

PEBB

2005 Plan Design Options Feedback to the Board

The Benefit Board is seeking feedback from stakeholders on plan design options for 2005. Board members are planning to hold three, 90-minute feedback sessions on May 4 at 11:30 a.m., 2:30 p.m. and 5:30 p.m.

At the start of each session, the Board will present background information, plan design options being considered and PEBB goals. Then, the Board will seek member feedback on the options.

As they were last year, these meetings will be held in person and through video conference. This way, more PEBB members around the state can join in.

The Board is working with university campuses and education service districts to schedule use of

their video facilities. Board members will connect with the sites from the Willamette Education Service District building in Salem. Salem area PEBB members are welcome to participate there.

PEBB will list the video locations on its Web site at oregon.gov/DAS/PEBB by April 19. The staff is planning to post session handouts on the site by April 28.

The Board will be seeking volunteer site coordinators to assist with registration and other support. To volunteer as a site coordinator or for more information, please call PEBB at (503) 373-1102 in Salem or (800) 788-0520 statewide. Or e-mail inquiries.pebb@state.or.us.

(Please follow your agency policy about use of the Internet at work.)

Feedback in Writing, Too

If you won't be able attend a stakeholder feedback session, please send your written comments to the Board. Please review the presentation materials that will be on the PEBB Web site by April 28. Consider the plan design options for 2005, and send your feedback on the options by mail, fax or e-mail by May 7. The PEBB staff will collect all written feedback for Board review.

Please address mail to:
PEBB Feedback
775 Court St NE
Salem, OR 97301-3802

Fax comments to:
(503) 373-1654.

E-mail comments with
"Feedback" as the subject to:
inquiries.pebb@state.or.us.

April is Asthma & Allergy Month

If you suffer from asthma, you know it's a year-round problem. If you have respiratory allergies, the asthma can be compounded by seasonal impacts, too.

There's help for dealing with this double whammy. For information and guidance, call the PEBB Health Center to



speaking with the Health Educator or a Nurse Practitioner. Call (503) 362-1111 in Salem or (800) 701-1333 statewide.

They can point you to resources in your medical plan, your community, the library and The State of Health online (www.wellmed.com/stateofhealth).

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PEBB Health Center Update

775 Court St. NE • Salem, OR 97301

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

Programs at the PEBB Health Center

Registration is required. Handouts may be available if you are unable to attend. Feel free to bring your lunch. Check the web site for updated class or lending library information. *(Please follow your agency rules on use of the Internet at work.)*

Chemical Dependency & the Family

Presenter: Myra Gibson, LCSW
Date: Tues., April 13
Time: Noon-1 p.m.

Learn signs of substance abuse and response strategies for family members.

Make it Happen

Presenter: Liz Marik, FNP
Date: Wed., April 14
Time: Noon-1 p.m.

The fourth in the year-long lifestyle series addresses the behavior change process and goals to improve fitness. Please join us.

Foot Health for Diabetics

Presenter: Tom Mesdag, DPM
Date: Wed., April 21
Time: Noon-1 p.m.

Dr. Mesdag will discuss the importance of diabetic foot care, right and wrong self-care and who to see for clinical service.

Cancer Cues

Presenter: Carolyn Buel, ANP
Date: Thurs., April 22
Time: Noon-1 p.m.

Learn about risks, how cancer is defined, warning signs, and why screening tests are so important.

Smoking Cessation

Presenter: Liz Marik, FNP
Date: Wed., April 28
Time: Noon-1 p.m.

This class gives you tools to assess your readiness to quit, choose the right medication options, and tap into resources for support.

Balancing Family and Work

Presenter: Lynn Bosworth
Date: Tues., May 11
Time: Noon-1 p.m.

Balancing work life and family life is a common challenge. Learn strategies and techniques to reduce this unique source of stress.

Know the Basics on Clothing and Shoes

Presenter: Liz Marik, FNP
Date: Wed., May 12
Time: Noon-1 p.m.

Don't let the weather keep you from your daily outing. This class covers dressing for the weather and what it takes to get comfortable shoes for walking or running.

Skin Cancer

Presenter: Carole Kment, Health Educator
Date: Tues., May 18
Time: Noon-1 p.m.

Learn the importance of skin health and ways to keep your skin healthy for a lifetime.

Why Can't I get a Good Night's Sleep?

Presenter: Liz Marik, FNP
Date: Wed., May 19
Time: Noon-1 p.m.

Find out what you can do on your own to get good, restful sleep and what questions to take to your healthcare provider.

Oh My Aching Body

Presenter: Carolyn Buel, ANP
Date: Tues., May 25
Time: Noon-1 p.m.

There's more than one kind of arthritis. Learn treatment options and optimal function.

Allergies or Asthma?

Presenter: Liz Marik, FNP
Date: Wed., May 26
Time: Noon-1 p.m.

Find out the differences between asthma and allergies along with lifestyle changes and medication for both.

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Manage Your Benefits Online



Starting in late summer, PEBB members will be able to manage their benefits online. Through a Web-based system called “pebb dot benefits,” you will be able to enroll in, make changes to and learn about your benefits. This means no more paper forms to fill out and no more waiting for forms to be processed.

Pebb.benefits will save time and effort for members during the annual Open Enrollment. And if you experience an event that changes your benefit eligibility

during the year, you’ll be able to make related changes online, too.

Examples of these IRS-qualified status changes include childbirth, adoption, legal marriage or divorce, and moving out of a health plan’s service area.

The system will also improve efficiency for agency payroll and personnel representatives and campus benefit officers — during Open Enrollment and throughout the year. It will cut administrative errors, too, by coordinating data transfer among 17 different data bases. All data are encrypted and secure.

Don’t worry if you don’t have Internet access. PEBB members will still be able to manage their benefits using the paper-based process. And PEBB Benefit Counselors will still be handy by phone and e-mail to answer questions and provide guidance for all PEBB members.

Agency representatives and campus benefit officers will learn and test the administrative side of pebb.benefits this spring. Members should have access before fall.

PEBB Health Center Update

(Continued from page 2)

Hypertension and the Silent Killer

Presenter: Jeanine Olson, ANP

Date: Thurs., May 27

Time: Noon-1 p.m.

Learn key strategies to recognize blood pressure patterns along with diet and lifestyle changes that work for better health.

The Health Center’s lending library has materials on these topics and more. Call or e-mail now for your library card. Check www.pebbhealth.org for a listing of all their books and videos. *(Please follow your agency rules on use of the Internet at work.)*



April 2004 Public Meetings

The Public Employees’ Benefit Board will meet Tuesday, April 20, from 2 to 4 p.m. in Hearing Room E of the Capitol Building at 900 Court St NE in Salem.

The Board’s Operations Subcommittee will meet Tuesday, April 13, from 9:30 to 11:30 a.m. in the PEBB Health Center conference room at 775 Court Street NE Salem.

The Board’s Plan Design Subcommittee will meet Tuesday, April 6, from 9 a.m. to noon in the Willamette Room of the Willamette Education Service District building. The Subcom-

mittee will also meet on Tuesday, April 20, from 9 a.m. to noon in Conference Room 350 of the Capitol Building.

Meeting schedules are subject to change. Please check the PEBB Web site at oregon.gov/DAS/PEBB prior to attending a meeting.

To be placed on the list of those to be notified of schedule changes, please call Becky Johnson at (503) 378-6296. Meetings held at these addresses are wheelchair accessible. If other accommodations are necessary, please contact Becky Johnson within 48 hours or as soon as possible before the meeting.

Check the New Look of PEBB Web

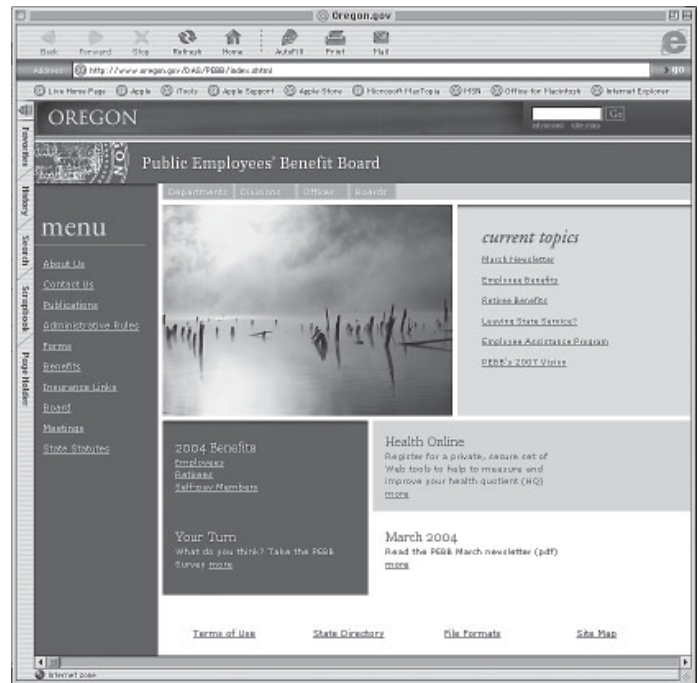
Thousands of members use the Web to keep up to date about PEBB and their benefits. If you're one of them, you're going to see many changes and improvements during the next few months.

You can reach PEBB's Web site through one of two addresses: <http://pebb.das.state.or.us> or oregon.gov/DAS/PEBB. You'll see it has a new look. PEBB's statutes place it in the Department of Administrative Services (DAS). DAS has begun a statewide move to "brand Oregon" and improve state online services. The new Web format is part of that transition.

The site is designed to be easy to navigate. It presents 2004 benefits,

offers forms you can fill out and print, and covers current PEBB topics.

If you have any questions about the site or would like to provide feedback, we'd love to hear from you. Send e-mail to inquiries.pebb@state.or.us. Or, call (503) 373-1102 in Salem or (800) 788-0520 statewide.



(Please follow your agency policy about use of the Internet at work.)

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

PEBB Health Center
(800) 701-1333, (503) 362-1111
www.pebbhealth.org
pebbhealth@oregonwellness.com

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

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

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

Nationwide Insurance (auto)
(888) 628-4663 media code 8429
(888) 662-8446 (TDD)

ODS Health Plans (dental)
(800) 452-1058
www.odshealthplan.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.unumprovident.com/enroll/pebb

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

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

PEBB Mission

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