

Move Into 2009

September 2008

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

Keep In Touch

Confirm your contact information in your benefit record during Open Enrollment in October. Help us keep you up to date on your individual benefits throughout 2009.

Even if you're not making a benefit change in October, enter or confirm your state e-mail address along with your residence or postal address.

Success Story

Six years ago, I was 45 pounds overweight. I was trying all kinds of diets and getting frustrated because nothing seemed to work.

After reading an article on soft drinks, I decided to cut out all soft drinks and fancy coffees.

With just this one change, I lost 20 pounds in two months.

This encouraged me. I started eating more balanced meals, with each serving the size of my palm. I also started walking three times a week.

I am happy to say I lost the next 25 pounds, am at the weight I should be and am able to keep it there.

I have an occasional soft drink and fancy coffee. I have occasional snacks, but keep them to a minimal portion. Now I eat what I want – only in reasonable amounts – and am still maintaining my weight.

– PEBB Member

Have you made a change – big or small – that helps you feel better, work better, live better? Share your success with other PEBB members at mystory.pebb@state.or.us.

New For You Next Year



Prescription Savings

- No-cost generic drugs for asthma, depression, diabetes, heart disease and high cholesterol
- Kaiser generics continue at \$1
- Brand-name asthma inhaler at generic cost

Preventive Services

- No-cost screenings for breast, cervix, colon and prostate cancer on recommended schedules
- No-cost Free & Clear™ tobacco cessation program; access to low-cost “quit drugs”
- Four-per-lifetime sessions with registered dietician; four per year for those with chronic conditions or for medical weight loss
- No-cost participation in weight management program

Improved Vision Benefit

- \$200 *annual* benefit allowance
- Balance bankable in benefit period

Kaiser Dental

- No deductible
- Periodontal cleanings covered as routine cleanings

Samaritan Select

Samaritan Select will not be offered in 2009. Currently enrolled members will be automatically enrolled in the comparable Regence plan. You may enroll in Providence or Kaiser if you live or work in the service area.

Employee Life Insurance

More Basic Coverage

- Basic life coverage increases to \$25,000
- Automatic enrollment
- Agency pays premiums for \$5,000; PEBB assets pay premiums for \$20,000

Better Optional Coverage

- During this Open Enrollment only
- If you don't have optional employee life coverage, enroll for up to \$40,000 (in \$20,000 increments) without a medical history, even if denied before
- If you do have optional life, increase current coverage up to 50 percent (in \$20,000 increments) without a medical history

Higher Coverage Limit

- The maximum limit on optional employee life coverage increases to \$600,000 (available in \$20,000 increments)
- Medical history may be required
- Maximum limit for spouse or domestic partner coverage remains at \$400,000

Details online Sept. 15, 2008

oregon.gov/das/pebb

2009 Premium Rates

2009 Employee Medical Plan Monthly Premium Rates				
	Employees	Employee & Spouse/Partner	Employee & Children	Employee & Family
Kaiser Permanente HMO ¹	\$756.46	\$1,013.67	\$869.94	\$1,036.36
Kaiser Permanente Added Choice POS ¹	800.25	1,072.34	920.29	1,096.34
Providence Choice PPO ²	750.79	1,006.02	863.41	1,028.56
Regence BCBSO PPO ²	834.18	1,117.67	959.24	1,142.69
Kaiser Permanente Part-time & Retiree ³	640.38	858.11	736.43	877.32
Kaiser Added Choice Part-time & Retiree ³	647.45	867.58	744.57	887.01
Providence Choice Part-time & Retiree ³	593.49	795.27	682.52	813.08
Regence BCBSO Part-time & Retiree ⁴	662.68	887.91	762.05	907.81

¹ Kaiser Permanente HMO routine vision services
² Routine vision services through VSP
³ Vision exam only
⁴ No vision benefit

NOTE: The Samaritan Select medical plan will not be offered during 2009. Current Samaritan members will be automatically enrolled in the comparable plan through Regence BCBSO. Samaritan members may enroll in a Kaiser or Providence plan during Open Enrollment if they live or work (at least 50 percent of the time) in the plan's service area.

2009 Employee Dental Plan Monthly Premium Rates				
	Employees	Employee & Spouse/Partner	Employee & Children	Employee & Family
Kaiser Permanente	\$69.88	\$93.64	\$80.36	\$95.73
ODS Preferred	68.45	91.73	78.71	93.78
ODS Traditional	74.10	99.30	85.22	101.53
Willamette Dental Group	74.83	100.27	86.05	102.51
Kaiser Permanente Part-time & Retiree	52.09	69.80	59.90	71.37
ODS Part-time & Retiree	53.32	71.46	61.33	73.06

Have a Benefit Question?

Contact Member Services

For questions about your specific benefits, e-mail inquiries.pebb@state.or.us. A benefit analyst will respond within two business days.

Look It Up Online

Articles from past newsletters contain detailed answer to many questions submitted by PEBB members.

Browse the library:

oregon.gov/das/pebb/publications.shtml.

Connect with your Benefit Board

Provide input on your benefit program at pebb.connect@state.or.us

Voting members

Chair, Sue Nelson; Vice Chair, Rich Peppers; 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,
(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 ppsrx.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