

The Connection

October 2009

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

What if I...

Forgot my log-in info?

Select "Forgot User Name/ Password?" and follow the prompts. [Watch a short video.](#)

Get "locked out" of the online system?

Call (503) 373-1102 Mon.- Fri., 8 a.m.-5 p.m. You may have to wait for a while. PEBB will not be available Oct. 16, a mandatory furlough day.

Don't have access to the online system?

Ask your agency for a form. Submit the completed form to your agency by Oct. 31.

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Open Enrollment Oct. 1-31, 2009

You Must

Enroll in a 2010 medical plan.

If you don't, PEBB will enroll you in the employee-only tier of the Statewide Plan beginning Jan. 1, 2010. This means coverage for your dependents will end on that date.

Enroll in a 2010 medical plan even if you:

- Opt out of PEBB medical coverage
- Want to continue in the Kaiser HMO or Providence Choice plan in 2010
- Don't cover dependents

Provide proof of other employer group coverage to opt out.

You must have evidence of the other coverage on file with your agency within five days of enrolling or your opt-out enrollment will end retroactive to the effective date, and PEBB will enroll you in the employee-only tier of the Statewide Plan.

File an affidavit to cover a domestic partner or child by affidavit.

You must have the affidavit on file with your agency within five days of enrolling or the coverage will end retroactive to the effective date.

Certify eligibility for dependents age 19 to 24.

If you don't, coverage for these dependents will end Jan. 1, 2010.

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oregon.gov/das/pebb

Regional Meetings with PEBB's Medical Plans

Plan to attend a meeting in your area with representatives from PEBB's 2010 medical plans. Learn how their plans work for members. Representatives from Kaiser Permanente and Providence Health Plans will attend in Salem and Portland. Providence will be at meetings in other cities.

All times are 5:30-7 p.m. for the following dates and locations.

- **Portland:** Oct. 5 & 12; SEIU, 6401 SE Foster Rd
- **Salem:** Oct. 6 & 13; SEIU, 1730 Commercial St SE
- **Beaverton:** Oct. 9; Hilton Garden Inn, 15520 Gateway Ct.
- **Eugene:** Oct. 14; U of O, Knight Library Browsing Room
- **La Grande:** Oct. 16; EOU, room TBA
- **Ashland:** Oct. 20; SOU, room TBA
- **Klamath Falls:** Oct. 21; OIT, room TBA
- **Ontario:** TBA

Send questions on eligibility and PEBB benefits to inquiries.pebb@state.or.us.

Connect with Your Benefit Board

pebb.connect@state.or.us

Voting members

Suzanne Hoffman, Chair

Rich Peppers, Vice Chair

Peter Callero

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Diane Lovell

Paul McKenna

Jeanene Smith

Bret West

Advisory Members

Rep. Tina Kotek

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Open Enrollment

Oct. 1-31

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Enroll in a flexible spending account if you want one in 2010.

These are annual tax accounts that require annual enrollment. Enrollment in 2009 does not roll forward.

Go to <https://pebb.benefits.oregon.gov/members> to

- Log in
- Authorize deductions and certify your information
- Update your personal information
- Update dependent information
- Certify dependents age 19 to 24
- Enroll in a medical plan, which includes opt out
- Change dental plan or tier, if you wish
- Enroll in or change optional benefits
- Enroll in an annual flexible spending account
- Certify your enrollment; save, print and log out

Need help with the online system? [Watch a short video.](#)

Stay Informed about Flu

Keep up with information on H1N1 and seasonal flu, and take simple common-sense steps to keep yourself healthy and prevent the spread of flu.

1. Get a flu shot. Check the schedule of PEBB- sponsored flu-shot clinics with seasonal flue vaccine at: www.oregon.gov/das/pebb/flushots.shtml
2. Avoid transmission. Cover coughs and sneezes, and wash your hands.
3. Maintain healthy habits. Eat well, sleep well and exercise often.

Other resources on the flu:

- www.flu.oregon.gov
- www.cdc.gov/flu

EAP Services Change

PEBB's contract with Cascade Centers for the employee assistance program (EAP) no longer includes the Personal Advantage Web site.

The EAP continues to offer confidential, one-on-one counseling with trained professionals to help with home, work and family issues.

When you need help, call The Line at (800) 433-2320. Learn more on PEBB's Web site at www.oregon.gov/DAS/PEBB/EAP.shtml.

Need more information

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Go to oregon.gov/das/pebb

- Summary Plan Description
- 2010 Benefit Program
- Portal Page with Updates
- Links to Plans
- Plan Comparisons
- Premium Rates
- Calculations
- Forms
- Newsletters



Open Enrollment Q&A

What are my medical plan choices?

That depends on where you live or work:

- Kaiser Permanente HMO, plan's service area
- PEBB's Statewide Plan (administered by Providence), all areas
- Providence Choice, Portland Metro

Where can I get information on the medical plans?

See the plans' Web sites:

- Kaiser Permanente my.kp.org/nw/pebb/benefits.html
- PEBB's Statewide Plan (administered by Providence) www.providence.org/healthplans/pebb/
- Providence Choice www.providence.org/healthplans/pebb/choice.aspx

Compare coverage and costs: www.oregon.gov/DAS/PEBB/2010Benefits/2010MedicalComparison.shtml

See the set of questions and answers on the Portal Page: www.oregon.gov/DAS/PEBB/2010Benefits/HealthplanQA.shtml

Do I have to enroll in dental?

No. Your current choice will roll forward.

Do I have to re-enroll in life and disability?

No. Your current choices will roll forward. Changes may require a medical history.

Do I have to re-enroll in a flexible spending account?

Yes, if you want one in 2010. These are annual, tax accounts. You enroll during Open Enrollment if you want one next year.

Can I change my beneficiaries?

Yes. You can change your beneficiaries any time.

Can I make changes throughout Open Enrollment?

Yes. Enroll online as often as you want until midnight, Oct. 31. The system will step you through the entire process each time.

Can I make benefit changes any other time?

Outside of Open Enrollment, you may make changes only within 60 days of certain changes in [eligibility](#).