

The Connection

July 2008

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

Grilled Peaches

Ingredients

Cooking oil
4 peaches
Balsamic vinegar
Honey

Boil ¼ cup

vinegar to reduce by half; cool and add two tablespoons honey. Halve peaches and remove pits. Brush cut side of peaches and grill rack with oil. Grill peaches, cut side down for five minutes over medium-hot grill. Turn and cook three minutes more. Drizzle honey-vinegar mix over top.

Waist Circumference

Did you know that where your body builds up fat may affect your

health? If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs.

Women with a waist measurement of more than 35 inches and men with 40 inches may have a higher disease risk because of where their fat lies.

Who? YOU!

What? FREE health screening

Where? Your worksite

When? As soon as you can

Are you at risk for a heart attack or a stroke? What are your risks for diabetes or heart disease? Find out at a free health screening at your worksite.

It takes only about 20 minutes to find out your risks and what you can do to reduce them.

It's a fast, convenient way for you to find out your "numbers" – your cholesterol, blood pressure, blood sugar and body mass levels. Screenings also identify individual and family factors that can put you at risk. Plus, medical professionals will help you interpret your results and provide more information about your health.

The screenings include important tests most adults

should get on a routine schedule.

Providing free screenings at the worksite removes cost and time factors that could act as barriers for employees.

Your Benefit Board works with all PEBB

medical plans to sponsor these screenings as part of your benefit.

Agencies are working with PEBB to host the screenings at worksites around the state now through december.

Check the PEBB Web site at www.oregon.gov/DAS/PEBB/ to find out when a screening will be held at your worksite and how to set up your appointment.

oregon.gov/das/pebb



Upcoming PEBB Meeting Topics

July 15

Board Meeting

Discuss member cost sharing
Publish 2009 premium rates
Self insurance presentation

July 8

Operations Subcommittee Meeting

Review 2007 utilization and financial data on medical plans

Public Comment

Board and committee meetings include a time slot for public comment. To see agendas and to sign up to provide comment refer to www.oregon.gov/das/members.shtml

Connect with your Benefit Board

pebb.connect@state.or.us

Voting members

Chair, Sue Nelson; Vice Chair, Rich Peppers; Peter Callero; Rocky King; Diane Lovell; Paul McKenna; Jeanene Smith; Bret West

Advisory Members: Rep. Tina Kotek; Sen. William Morrisette

Resources

oregon.gov/das/pebb

Question about your benefits?
inquiries.pebb@state.or.us

(503) 373-1102,

(800) 788-0520

Medical Plans

Kaiser Permanente my.kp.org/nw/pebb

Providence Choice providence.org/pebb

Regence BCBSO or.regence.com/pebb

Samaritan Select samaritanselect.com

VSP (Vision Service Plan) vsp.com

Mail-order Prescriptions

PPS ppsrx.com

Walgreens walgreenshealth.com

Dental Plans

Kaiser Permanente my.kp.org/nw/pebb

ODS odscompanies.com/pebb

Willamette Dental willamettedental.com

Optional Plans

Standard Insurance standard.com

UnumProvident unumprovident.com/enroll/pebb

Other Benefits

FSAs orpebb.asiflex.com

EAP cascadecenters.com (800) 433-2320

Good News about Your Benefits

During the June meeting, your Benefit Board voted to renew contracts with current benefit plans for 2009. This means you can continue your 2008 core benefit choices through next year.

Good News on Rates

Your healthcare premium rates will increase by about five percent next year. This is about half the increase for most employer-sponsored plans around Oregon and across the U.S.

Even Better News on Life Insurance

Your basic life insurance coverage will increase to \$25,000 in 2009, with the added premium cost covered by plan assets. The Board studied many options on making sure you benefit from life insurance reserves and cash-out. Increasing basic life coverage fits most criteria.

Basic life coverage is a guarantee issue. This means you will not have to provide a medical history or fill out any forms. The company cannot deny you this coverage, even if it turned you down in the past.

Look for More News this Fall

You can find details on all your choices for 2009 online this fall. PEBB will alert you through e-mail as Open Enrollment approaches in October.



Planning for Braces?

How to Use Your FSA

Many PEBB members use a flexible spending account (FSA) to help them pay for high-cost medical services not covered by their plan. They choose an amount that's deducted – tax free – from their pay each month, and submit a claim for reimbursement after they receive the service.

FSAs work differently for braces. Typically, you sign a contract with the orthodontist, make an initial payment and submit a claim for the initial reimbursement. Then, you pay the provider as treatment progresses and submit claims as you pay.

Contact ASIFlex for more information.