

The Connection

November 2009

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

To Remedy Loss of Coverage

If you failed to enroll, you will have medical coverage in the employee-only tier of the Statewide Plan beginning Jan. 1, 2010.

If this means your dependents will lose coverage, you can remedy the loss by submitting a [Remedy form](#) to your agency no later than Dec. 31. This will add back coverage for current dependents who will continue to be eligible in 2010.

The [form](#) will not allow you to:

- Change medical plan
- Add coverage for a dependent not covered now
- Change dental plan or tier
- Opt out or provide evidence of other employer group coverage
- Add or change optional benefits, including a flexible spending account

Answers to Questions after Open Enrollment

How do I correct an enrollment error?

You may correct enrollment errors (such as enrolling in the wrong plan) by submitting an [Employee Enrollment form](#) within 30 days of receiving your first paystub or statement. Print “Open Enrollment Correction” on the top of the form and submit it to your agency.

How do I see my enrollment for 2010?

Review your benefit selections online. Go to <https://pebb.benefits.oregon.gov/members> and log in. Click “View my benefit elections.” Look for the effective date (“Eff. date”) for each benefit. Print a copy for your files.

Why doesn't my “opt out” show?

To opt out, you must give your agency evidence of your other employer group coverage within five days of enrolling. If you didn't, you failed to enroll in a medical plan, and you are now enrolled in the employee-only tier of the Statewide Plan for 2010.

Why don't I see coverage for my child in the 19-24 age range?

You must certify eligibility for a dependent in this age range during Open Enrollment. If you didn't, the child is not eligible for coverage next year.

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oregon.gov/das/pebb

Connect with Your Benefit Board

pebb.connect@state.or.us

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Answers to Questions after Open Enrollment

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Why don't I see coverage for my domestic partner by affidavit?

To cover a domestic partner by affidavit, your agency must have a copy of the [affidavit](#) within five days of your enrollment. If this is not the case, your domestic partner by affidavit is not eligible for coverage. This also applies to children of the domestic partner.

Why don't I see my increase in life insurance?

Increases require review of your [medical history](#) by The Standard Insurance Company. They will contact you after review. [Call The Standard](#) if you have questions.

May I make other changes now?

Outside of Open Enrollment, you may submit a [mid-year update form](#) to change benefits within 60 days of certain changes in eligibility. Eligibility changes usually relate to family or job changes. Examples are

- Marriage, divorce, termination of domestic partnership, childbirth, adoption
- A child age 19 to 24 becoming eligible
- A change from full-time to part-time job status, or vice versa

See the [midyear-change matrix](#) in the [Summary Plan Description](#).



Online Success

“Because of the WeightWatchers® Online program, I have been able to be accountable for what, how much, and when I eat.

Today is my first day back from 2.5 week Mexican vacation. Although I was not able to access a computer and record my food and activity points, I did record what I ate in a little notebook every day.

I weigh exactly what I weighed before I left for vacation . . .
The Online Plan is GREAT for me.”

— *PEBB Member*

**The weight management benefit in PEBB plans continues in 2010.
Look for details in the December newsletter.**

Annual Member Survey

Your Benefit Board seeks input. The [annual member survey](#) gives you a quick way to weigh in on the benefit program and share your thoughts with the Board.

It's easy, anonymous and online now through Dec. 15 on the PEBB Web site.

Employees without Internet access should ask their agency for a paper copy.

Resources

oregon.gov/das/pebb
inquiries.pebb@state.or.us
(503) 373-1102

Current Medical Plans

Kaiser Permanente
Providence Choice
Regence BCBSO
VSP (Vision Service Plan)

Mail-order Prescriptions

PPS
Walgreens

Current Dental Plans

Kaiser Permanente
ODS
Willamette Dental

Optional Plans

The Standard
UnumProvident

Other Benefits

FSA: ASIFlex
EAP: Cascade Centers

Your Personal Health & Wellness Library

You can create a personal, online library of health and wellness materials through the Oregon State Library. Here's a sample of some easy-to-read materials available now.



- ***Weight Loss for Food Lovers: Understanding Our Minds and Why We Sabotage Our Weight Loss***, by George Blair-West. Explains why too much self-discipline is a problem, and how we can keep favorite high-calorie foods in our diet and still lose weight.
- ***Deal with Stress: How to Take Control of Your Work***, by A&C Black. Practical solutions and advice on combating stress and reaching a good work-life balance.
- ***Staying Connected To Your Teenager: How To Keep Them Talking To You And How To Hear What They're Really Saying***, by Michael Riera. Advice and strategies to help frustrated parents reconnect with their teens and keep that connection.
- ***The Everything Easy Fitness Book: Lose Weight, Build Strength, and Feel Energized***, by Donna Raskin. A simple approach to fitness you can use to tone up, lose weight, and look and feel great.

Here's how to build your own library of Books 24x7. Register and log in at <http://library.state.or.us>. Click the "Research Tools" tab on the left. Select "B" from the database tabs. Click on "Books 24 x 7," and have fun browsing.

Healthy Sharing Basket

Does a spread of cookies, cakes and donuts at work sabotage your healthy intentions? Try replacing the junk food with a "healthy sharing basket."

This one lets office mates share in-season fruits and veggies along with whole-grain snacks, dried fruits and nuts.

