

Oregon Military Department's



Stay Well Newsletter

October 2008

Welcome to our Agency's quarterly Health and Wellness Newsletter. The goal of this newsletter is to provide you with health and wellness information and tips on a quarterly basis. As the agency's Health and Wellness Coordinator, I encourage you to participate by providing me with topics or ideas you may have as they relate to Health and Wellness. I will try to share some of that information with other employees within our agency through this link. You can contact me at 503-584-3581 or email me at Robin.M.Webb@mil.state.or.us.

UP COMING & CURRENT EVENTS

Health, Wellness & Job Fair - The Oregon Military Department is hosting two free Health, Wellness and Job Fair's in January 2009. Both of these events are FREE and open to the public.

The first Fair will be held at Camp Withycombe in Clackamas on Tuesday, January 20th from 8:00 am to 4:00 pm. The second Fair will be held in Salem on Saturday, January 31, 2009 from 8:00 am to 5:00 pm and Sunday, February 1st from 10:00 am to 5:00 pm at the Salem Auditorium.

Both fairs will offer job booths represented by several State Agencies and also the Federal Human Resource Office. There will also be representatives from various companies or businesses that relate to Health and Wellness. Some of the free services that will be provided are chair massages, chiropractic spinal scans, body mass index (BMI), blood pressure checks, etc. There will also be door prizes given away.

Further details will be provided in the near future.

Global Corporate Challenge – The Global Corporate Challenge ran from May 22nd to September 23rd. As you may recall, this program consisted of a team of 7 members and was a “Walk Around the World” program. The seven members were Robin Webb, AGP; Steve Petit, AGP; Paul Geck, AGP, Theresa Klopfenstein, AGC; Mike Wilson, AGI; Paula Cilia, USPFO; and Robert Garcia, K-Falls. Our team walked a total of 9,647,359 steps or 3,934 miles.

Be Well, Live Long!

Wellness means not being sick and preventing diseases like heart disease, high blood pressure, and cancer. It also means making good decisions. The choices you make each day will help you stay healthy. A focus on wellness helps you:

- ✓ Prevent illness and disease
- ✓ Reduce medical bills
- ✓ Feel more energetic
- ✓ Look better
- ✓ Live a longer, happier life

Six Components of a Healthy Life

We all have different ideas about what makes for a good life, but if you want to live the good life in terms of health, here are the basics that apply to everyone.

1. Proper nutrition – A healthful diet contains foods from all the food groups; fruits and vegetables, whole grains in bread and cereal, fat-free or low-fat milk products, and protein in lean meats, poultry, fish, beans, and eggs. A healthful diet is also low in saturated fat, Trans fat, cholesterol, salt, and added sugar. Proper nutrition helps you reduce the risk of disease, maintain a healthful weight, be more energetic, and look and feel better.
2. Regular activity – For many people, getting enough exercise requires extra effort. Pick an activity you enjoy, and participate several times a week.
3. Enough rest – Develop a routine that helps you relax for a good night’s sleep.
4. Preventive health care – See your doctor, your dentist and eye doctor for regular checkups, not just when you’re sick. And if you work in a noisy environment, get your hearing checked annually as well.
5. Positive attitude – Maintain an upbeat attitude about your work and personal life because your attitude affects both your physical and emotional health.
6. Sense of balance – A well-balanced life also helps promote wellness so try to balance work, family and personal life. Give yourself a little time each day to relax and do something you enjoy.

Wellness Don'ts

Along with the things you should do to promote wellness in your life, there are a couple of things you should not do.

- ✓ Smoke – Smoking is the major cause of lung cancer. Smoking can also lead to heart disease, stroke, and emphysema. When you stop smoking you reduce your risk of illness and disease almost immediately. Within a few years after quitting, your risk of a heart attack and lung cancer is reduced by 50%. When you stop smoking you feel better, have more energy, breathe easier and have all the money you’re currently spending on smoking to spend on other, better things. Millions of Americans have quit smoking – you can, too!
- ✓ Abuse alcohol and drugs – Alcohol and drug abuse also lead to serious and often life-threatening disease. In addition, substance abuse can cause emotional turmoil and wreck a person’s life. Work, family, friends, money, home and health can all go down the drain when a person becomes addicted to alcohol or drugs. If you want to stay healthy drink in moderation if at all, follow doctor’s orders when taking prescription medications, be careful with over the counter drugs and choose not to use any illegal drugs.

What's New With Your Health Benefits for 2009?

Medical

Save on Prescriptions

The plans will cover certain generic drugs for diabetes, heart disease, asthma and other chronic conditions at no cost. Kaiser will continue to cover generics for a \$1 copay. Providence Choice will also fully cover certain brand-name drugs for some of these conditions. To view a current list of all medications that are available to PEBB members at no copay through Providence and Regence, go to <http://pebb.das.state.or.us/DAS/PEBB/2009Benefits/NoCostGenerics.shtml>

Cancer Screens for Free

All the medical plans will cover screenings at no cost for cancer of the breast, cervix, colon and prostate on recommended schedules.

Lose Weight with a Plan

All the medical plans will reimburse members for successful participation in a commercial weight management program.

Eat Better to Live Better

Learn how to eat better through covered sessions with a registered dietitian. The Regence and Providence plans will cover up to four sessions per lifetime at your choice and up to four per year for chronic conditions and medical weight management. Kaiser already covers these services when prescribed. You can view a list of chronic conditions that qualify you for four visits of nutritional counseling per year at <http://pebb.das.state.or.us/DAS/PEBB/2009Benefits/MedicalQA.shtml>

Get No- Cost Help To Quit

All the plans fully cover the Free & Clear[™] tobacco cessation program. The program covers online and phone counseling, free patches or gum, and certain prescription drugs at low cost.

Samaritan Select

Samaritan Select will not be offered for 2009. Current Samaritan members will be automatically enrolled in a comparable Regence plan beginning Jan. 1. If you live or work (at least 50 percent of the time) in the Kaiser Permanente or Providence Choice service area you may enroll in those plans for 2009.

VSP Vision

You get vision benefits more often. VSP vision plan will cover a routine exam every 12 months, no matter your age. Plus, you get a \$200 benefit every 12 months to use for lenses and frames or contacts. If you don't use the whole benefit at once, you can bank the balance to use later during the 12 months.

Kaiser Dental

In the Kaiser dental plan, you won't have a deductible before the plan starts paying benefits. Periodontal cleanings will be covered the same as routine dental cleanings.

Employee Life

More Basic Coverage

Your basic life coverage – the life insurance you get automatically as a state employee – increases to \$25,000. You don't need to enroll or pay a premium. Your agency pays premiums for the first \$5,000; PEBB pays for \$20,000.

CASCADE EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Employer Assistance Program (EAP) is a free confidential benefit that can assist you with problems that interfere with your day to day activities. This confidential service provides telephone contact and/or in-person sessions. There is no charge to you or your eligible family members. Types of services EAP offers are marital conflict; interpersonal relationship problems; conflict at work; financial, legal, consumer concerns; child care, elder care; depression or anxiety; career changes; stress management; family relationships; grieving a loss; personal decision making; referrals to community resources and information on alcohol and drug abuse. You can contact them in Portland at 503-639-3009; Salem/Keizer at 503-588-0777 or all other areas 1-800-433-2320. You can also contact them on the web at www.cascadecenter.com

DID YOU KNOW?

Massage Benefits

Did you know massage provides tremendous therapeutic benefits? Scientific research shows that massage reduces heart rate, lowers blood pressure, relaxes muscles and improves range of motion. Massage complements traditional health care by soothing a number of ailments such as stress, arthritis, hyperactivity, backaches, and headaches. Massage also helps you to relax, reduce stress, relieve pain, ease neck, shoulder and back pain, lower anxiety, stimulate immune system, brighten mood, increase circulation, reverse the effects of stress, and sleep better. It can also help you overcome stress related headaches, insomnia, carpal tunnel, sciatica, bell's palsy, migraine's, and temporomandibular joint disorders.

According to a national survey, 54% of primary care physician's and family practitioners would encourage their patients to pursue massage therapy as a treatment. Persons surveyed over the last three years say when they discuss therapeutic massage with their physicians, more than 70% responded favorably.

To learn more about massages and their benefits or set up an appointment, contact Kimberly Geck at 503-910-4453.

Chocolate Facts

Did you know U.S. chocolate manufacturers use about 3.5 million pounds of whole milk every day to make chocolate? The melting point of cocoa butter is just below human body temperature (98.6 degrees F) which is why it literally melts in your mouth.

October is National Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among women in the United States. If you're a woman, talk to your doctor about getting a mammogram.

Risk Factors

No one knows the exact causes of breast cancer. Doctors often cannot explain why one woman develops breast cancer and another does not. They do know that bumping, bruising, or touching the breast does not cause cancer, and breast cancer is not contagious. You cannot "catch" it from another person.

Research has shown that women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of developing a disease.

For more information visit the National Cancer Institutes website at <http://www.cancer.gov/cancertopics/wyntk/breast/page4/>



**“I’m going to order a broiled skinless chicken breast,
but I want you to bring me lasagna and
garlic bread by mistake.”**

BENEFIT RESOURCES

Oregon.gov/das/pebb
Questions about your benefits?

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

Regency BCBSO: or.regence.com/pebb

Samaritan Select: samaritanselect.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