

The Connection

July 2009

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

Classic Caprese Salad



Ingredients:

- ½-1 pound fresh mozzarella
- 1 pound fresh tomatoes
- ¼ cup extra-virgin olive oil
- 2 Tbs balsamic vinegar
- Salt and pepper
- ¼ cup fresh basil leaves

Dry and slice cheese about ¼-inch thick. Slice tomatoes ¼ inch thick. Overlap cheese and tomato slices on a plate. Drizzle with olive oil and vinegar. Season to taste with salt and pepper. Scatter torn basil leaves over all.

NOW IN SEASON

Farmers markets are open all across the state. Check for schedules and locations at the [Oregon Farmers Market Association Web site](#).

Keep these tips in mind next time you head to your local farmers market:

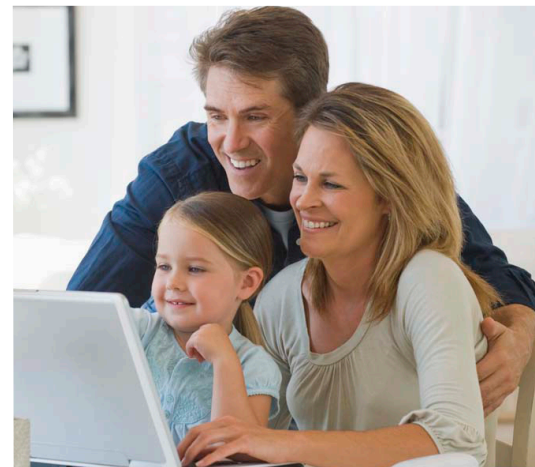
- Go early to get the best selection
- Plan your meals before you go
- Bring reusable bags
- Bring change
- Try new things
- Ask questions

Your Action Required

PEBB Open Enrollment, Oct. 1-31, 2009

All eligible employees must enroll online for a medical plan during Open Enrollment this fall. This includes employees who “opt out.”

When you enroll online, you can make sure your benefit record is correct and up to date. This will ensure your payroll deductions match your benefit choices and your choices align with PEBB eligibility rules.



PeBB.benefits, the online benefit system, makes the process quick and easy. Staff is working with agencies on processes for employees who don't have regular access to the Internet at work.

When you register or log in, the system will prompt you to

- Update your personal data, including your e-mail address
- Select a health plan (or enter other group coverage for opt-out)
- Enter information for family members you cover
- Choose or make changes to other benefits
- Save and print your updated benefit record

Stay Informed

You can log in any time to view your current benefits. If you haven't used the system yet, it's easy to register. Have your employee ID at hand (OR number, university ID or Benefit Number), go to <https://pebb.benefits.oregon.gov/members>, and follow the instructions.

If you have already registered but have forgotten your password, select “Forgot your user name/password?” in the registration box, and follow the instructions on the new screen.

PEBB updates members through e-mails, newsletters and the Web.

Check the Portal Page for news on 2010 healthcare plans; www.oregon.gov/das/pebb/StatewidePortalPage.page

oregon.gov/das/pebb

Free & Clear

You can enjoy a more active, healthy lifestyle when you quit tobacco for life!

Call the Quit for Life® Program today.

**1.866.QUIT.4.LIFE
(1.866.784.8454)**

Your Benefit Board makes sure you have full coverage for this tobacco cessation program.

Connect with Your Benefit Board

pebb.connect@state.or.us

Voting members

Suzanne Nelson, *Chair*
Rich Peppers, *Vice Chair*
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

inquiries.pebb@state.or.us

(503) 373-1102

Medical Plans

Kaiser Permanente
Providence Choice
Regence BCBSO
VSP (Vision Service Plan)

Mail-order Prescriptions

PPS
Walgreens

Dental Plans

Kaiser Permanente
ODS
Willamette Dental

Optional Plans

The Standard
UnumProvident

Other Benefits

FSA: ASIFlex
EAP: Cascade Centers

Weight Watchers Your Way

Choose your path to success.

What's your barrier to joining Weight Watchers? No worksite meeting? No group in your area? A maxed-out schedule?



Weight Watchers Online pulls down these barriers. It works for this member.

I joined because I had a pesky 10 pounds I wanted gone. I joined online — no meetings, no public weigh in. It was so easy. I lost 14 pounds and feel wonderful.

— *PEBB Member*

[Read about members' ongoing success](#)

[Share your own story](#)

[Enroll in Weight Watchers](#)

New Laws Affect PEBB

The Legislature passed two bills in June that affect your Benefit Board.

HB 2009 sets out plans and actions to reform healthcare in the state. The law moves PEBB into the Oregon Health Authority and guides how PEBB will support efforts on reform.

HB 2116 requires fully insured health insurance plans to pay a fee on premiums. It also requires PEBB to pay a one-percent fee on claims and administrative costs for its self-insured medical plans. The PEBB assessment is part of the premiums paid through agency budgets.

2010 Coverage Stays the Same

Your Benefit Board has made no changes to plan designs for 2010. Plan design means what is covered and at what level. Compare 2010 and 2009 plan designs using links from the Portal Page:

www.oregon.gov/sites/DAS/PEBB/StatewidePortalPage.page

