

Health Engagement

On the path to better health in 2012

INSIDE

Steps to a healthier,
more vital life with
Kaiser Permanente



Get started here

Go to my.kp.org/healthworks/nw/pebb.

Click on the bottom-left link.

Complete the health assessment by Feb. 15.

Complete two healthy lifestyle programs (PEBB calls them “e-lessons”) by July 15.

You’ll need your **kp.org** username and password to log on. If you aren’t yet registered, go to **kp.org/register** and follow the prompts.

It’s your health. You’re in control.

Congratulations! By electing to sign up for the Health Engagement Model (HEM) program, you have made a personal commitment to your health. HEM is part of the 2012 health plan designed by the Public Employees’ Benefit Board (PEBB) as one of many actions to improve health and help stem the rising costs of health care. It is available to PEBB members and their spouses or domestic partners.

Signing up for the Health Engagement Model means you will pay less in monthly deductions for health coverage — and you will have important tools for better health. As your health plan, Kaiser Permanente is here to support you on your path to success with:

- A confidential online health assessment through **kp.org**.
- Online health e-lessons.
- Tools for meeting any personal health goals you may have.

Assessment

The confidential online health assessment will help you identify ways to better manage your health. To avoid a higher health coverage deduction, PEBB members and spouses or domestic partners who signed up for HEM must complete their health assessment by **March 15**.

E-Lessons

Select two short e-lessons on your choice of topics. They can show you how to avoid or overcome bumps in the road ahead and boost your confidence that you can keep on track toward your goal. To avoid a higher health coverage deduction, PEBB members and spouses or domestic partners who signed up for HEM must complete two e-lessons by July 15.

It’s that easy!

Want to do more? There are other resources available. See “Your personal health goal” for more information.



Your personal health goal

At **kp.org** you can create a confidential plan and set your own milestones. Keep track of your blood pressure, cholesterol, blood sugar, diet, exercise or anything you want to monitor. Your PEBB benefits also give you a range of tools to start on a path toward a healthier, more vital life.

Weight management

If your goal is to lose or manage your weight, your plan covers Weight Watchers® for you and your spouse or domestic partner. Visit **my.kp.org/nw/pebb** and click Interested in joining Weight Watchers? You can also talk with a Health Coach by calling 503-286-6816 or 1-866-301-3866 (toll-free) and selecting option 2. Another option is our interactive weight management e-lesson available at **kp.org/balance**.

Tobacco cessation

If your goal is to quit tobacco, your plan covers a variety of options including Quit4Life, a proven program at **oregon.gov/DAS/PEBB/wellness**. You can also talk with a Health Coach by calling 503-286-6816 or 1-866-301-3866 (toll-free) and selecting option 2 to get started. Another option is our interactive smoking cessation e-lesson available at **kp.org/breathe**.

Stress management

If your goal is to find healthy ways to deal with daily stress or alcohol or drugs, contact Cascade Centers, the employee assistance program. Call The Line at 1-800-433-2320.

Taking charge of important health decisions

It can be hard to know where to start when making important health decisions such as whether to have a surgery or how to plan for pregnancy. Online you will find Decision Guides to guide you, combining medical information with your personal values to make the decision that works best for you. Go to **members.kaiserpermanente.org/kpweb/healthency.do?hwid=share**.

Please note: *If a medical condition or disability makes it difficult for you or your spouse or domestic partner to complete your assessment or e-lessons, the individual may request an exemption.*



Your individual results are private unless you decide to share them.

Kaiser Permanente is committed to the privacy and confidentiality of your personal information, defined as Protected Health Information (PHI). This includes your responses to the health-related questions in the health assessment.

Kaiser Permanente follows all Health Insurance Portability and Accountability Act (HIPAA) privacy rules. Please view our complete privacy policy at **kp.org/privacy** or go to **kp.org** and click on Privacy Practices at the bottom of the page.

Neither your employer nor PEBB has access to any of your private health information. Through an online tool you have the option to share your health information with your provider if you choose.



Your progress

Seeing how far you've come can be a source of well-deserved pride and can keep you on track when your motivation flags.

Here are sources for trackers and logs you can use to record your progress.

Fitting in Fitness blog: fittingfitness.blogspot.com

Kaiser Permanente Thrive site: kp.org/thrive

Widgets — little desktop helpers for healthy living: kpwidgets.org

Your success

You deserve recognition for setting a health goal and trying to meet it. Share your success in an email to mystory.pebb@state.or.us.

See examples at www.oregon.gov/das/pebb/mystory.shtml.



If you have questions or need help, we are here to help.

Membership Services is your one-stop resource for any questions you may have.

Call us at 503-813-2000 or 1-800-813-2000, 8 a.m. to 6 p.m., Monday through Friday.

For TTY call 1-800-735-2900 and for language interpretation services, call 1-800-324-8010. You may also sign on to kp.org/myhealthmanager and email us.

Upon request, PEBB can provide this document in an alternative format.