

The Connection

December 2008

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

Clear out your 2008 FSA

Don't worry if you have dollars remaining in your 2008 flexible spending account at the start of 2009. You can still submit claims on your 2008 account in the beginning of 2009. See the ASIFlex Web page on the grace period, or call them if you have questions.



orpebb.asiflex.com/graceperiod.htm
(800) 659-3035

Looking for Fresh Perspectives

If you're new to a state job, we could use your input. PEBB is designing a Web section just for new employees. Use your insights to help others sort through the benefit selection process. Sign up on the PEBB web site: www.oregon.gov/das/pebb/champ.shtml

Share Your Success Stories

Choices we make on health often influence our finances. We're looking for success stories to help members make the connection between personal and fiscal health.

Have you saved on drug costs by switching to generics? Did a cancer screening save a life and life savings? If you quit tobacco, have you estimated how much you've saved?

Send your success stories to your Benefit Board with "success" in the subject line. pebb.connect@state.or.us



- Who?** You, as an employee enrolled in a Kaiser, Providence or Regence medical plan
- What?** No cost to participate in Weight Watchers®
- Where?** At meetings or online
- When?** Three-month segments January-November 2009
- Why?** Learn to stop dieting and start living. Attain and maintain a healthy weight.

How do I join?

Call your plan after Jan. 1, 2009, to get your access code.

Kaiser Portland (503) 286-6816, select Option #2; other areas (866) 301-3866, select Option #2.

Providence Portland (503) 574-7500; other areas (800) 878-4445

Regence Portland (503) 220-3849; other areas (800) 826-9813

To join a community group, call Weight Watchers (866) 454-2144. Give them your access code and ask for Local Meeting vouchers. Take a voucher to your first meeting.

To join online, call Weight Watchers (866) 454-2144. Give them your access code, and ask for the promotion code to register at www.mypowwr.com/downloads/pebb.pdf.

To join an At Work group, give the access code to the Meeting Leader in your worksite. To set up an At Work meeting with at least 15 participants, call Jan Krumrey at (800) 8-AT-WORK.

Why Weight Watchers®?

Your Benefit Board asked the plans to cover no-cost participation in a weight management program. The plans contracted with Weight Watchers® for a program that meets the Board criteria.

Why no cost?

In a recent survey, a majority of PEBB members reported they are overweight or obese. This puts them at risk for arthritis, diabetes and heart disease. Your Board wants you to have the support you need to live a healthier, happier life.

oregon.gov/das/pebb

Check your benefits



Your pay stub or statement accurately reflects all contributions and deductions for your benefits.

Check the first one you get for 2009 to make sure it shows the correct coverage for you and your family. If you see any errors, contact your agency payroll or benefits office as soon as possible.

Signs of Health

For 2009, PEBB offers agencies a new way to share health and benefits information – “benefit boards” for posting in high-traffic worksites.

PEBB is accepting agency proposals for benefit boards through Jan. 2, 2009. See details, including a photo, at <http://oregon.gov/das/pebb/agencydisplay.shtml>.

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 ppsr.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

Patient Safety Quiz

The state's Patient Safety Commission recently reported on adverse events in Oregon hospitals during 2007. Take the quiz to learn what this means to you.

“Retained object” means

- The patient took the bedpan when he left the hospital.
- The operating team left an object inside the patient.

“Wrong-site procedure” means

- The patient went to the wrong hospital.
- Hospital staff treated the wrong part of the patient's body.

“Medication error” means

- The patient forgot to take her aspirin.
- Someone gave the patient a very wrong dose or type of medicine.

“Adverse event” means – b in all the above.

Oregon hospitals reported 83 adverse events in 2007, including 50 retained objects.

This may be bad news, but it's also good news: *they reported.*

Almost all Oregon's acute-care hospitals now participate in this voluntary reporting program. Thirty-nine reported adverse events in 2007. They are working to make sure these errors become “never events.”

The commission set benchmarks for Oregon hospitals to

- Reduce the number of adverse events, including infections
- Create a culture of safety
- Empower patients to report safety concerns
- Get connected with electronic medical records

Read the commission's report.

<http://oregon.gov/OPSC/docs/Reports/Hospital-benchmark-report-111208.pdf>

See if your hospital participates.

www.oregon.gov/OPSC/docs/Hospital-Members-2008.pdf

Learn how you can make a hospital stay safer for you and your family.

www.oregon.gov/OPSC/docs/Information-for-Patients.pdf

