

# The Connection

June 2008

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

## ICED Raspberry Tea



2 cups raspberries  
Zest & juice of 1 orange  
3 Tbsp honey  
2 tea bags  
Lemon slices

Mash or puree raspberries. Rub through sieve to remove seeds. Bring zest, juice, honey and six cups of water to boil. Remove from heat, add tea and steep three minutes. Add to puree, mix and chill. Serve with lemon slice.

## Take A Walk

The simple act of walking has vast health benefits. Routine walking helps



**Manage your blood pressure.**

**Lose weight and gain strength.**

**Get rid of stress and boost your spirits.**

Taking that first step can be difficult. Here are a few tips to

remember when you start.

**Dress for it.** Wear comfortable shoes and protective clothing you can adjust for weather.

**Warm up.** Stretch and get warm.

**Pace yourself.** Use the talking test; if you can't hold a conversation because you're out of breath, slow down.

**Keep straight.** Bad posture can increase your likelihood of injury

**Keep track.** How far did you go? A pedometer can help you track your progress.

## Smooth Out the Knots

*Personal problems can tie you in knots. Cascade Centers, your employee assistance program (EAP) offers a full spectrum of no-cost solutions to help you smooth out emotional, legal or family tangles that can keep you from operating at your peak.*

### Your Emotional Wellbeing

You can call the EAP for a confidential talk with a professional counselor about any life issue. Even the most sensitive topics are just between the two of you. Call your EAP for help with

- Marital problems
- Alcohol or drug abuse
- Parent-child relationships
- Stress and anxiety
- Workplace conflicts

### You and the Law

Don't know where to start to deal with a legal issue? Contact your EAP. You can have a half-hour consultation with an EAP-network attorney at no cost. Typical topics include

- Consumer, personal and family law
- Taxes, wills and estate planning

If a half-hour isn't enough, you can get more time with the lawyer at 25 percent off normal hourly rates.



### Your Family

You always want the best for your family. The question is, what's best for their specific circumstances? Your EAP can search out the facts to help you make educated choices on

- School and childcare choices for your kids
- Alternative housing, home care and medical care options for aging parents

### What to Expect

When you call your EAP, a specially trained counselor will ask a few questions to determine your best course of action. From there, you'll work out a plan of "next steps" based on your individual needs.

Call Cascade Centers  
for free, professional,  
confidential help.  
**(800) 433-2320**

[oregon.gov/das/pebb](http://oregon.gov/das/pebb)

# Upcoming PEBB Meeting Topics

June 17

Review final 2009 rate proposals. Make final decisions on plan renewals.

## 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](http://www.oregon.gov/das/members.shtml)

## Connect with your Benefit Board

[pebb.connect@state.or.us](mailto:pebb.connect@state.or.us)

### Voting members

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

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

# Resources

[oregon.gov/das/pebb](http://oregon.gov/das/pebb)

Question about your benefits?  
[inquiries.pebb@state.or.us](mailto:inquiries.pebb@state.or.us)

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

## Medical Plans

Kaiser Permanente [my.kp.org/nw/pebb](http://my.kp.org/nw/pebb)

Providence Choice [providence.org/pebb](http://providence.org/pebb)

Regence BCBSO [or.regence.com/pebb](http://or.regence.com/pebb)

Samaritan Select [samaritanselect.com](http://samaritanselect.com)

VSP (Vision Service Plan) [vsp.com](http://vsp.com)

## Mail-order Prescriptions

PPS [ppsr.com](http://ppsr.com)

Walgreens [walgreenshealth.com](http://walgreenshealth.com)

## Dental Plans

Kaiser Permanente [my.kp.org/nw/pebb](http://my.kp.org/nw/pebb)

ODS [odscompanies.com/pebb](http://odscompanies.com/pebb)

Willamette Dental [willamettedental.com](http://willamettedental.com)

## Optional Plans

Standard Insurance [standard.com](http://standard.com)

UnumProvident [unumprovident.com/enroll/pebb](http://unumprovident.com/enroll/pebb)

## Other Benefits

FSA's [orpebb.asiflex.com](http://orpebb.asiflex.com)

EAP [cascadecenters.com](http://cascadecenters.com) (800) 433-2320

# More "firsts" for you in 2009

Your Benefit Board has added the following innovations to 2009 medical plans:

- No-cost screenings for breast, cervical and colorectal cancer
- No-cost generic drugs for heart disease, diabetes and depression
- Comprehensive quit-tobacco program in all medical plans, with prescription co-pays from \$10 to \$1
- No-cost access to nutritional counseling
- Weight-loss program

Look for details during Open Enrollment this fall.

## PEBB leads the way

*A snapshot of your Benefit Board's history of innovations*

