statement for the year. It will show the deductions taken for each of your 2003 benefits.

Members paid through the Oregon State Payroll System will see these deductions on their January pay stub. These members will also receive a benefits confirmation letter from PEBB in February. Oregon University System employees can see their 2003 deductions on their Dec. 31, 2002, pay statement.

If you discover an error, contact your agency as soon as possible.

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@oregonwellness.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

January Public Meetings

The **Public Employees' Benefit Board** will meet Tuesday, Jan. 21, from 2 to 4 p.m. in Hearing Room 357 of the State Capitol Building, located at 900 Court St NE in Salem.

The **Board's Plan Design Subcommittee** will meet Tuesday, Jan. 7, from 9 a.m. to noon in

Suite B-1 of the Public Service Building, located at 255 Capitol Street NE in Salem. The Subcommittee will also meet Tuesday, Jan. 21, from 9 a.m. to noon in Conference Room 350 of the State Capitol Building.

The **Board's Operations Subcommittee** will meet Tuesday,

Jan. 14, from 10 a.m. to noon at PEBB, located at 775 Court Street NE in Salem.

The **Board's Wellness Subcommittee** will meet Tuesday, Jan. 21, from noon to 1:30 p.m. in Conference Room 350 of the State Capitol Building.

PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

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

In January, many of us resolve to begin a fitness program. It's important to discover what type of fitness activity works best for you so you can incorporate it into your lifestyle. Consider some of the newly popular fitness opportunities.

Some of these programs include use of a fitness ball. Correct use of these large balls can improve overall strength and endurance, as well as posture, core stability and body awareness. They are also a lot of fun.

Resistance bands are also becoming more popular. Used appropriately, they can improve strength, endurance and flexibility.

Yoga offers benefits at many levels. Forms of yoga range from the more traditional, contemplative type to the newer sauna-style "hot yoga."

Pilates is an exercise system made up of controlled movements that engage the body and mind. Pilates is typically performed with specially

designed exercise apparatus and taught by trained instructors.

Those who prefer cycling for exercise may want to try spinning. This high-energy group exercise integrates music, camaraderie and visualization in a complete mind-body program.

Contact PEBB Health Educator Cindy Stegner for more information about any of these fitness options.

Noon-hour Programs at the PEBB Health Center

All classes are scheduled for noon to 1 p.m. Feel free to bring your lunch. Registration is required. Handouts may be available if you are unable to attend. To register, call 503-362-1111 or 1-800-701-1333, or send an e-mail to our **NEW E-Mail Address** pebbhealth@oregonwellness.com

Freedom from Cigarettes

Presenter: Cindy Stegner, RN

Class Fee: \$10 for materials (plus \$20 refundable deposit)

Dates: Jan. 13, 20, 21, 23, 27, Feb. 10

Techniques and strategies to help you end your physical and emotional dependence on tobacco products.

Winter Weight Gain

Date: Thursday, Jan. 16

Presenter: Megan Osborn, ANP

What you can do to minimize weight gain during these colder, darker months.

Resistance Band Beginners Class

Date: Wednesday, Jan. 29

Presenter: Jennifer Truax, PT, ATC

Training on using resistance bands to improve posture and prevent back pain (Resistance bands provided).

Heart Health for Men and Women

Date: Wednesday, Feb. 12

Presenter: Megan Osborn

Modify your risk factors to minimize your chances of developing heart disease.

The PEBB Health Center's lending library has materials related to the above topics and more. Call or e-mail now for your library card.



- Hooked but not Helpless (Kicking Nicotine Addiction);
- Dying to Quit (Why We Smoke and How We Stop);
- Butt Out! (video);
- Lilia's Yoga for beginners: Breathing & Stretching or Relaxation & Fitness (video);
- Dan Miller presents Living, Laughing and Loving Life (video);
- Food & Mood; How Are You Peeling? (children's book);
- The Mommystyle Smart Technique Diet (CDs).

What do you think?

Most PEBB members didn't make changes to their benefits during October's Open Enrollment. So, most PEBB members didn't complete the survey included in the enrollment materials.

Your input helps us improve our processes and the quality of our service. Please take a minute to complete this survey. Fax the completed survey to PEBB at **(503) 373-1654** or send it back via agency mail. Or complete the survey online at <http://pebb.das.state.or.us/survey>. We really appreciate your input and feedback.

Please circle the number that indicates your level of satisfaction on a scale of 1 (lowest) to 5 (highest).

1. How satisfied are you with the open *enrollment process* for 2003 benefits?

1 2 3 4 5

Comment: _____

2. How satisfied are you with the *materials* in this year's Open Enrollment packet?

1 2 3 4 5

Comment: _____

3. If you contacted PEBB during Open Enrollment, please rate your satisfaction with our *assistance*.

1 2 3 4 5

Comment: _____

4. If an agency representative made an Open Enrollment *presentation* at your site, please rate the presentation's effectiveness.

1 2 3 4 5

Comment: _____

5. If you accessed benefit information on *PEBB's Web site*, please rate your satisfaction with the site.

1 2 3 4 5

Comment: _____

6. If you saw the Open Enrollment *video*, please rate the video's effectiveness.

1 2 3 4 5

Comment: _____

7. How satisfied are you with the 2003 *benefits program* (medical, dental, etc.)?

1 2 3 4 5

Comment: _____

What other comments or suggestions would you like the Board to consider in planning for future benefits?

Comment: _____

PEBB

775 Court St NE
Salem, OR 9301-3802