

Move Into 2009

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

September 2008

Notice for Samaritan Select Members

Samaritan Select will not be offered in 2009. Currently enrolled members will be automatically enrolled in the comparable Regence plan.

If you live or work (at least 50% of the time) in the Kaiser Permanente or Providence Choice service area, you may enroll in that plan during Open Enrollment.

You will receive detailed information from Samaritan Select and PEBB during the first half of September.

Kaiser Dental Changes for 2009

For 2009, the Kaiser Dental plans will have no deductible. The plan will begin coverage with the first service.

In addition, periodontal cleanings will be covered the same as routine cleanings.

Open Enrollment

Oct. 1-31, 2008

**Details online Sept. 15
oregon.gov/das/pebb**

New For You Next Year



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

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 chronic conditions or medical weight loss
- No-cost weight loss program

Vision Benefit

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

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

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.

Keep In Touch With Your Benefits

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.

You can update this information at any time during the year. From the PEBB Web site, select "Manage Your Benefits" from the menu on the left.

Member 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.

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 samaritansselect.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

oregon.gov/das/pebb