

THE CONNECTION

February 2008

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

Have it your way

With the PEBB newsletter's new design, you can read it your way.

Super-size it: legal-size paper.

Order to go: letter-size paper

On the side: Web version.



The eyes have it

For 2008, your Benefit Board increased the benefit amount for glasses, lenses and contacts to \$200 - up from \$165 in 2007.

VSP provides the eyecare benefit in the Regence, Providence and Samaritan plans (not offered in the part-time plans). In VSP, you must use the entire benefit amount at once; you cannot carry it over.

Kaiser Permanente provides the eyecare benefit for its members.

In general, the benefit, including a covered exam, is available to children (to age 17) every 12 months and members 17 and older every 24 months.

Coming soon

Help in deciding among back treatments

New diabetes support program in Lane County

Member survey results

Know Your Board

If a group of people made decisions about thousands of dollars worth of health coverage for you each year, would you want to know about the process and how you can have a say?

What is the Benefit Board?

Statute created the Board in 1999. It sets the Board's mission to provide high quality benefits that are affordable to the employer and employees. Voting members include four management and four labor representatives (see below). Two legislators serve as advisory members.

We welcome your input at all stages of the process.

*Diane Lovell,
PEBB Chair*

How does the Board "provide" benefits?

- Sets eligibility rules
- Designs the healthcare plans
- Solicits vendor proposals
- Evaluates the proposals
- Contracts with the vendors.

What's a "plan design?"

For healthcare plans, design means what is covered and at what level. This includes healthcare services along with deductible, co-pay and coinsurance amounts.

When does the Board decide on plans?

It usually decides in January to renew existing plans or look for new ones. It tries to pick new plans by early summer.

How can I learn about Board decisions? Read PEBB's e-mails and newsletters. Attend Board

meetings (second Tuesday of the month) or review the minutes on the Web.

What is the Board's current focus?

The Board is focused on:

- Medical Homes that offer the right care at the right time and place.
 - Plans designed around evidence-based healthcare
 - Support for employee wellness
 - Communicating about healthcare and your benefits.
- ### How can I provide input?
- Send e-mail to pebb.connect@state.or.us.
 - Provide comment at meetings.
 - Take PEBB's annual survey.

Connect with your Benefit Board
pebb.connect@state.or.us

Voting Members

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

Advisory Members

Rep Tina Kotek;
Sen. William Morrisette

<http://oregon.gov/das/pebb>

Do you need a checkup?

Remember back in the day, when everyone thought they needed an annual “physical?” Today, doctors target health exams based on your age, sex and risks. The **U.S. Preventive Services Task Force** recommends the following screenings for *most* adults.

Blood Pressure: at least every two years

Blood Glucose: clinical decision based on risks

Cancer Screenings:

- **Breast** - one to two years beginning at 40
- **Cervix** - one to three years no later than 21 to 65
- **Prostate** - clinical decision based on risks
- **Colon** - one to 10 years per test beginning at 50

Cholesterol: routinely for men at 35; women at 45

See more at www.ahrq.gov/clinic/uspstfix.html

Join the quit parade

In the last few years, more than 1,500 PEBB members got help to quit tobacco through Free & Clear. Why not you? Why not now? Check out the resources to help you (or a loved one) quit: <http://oregon.gov/DAS/PEBB/2008benefits/freeclear.shtml>.

Resources

PEBB: www.oregon.gov/das/pebb/
inquiries.pebb@state.or.us

(503) 373-1102, (800)788-0520

Flexible Spending Accounts: ASIFlex www.asiflex.com;
(800) 659 3035; claims fax (866) 381 9682

EAP: Cascade Centers: www.cascadecenters.com
(800) 433-2320

Medical Plans

Kaiser Permanente: my.kp.org/nw/pebb
(503) 813-2000, (800) 813-2000

Providence Choice: www.providence.org/pebb
(503) 574-7500, (800) 423-9470

Regence BCBSO: www.or.regence.com/pebb
(503) 220-3849, (800) 826-9813

Samaritan Select: www.samaritansselect.com
(541) 768-6900, (800) 569-4616

VSP (Vision Service Plan): www.vsp.com: (800) 877-7195

Mail-order Prescriptions

PPS: www.ppsrx.com (800) 552-6694

Walgreens: www.walgreenshealth.com (800) 797-3345

Dental Plans

Kaiser Permanente: my.kp.org/nw/pebb
(503) 813-2000, (800) 813-2000

ODS: www.odscompanies.com/pebb
(800) 452-1058

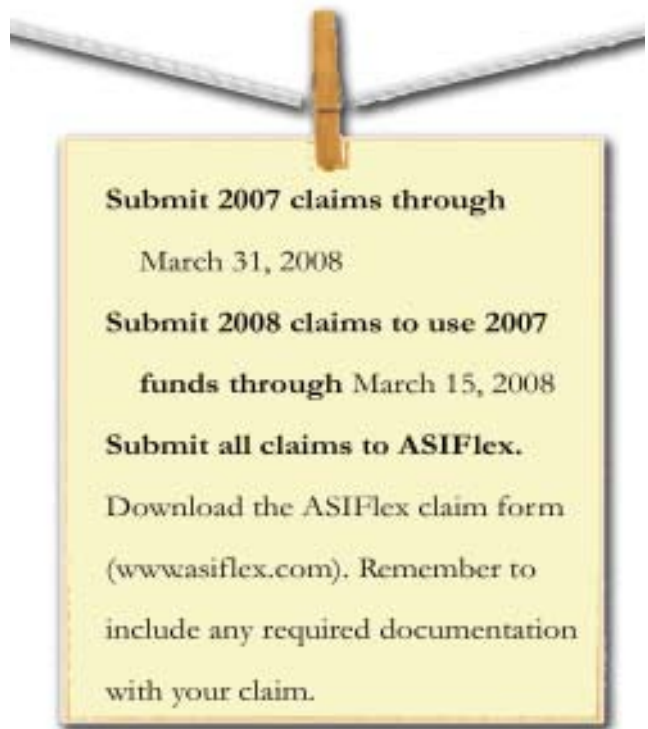
Willamette Dental: www.willamettedental.com
(800) 460-7644

Optional Plans

The Standard Insurance Company: www.standard.com
(800) 842-1707 (Disability)

UnumProvident: www.unumprovident.com/enroll/pebb
(800) 227-4165

Flexible spending accounts: clear out 2007 funds



Healthcare FSA debit card

If you signed up for a healthcare FSA for 2008, you should have received a debit-card application and a claim form in the mail from ASIFlex.

Complete the form and return it to ASIFlex. You should receive your debit card in a couple of weeks. You can use claim forms to request reimbursements in the meantime. See www.asiflex.com for information on where and how to use the card. You will need to call to activate your card with your two-digit birth month and date.

Ask your dentist what's right for you

PEBB plans cover dental exams every six months and routine cleanings at least once a year. Yet nearly one third of PEBB members don't even see their dentist each year.

Ask your dentist how often you should have an exam and cleanings. You may be eligible for cleanings up to four times per year.

Crowns cost you less

You'll pay less this year if you need to have a tooth crowned. Your coinsurance amount (the percentage you pay) went down from 50 percent to just 25 percent. Why the change?

- Crowns can help save teeth that may otherwise be lost.
- As we age, we tend to have more dental problems.
- Your Board wants to make sure this treatment is affordable.

