


# The Connection

November 2008

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

## Tamari Roast Hazelnuts



1 lb shelled Oregon hazelnuts  
¼ cup tamari  
2 Tbsp honey  
1 Tbsp powdered ginger

Toast hazelnuts in 400° oven. Combine tamari, honey and

ginger and boil over medium heat until reduced to syrup. Pour over nuts and stir well. Once toasted, remove from oven and stir frequently until cool. -Source: *Travel Oregon*

## The Great American Smokeout

Millions of smokers are going tobacco free on November 20. Join others in taking the first step and try quitting, even if it's just for a day. It's all about breaking the cycle. We can help.

**Quit for a day, Quit for Life. 1-866-QUIT-4-LIFE (1-866-784-8454)**

## Free Flu Clinics for Employees

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

Got a flu shot at work? Way to go! Make sure to protect your kids, too.

The national Centers for Disease Control recommends flu vaccination for all children from six months through 18 years old.

Contact your provider, or find a site in your community:  
[www.flucliniclocator.org](http://www.flucliniclocator.org).

## Answers to Questions After Open Enrollment

**How do I know if the changes I made online "took?"**

Log in to the online system, and select "View my current benefit selections." Check the effective dates. New enrollments will show "Cov.Eff.Date" of "1-1-2009."



**What do I do if my record doesn't show my changes?**

Contact your agency. Your agency can work with you to make corrections in November.

**When will the life insurance changes I made go into effect?**

Benefits for 2009 go into effect on Jan. 1, 2009, except for enrollment choices that require approval of medical history by the insurance plan. These go into effect the first of the month following plan approval (no earlier than Jan. 1).

**How will I know if my coverage increase was approved based on my medical history?**

The company will notify you. If you don't have a response by December, contact your agency for assistance with follow up.

**I just started working here this week; do I need to enroll for both 2008 and 2009 benefits?**

Only if you want different benefits in 2009. Enroll online for 2008 and 2009 benefits within your initial 60-day enrollment window.

**Can I still get a flexible spending account if I forgot to enroll?**

No, you can enroll for a flexible spending account only during Open Enrollment. If you experience a qualified status change (QSC) in 2009, you may be able to enroll because of that change. See the QSC matrix at [oregon.gov/das/pebb](http://oregon.gov/das/pebb).

**How do I get a debit card for my 2009 healthcare flexible spending account?**

Complete and return the debit card application. You should receive your card in a couple of weeks.

## Take the survey today

Once a year, your Benefit Board asks you and all PEBB members for feedback. Take 10 minutes of your time to help improve our services, and let us know what *you* want to know about your benefits and healthcare. Take the survey from the link on the PEBB home page.

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

# Free and Easy Screenings



Here's what your coworkers say about PEBB-sponsored free worksite health screenings.

"I was concerned about blood pressure. I found out that my blood pressure was fine, but my cholesterol was sky high. I have a follow up appt. with my Dr. Thank you for your assistance."

"I appreciate the ability to do this on the job site, so I didn't have to be away from my desk very long. The price was right too! I hope to make a few changes in my lifestyle to affect those issues that may cause harm!"

"Gave me good information and questions to ask my provider."

**Schedule your screening today.**

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

## Resources

[oregon.gov/das/pebb](http://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](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** [ppsrx.com](http://ppsrx.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

# Success Story

*Paul McKenna, a member of your Benefit Board, used a pedometer to keep track of the four-million steps he walked from September 2007 to September 2008.*

## **Q: Why did you start using a pedometer?**

I've been walking as my primary form of exercise for a few years now. Once I had a pedometer, I found that I liked getting "credit" for the steps that I did just going about my daily business, and started to systematically work towards the goal of 10,000 steps a day.

## **Q: How did you come up with your walking goal?**

On some days, I would get to 10,000 steps, but there was no consequence if I didn't get there. I decided that I needed a more long-term goal. Ten-thousand steps per day worked out to 3,650,000 steps per year. I decided to "round up" and set my goal for the 12-month period at four million steps, which worked out to about 11,000 steps per day.



## **Q: How did you keep track?**

I set up a spreadsheet on my computer and began tracking my steps on a daily and weekly basis. Every evening before I went to bed I would record my steps for the day in my daily planner. Every Monday I would enter the steps from the previous week in my computer and calculate my total for the week, plus my cumulative total for the year.

## **Q: How did you maintain your motivation?**

If I fell short on a given week, I was putting myself in a hole where I would need to do more steps in coming weeks than I could reasonably manage. This motivated me to get out and walk on a regular basis.

## **Q: Why did you choose walking for exercise?**

Walking during the workday gives me an opportunity to decompress and just feel good on a regular basis. My great loves in life are music and the outdoors, and walking gives an opportunity to pursue both these pastimes. I always bring my Walkman (I'm old-fashioned, no iPod) and some good music or Books on Tape. On weekends, my wife and I often take long walks or hikes together – I've located some great places to hike around Oregon. Walking regularly also keeps me in touch with the change of seasons and makes the cold, rainy months of winter much more bearable. It's really enhanced my overall sense of well-being in a major way.

## **Q: Now that you've met your goal, what's next?**

I want to stick with it. I've tentatively set my goal for 2008-09 at 3.5 million steps, which works out to about 9600 steps per day.