

Oregon Military Department's



Stay Well Newsletter

October 2011

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. Also, check out our Health and Wellness page on the AGP website at <http://www.oregon.gov/OMD/AGP/health.shtml>

You can also contact me at 503-584-3581 or email me at Robin.M.Webb@mil.state.or.us.

UP COMING & CURRENT EVENTS

Up Coming Events



The next Safety & Health/Wellness Fair will be held on January 20, 2012 (Friday) at the Salem Auditorium located at 2310 17th St NE, Salem. This event will run from 10:00 AM to 4:00 PM and is **FREE and OPEN TO THE PUBLIC**. More information will be forthcoming as this event gets closer.

For more information, contact Robin Webb at 503-584-3581 or by email at robin.m.webb@mil.state.or.us

Open Enrollment for State Employees

This year the Public Employees Benefit Board (PEBB) has moved open enrollment to October 15th through November 15th. It is also mandatory that you sign into your PEBB.Benefits account to enroll into your 2012 insurance benefits. The website link is <https://pebb.benefits.oregon.gov> If you have questions regarding eligibility or enrollment you can contact PEBB by email at inquiries.pebb@state.or.us or by telephone at 503-373-1102. Their hours are Mon – Friday from 9:00 AM to Noon and 1:00 PM to 5:00 PM.

Safety & Health Trivia Game



Watch your emails for the next Safety & Health Trivia game in November/December. You could be the next winner of our \$25 Gift Card. More details to follow in the coming weeks.

Flu Shot Clinics

This year, GetAFluShot.com is once again offering flu shots for State employees. The cost to PEBB Members is free. For those who are not covered under PEBB, the cost per shot is \$30. To see a list of scheduled Flu Shot Clinics in your area, go to <http://pebb.das.state.or.us/DAS/PEBB/flushots.shtml>

Up Coming Training Opportunities



JOINT Training Classes (State, Federal & Contractors)

CPR/AED Training

There are two classes scheduled for CPR/AED Training. One is a recertification class for those of you whose CPR certification has expired within the last 12 months and the other for those of you who need a new certification. Both classes will be held at the Anderson Readiness Center (ARC) in room 114. The dates and times are as follows:

Location	Date	Time	Type of Class
ARC	October 26, 2011	9:00 to 11:00 AM	Recertification Class
ARC	November 2, 2011	8:00 to 5:00 PM	CPR Certification Class

Both classes are only open to the first 20 people who sign up. Therefore, if you are on the list and can not attend, please make sure you contact me so that someone else will have a slot.

American Red Cross

Are you looking for some training classes on First Aid/CPR/AED or Lifeguarding & Swimming, Caregiving & Babysitting or how to become a licensed training provider? Check out the American Red Cross Website at <http://www.redcross.org/en/takeaclass> to see what classes are available in your area.

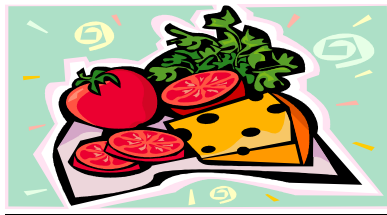
Salem Community Health Education Center

Check out the Salem Health Education Center for classes relating to Kids, Infant CPR, Cooking classes and more at <http://www.salemhealth.org/home.php#!chec.classes>

FEDERAL Training Classes

For current schedule of Federal Technician training, contact HR at 503-584-3839. For current schedule of training for AGR's, contact DCSOPS at 503-584-3617.

Current News Releases/Alerts



Keep up on current Consumer Product Safety (CPSC) recalls and advisories at <http://www.cpsc.gov/#> Here you will find all product safety recalls on items such as strollers, ladders, gel fuel, etc.

Keep up on current Public Health news releases and Advisories by checking out the Oregon Health Authorities website at <http://public.health.oregon.gov/NewsAdvisories/Pages/index.aspx> There you will find topics that may be of interest to you, such as Flu news, Product Safety recalls, Food Safety Alerts, etc. You can also sign up for free email alerts.

INFLUENZA VACCINE 2011-12

It's that time of the year again; here is what you need to know about Influenza (Flu).

1. Why get vaccinated?

Influenza ("flu") is a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Anyone can get influenza, but rates of infection are highest among children. For most people, symptoms last only a few days. They include:

- fever/chills • sore throat • muscle aches • fatigue
- cough • headache • runny or stuffy nose

Other illnesses can have the same symptoms and are often mistaken for influenza. Young children, people 65 and older, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease, or a weakened immune system – can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people die from influenza and even more require hospitalization.

By getting a flu vaccine you can protect yourself from influenza and may also avoid spreading influenza to others.

2. Inactivated influenza vaccine

There are two types of influenza vaccine:

1. **Inactivated** (killed) vaccine, the "flu shot," is given by injection with a needle.
2. **Live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement.*

A "high-dose" inactivated influenza vaccine is available for people 65 years of age and older. Ask your doctor for more information. Influenza viruses are always changing, so annual vaccination is recommended. Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year. Flu vaccine will not prevent disease from other viruses, including flu viruses not contained in the vaccine.

It takes up to 2 weeks for protection to develop after the shot. Protection lasts about a year.

Some inactivated influenza vaccine contains a preservative called thimerosal. Thimerosal-free influenza vaccine is available. Ask your doctor for more information.

3. Who should get inactivated influenza vaccine and when?

WHO

All people **6 months of age and older** should get a flu vaccine. Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months.

WHEN

Get the vaccine as soon as it is available. This should provide protection if the flu season comes early. You can get the vaccine as long as illness is occurring in your community. Influenza can occur at any time, but most influenza occurs from October through May. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December, or even later, will still be beneficial in most years.

Adults and older children need one dose of influenza vaccine each year. But some children younger than 9 years of age need two doses to be protected. Ask your doctor. Influenza vaccine may be given at the same time as other vaccines, including pneumococcal vaccine.

4. Some people should not get inactivated influenza vaccine or should wait.

- Tell your doctor if you have any severe (life-threatening) allergies, including a severe allergy to eggs. A severe allergy to any vaccine component may be a reason not to get the vaccine. Allergic reactions to influenza vaccine are rare.
- Tell your doctor if you ever had a severe reaction after a dose of influenza vaccine.
- Tell your doctor if you ever had Guillain-Barré Syndrome (a severe paralytic illness, also called GBS). Your doctor will help you decide whether the vaccine is recommended for you.
- People who are moderately or severely ill should usually wait until they recover before getting a flu vaccine. If you are ill, talk to your doctor about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

5. What are the risks from inactivated influenza vaccine?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine.

Mild problems: • soreness, redness, or swelling where the shot was given • hoarseness; sore, red or itchy eyes; cough • fever • aches • headache • itching • fatigue

If these problems occur, they usually begin soon after the shot and last 1-2 days.

Moderate problems: Young children who get inactivated flu vaccine and pneumococcal vaccine (PCV13) at the same time appear to be at increased risk for seizures caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting a flu vaccine has ever had a seizure.

Severe problems:

- Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, a type of inactivated influenza (swine flu) vaccine was associated with Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS. However, if there is a risk of GBS from current flu vaccines, it would be no more than 1 or 2 cases per million people vaccinated. This is much lower than the risk of severe influenza, which can be prevented by vaccination.

The safety of vaccines is always being monitored. For more info, visit: www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html and www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

6. What if there is a severe reaction?

What should I look for? Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do? • **Call** a doctor, or get the person to a doctor right away. • **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given. • **Ask** your doctor to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at www.vaers.hhs.gov, or by calling **1-800-822-7967**. *VAERS does not provide medical advice.*

7. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) was created in 1986. People who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382**, or visiting the VICP website at www.hrsa.gov/vaccinecompensation

8 How can I learn more?

- Ask your doctor. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC): Call **1-800-232-4636 (1-800-CDC-INFO)** or Visit CDC's website at www.cdc.gov/flu

FDA's New Food Group Icon



The Department of Agriculture (USDA) has replaced the former “Food Pyramid” with the new “My Plate” icon. This icon aims to help consumers make healthier food choices. “My Plate” focuses on fruit, vegetable grains, protein and dairy food groups, and also encourages consumers to fill half their plate with vegetables and fruits.

Check out their new website at www.ChooseMyPlate.gov which provides additional nutritional guidance as well as tips, recipes and sample diets. This site also includes interactive tools to help people manage their diets and track exercise and weight.

October is Breast Cancer Month



Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease—differing by individual, age group, and even the kinds of cells within the tumors themselves. Obviously no woman wants to receive this diagnosis, but hearing the words “breast cancer” doesn’t always mean an end. It can be the beginning of learning how to fight, getting the facts, and finding hope.

Women in the United States get breast cancer more than any other type of cancer except for skin cancer. It is second only to lung cancer as a cause of cancer death in women. Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 450 will die each year. The evaluation of men with breast masses is similar to that in women, including mammography.

While no one knows the exact causes of breast cancer, research has shown that women with certain risk factors are more likely than others to develop the disease.

RISK FACTORS

Risk factors for breast cancer include:

1. Age: Half of all women diagnosed are over age 65.
2. Weight: Being obese or overweight
3. Diet & Lifestyle: Lack of physical activity, a diet high in saturated fat, and alcoholic intake of more than two drinks per day.
4. Menstrual & Reproductive History: Early menstruation or late menopause, having your first child at an older age or not having given birth, or taking birth control pills for more than ten years if you are under 35.
5. Family & Personal History: A family history of breast cancer – particularly a mother, sister, or a personal history of breast cancer or benign (non-cancer) breast disease.

Medical & Other Factors:

Having dense breast tissue (often identified by a mammogram) or past radiation therapy to the breast or chest area. A history of hormone treatments—such as estrogen and progesterone, or gene changes— including BRCA1, BRCA2, and others.

While no one knows the exact causes of breast cancer, research has shown that women with certain risk factors are more likely than others to develop the disease.

Generally, early breast cancer does not cause pain. Even so, a woman should see her health care provider about breast pain or any other breast cancer symptoms that do not go away.

Breast Cancer Signs & SYMPTOMS

Common signs & symptoms of breast cancer include:

1. A change in how the breast or nipple feels
2. You may experience nipple tenderness or notice a lump or thickening in or near the breast or in the underarm area.
3. A change in how the breast or nipple looks. This could mean a change in the size or shape of the breast or a nipple that is turned slightly inward. In addition, the skin of the breast, areola or nipple may appear scaly, red or swollen or may have ridges or pitting that resembles the skin of an orange.
4. Nipple discharge

You can take control of your healthcare by developing an [early detection plan](#) and encouraging others to do the same. Remember—early detection saves lives!

Early Detection Plan

An Early Breast Cancer Detection Plan should include:

1. **Beginning at age 20:** Performing [breast self-exams](#) and looking for any [signs of change](#).
2. **Age 20 to 39:** Scheduling clinical breast exams every three years.
3. **By the age of 40:** Having a baseline mammogram and annual clinical breast exams.
4. **Ages 40 to 49:** Having a mammogram every one to two years depending on previous findings.
5. **Ages 50 and older:** Having a mammogram every year.
6. **All Ages:** Recording personal exams, mammograms and doctors' appointments on a calendar or in a detailed file. Maintaining a healthy weight, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.

For more information and tips on how to do a "Breast Self Exam", go to <http://www.nationalbreastcancer.org/about-breast-cancer/Breast-Self-Exam.aspx>

Fall Recipes



Will fall and the Holidays upon us, here are some hearty and healthy food recipes.

Twice Baked Potato Boats

Ingredients

- 4 large Idaho, Russet or Yukon Gold Potatoes
- 1-1/2 Cups cooked butternut squash
- ¼ c butter
- ¼ c vegetable broth (to desired consistency)
- ½ t cumin (optional)
- ½ t Salt
- ½ t Hungarian sweet paprika

Method

1. Bake potatoes in preheated 425 degree oven until soft - aprox 60 minutes
2. While potatoes are baking, peel squash and cut into small cubes and place in vegetable steamer, covered, over boiling water until soft - aprox 15 minutes
3. Remove potatoes from oven and cool slightly. Cut in half while still warm and gently scrape pulp from skin - leaving enough to hold shape of potato.
4. In mixing bowl combine potato and all other ingredients and mash until you have a creamy texture. Heap the potato-swash mixture into empty potato shells and sprinkle with paprika.
5. Place under broiler for 10 minutes to lightly brown.

Nutrition Facts

Serving Size: 2-3 Tbsp

Servings Per Recipe: **Yields:** 8

Amount Per Serving

Calories: 222 kcal

Fat: 6 gms

Cholesterol: 15 mg

Total Carbohydrates: 39 gms

Fiber: 6 gm

Protein: 5 gm

Sodium: 250 mg

Holiday Recipes



Spider Bites

Prep Time: 10 min
Inactive Prep Time: 5 min
Cook Time: 2 min
Level: Easy
Serves: 24 servings

Ingredients

- 1 (12-ounce) package semisweet morsels
- 1/2 cup creamy peanut butter
- 6 cups pretzel sticks



Directions

Place parchment paper on baking sheet; set aside. In a large glass microwave-safe bowl combine [chocolate chips](#) and peanut butter. [Melt](#) on high for 2 to 3 minutes. Remove and stir until smooth.

Stir in pretzel sticks. With clean hands grab pretzel sticks and drop on prepared baking sheet in clusters to look like spiders.

Place in freezer for 5 minutes or until to chocolate is hardened. Remove and serve.



Traditional Pumpkin Pie

Pumpkin pie is a traditional American holiday dessert. It consists of a pumpkin-based custard baked in a single pie shell. The pie is traditionally served with whipped cream.

Ingredients

- 2 cups (480ml) milk, scalded
- 2 cups (450g) pumpkin, cooked and strained (or plain canned pumpkin)
- 1 cup (240ml) maple syrup
- 1/8 cup (30g) sugar
- 1 Tbsp. flour
- ½ tsp. salt
- 1 tsp. ginger
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg (optional)
- 2 large eggs, beaten
- 1 unbaked nine-inch pie shell

Procedure

1. Preheat oven to 180 °C (350 °F).
2. Blend all ingredients, except the pie shell, together.
3. Pour into the unbaked pie shell.
4. Bake at 180 °C (350 °F) for 45 minutes.
5. Let cool and serve.

Notes, tips, and variations

This recipe replaces much of the sugar normally found in a pumpkin pie recipe with maple syrup. Use only real 100 percent maple syrup, not maple-flavored pancake syrup, as their sugar content is different. You can also use brown sugar instead of maple syrup.

Note substitutions, below.

Prepare the raw pumpkin by skinning and cutting into 1" cubes. Bake at 350 °F (180 °C) for an hour and then turn off the heat. Leave the pumpkin in the oven for another hour or two, this will reduce the moisture content. The pumpkin may also be steamed but may end up with too much moisture, resulting in a runny pie. A 10" (25cm)-diameter pumpkin will make 4 to 6 pies. The pumpkin may also be baked whole and skinned afterwards.

Pumpkin pie has no top crust, which makes most forms of decoration impossible, but for a more aesthetically-pleasing pie, put dollops of real whipped cream on each slice, or add a decorative rim to the side crust with artfully layered dough cut-outs, in the shape of fall leaves, squash or pumpkins.

Cascade Employee Assistance Program (EAP)



The Employee Assistance Program (EAP) is a free confidential benefit for state employees 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

October is... National Depression Awareness Month



Common causes:

Depressive illnesses can be caused or influenced by a number of factors including: life stresses, personality styles, biological components, situational and/or seasonal factors, life event transitions, low self-esteem, and/or physical changes in body (chemical imbalance or injury).

Common symptoms

- Significant weight loss or gain
- Waking in the middle of the night or early a.m. waking
- Concentration problems, forgetfulness
- Indecisiveness
- Increase in anger or tearfulness
- Cannot sit still, pacing, jumpiness
- Loss of appetite
- Food cravings especially carbohydrates and sweets
- Loss of interest in daily activities
- Thoughts of death, dying, and suicide

Your EAP can help

- Set up an appointment with an EAP professional to talk about causes of depression and coping techniques.
- Call for an over the phone depression screening and receive recommendations and/or resources.

It's easy to use

- Call Cascade EAP at 800-433-2320
- Email us at info@cascadecenter.com for more information

Food Day - October 24th



If Earth Day looks at the environment, what would Food Day involve? Well, of course, food, in all its breadth and depth. That's the hope of the Center for Science in the Public Interest, which has spearheaded an effort to designate Oct. 24 as a National day to consider not only what we eat, but also the policies behind those decisions and the people who grow and harvest.

"We try to create a National event that local groups can take advantage of," said director Michael Jacobson. You can find out what's planned around the Nation on an interactive map on the Food Day website (foodday.org). Around the country, schools are offering special menus, governors in several states are issuing proclamations, and a regional festival in Savannah, Ga., expects 15,000 attendees.

On board is a wide-ranging group of organizations that have supported the concept, from the American Culinary Federation and American Dietetic Association to the Jewish Community Centers Association of North America, to the Vegetarian Resource Group.

Food Day originated 36 years ago, when college campuses and churches were focused on hunger issues. But food as a subject didn't attract a substantive following in the mid-'70s. "Back then yogurt couldn't be found in a grocery store. Organic foods were the butt of jokes," said Jacobson. Even the U.S. dietary guidelines didn't come out until 1980.

"Now seemed like a good time to bring it back because there is so much more interest in nutrition, farmers markets, food deserts, agricultural subsidies," he said. "Things have changed tremendously, as reflected by the fact that many health departments across the country are taking advantage of Food Day."

What will you be cooking on Food Day? If you need recipes, check out foodday.org.

State of Oregon Charitable Fund Drive

This year the State's Charitable Fund Drive runs from September 1st through October 31st. Last year state workers gave more than \$1 million to almost 900 Oregon-based nonprofits during the Fund Drive. All donations collected this year from the Oregon Military Dept. will be given to the Susan G. Koman Foundation. This non-profit foundation has become the global leader in the breast cancer movement.

Here at JFHQ a kick-off is scheduled for Thursday, October 20, 2011 at 11:15 AM with a short presentation on the drill floor followed by a "potato bar" in the cafeteria. For \$5 you get a loaded baked potato, a salad and a drink. BG Caldwell will be auctioning off cakes and pies on the drill floor directly after the meal.

On November 2nd, there will be a "Chili Cook-off" at 11:30 AM in the JFHQ Cafeteria. For \$5 you will get a bowl of Chili, bread, salad, drink and desert. If you would like to enter your famous chili, you could win a fabulous prize. All diners will vote for their favorite, there will be a 1st, 2nd and 3rd prize given. After lunch come out to the drill floor and purchase 2 flat pieces of airplane-making paper for \$1.00 and launch it to the goal. If your plane lands the farthest, you win \$10 cash.

To see what events might be happening in your locations, here are the contacts: PANG, Robin Boren & Paul Looney; K-Falls, Barbara Pfeiffer; YCP, Karen Rawnsley; Camp Rilea, Lori Birman; Camp Withycombe, Steve Watt; and OEM, Cherie Cline.

Combined Federal Campaign

The Combined Federal Campaign runs from September 1st through December 15th this year. Pledges to this account are made by Federal civilian, postal and military donors and is used to support eligible non-profit organizations that provide health and human service benefits throughout the world. For more information please contact CPT Daniel Fay for JFHQ at 503-584-3889.

November is American Diabetes Month

With nearly 26 million children and adults in America living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act.

Become Involved in American Diabetes Month® 2011

November is American Diabetes Month, a time to rally individuals, communities and families to Join the MillionsSM in the movement to Stop Diabetes®. This year, the American Diabetes Association is asking individuals to take a pledge and raise their hand to Stop Diabetes.

Beginning November 1, the public can take action by taking the American Diabetes Month pledge on [Facebook](#).

Here are other ways you can become involved:

1. Attend an American Diabetes Month event in your [area](#)
2. Visit www.stopdiabetes.com
3. Call 1-800-DIABETES
4. Text JOIN to 69866 (standard data and message rates apply)

Diabetes Support Services 4th Anniversary and Health Fair

October 27th – 7:00 PM – First Presbyterian Church – 770 Chemeketa St. NE, Salem



Here is your opportunity to meet with 20, yes, 20, vendors of diabetic products and services. There are still a few that have not responded so there, so there may be more!

This program will include PowerPoint slide presentations on Diabetes and Sleep, Diabetes Warning Signs, Hidden Sugars, Our 4-Year Journey, and more. There will also be an informative video on what diabetes really is.

Vendors will be offering door prizes and samples, and the whole evening should be filled with excitement. Come, celebrate with us!!

For more information on this event, call Sondra Underberg, Diabetes Support Services at 503-585-1335 or email info@mypalsticky.com We look forward to seeing you.

PEBB Weight Loss Benefits

PEBB medical plans cover participation in **Weight Watchers®** for the principal subscriber.

[Click here](#) for the brochure that describes how to access the Weight Watchers benefit in 2011.



2011 Weight Watchers Eligibility

In 2011, the principal subscriber in a medical plan can join Weight Watchers® at no cost after a confidential health assessment is completed. A short video shows you how to register for and access the confidential, online health assessment.

Learn how to take your health assessment	
PEBB Statewide and Providence Choice	Kaiser Permanente
<ul style="list-style-type: none">• Register for an account on MyProvidence.org• Log In• Click "WebMD HealthQuotient"• Click "Take HealthQuotient Now"• Complete the Assessment• After three weeks, call Weight Watchers at 1-866-454-2144*	<ul style="list-style-type: none">• Register for an account on kp.org• Log In• Click "Health Manager"• Click "Total Health Assessment"• Click "Start Succeed Now"• Follow the instructions and complete the Assessment.• After three weeks, call Weight Watchers at 1-866-454-2144*

***If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath counties, call 1-800-651-6000.**

Watch the Video
How to do your health assessment

[Click here](#) to download the PDF.

State Employee Insurance Plans

<p><u>Public Employees' Benefit Board</u> 1225 Ferry St SE Salem, OR 97301</p>	<p>E-mail: Eligibility and Enrollment E-mail: Comments for the Board (503) 373-1102, fax (503) 373-1654</p>
	<p>Kaiser Permanente <i>(Medical and Vision)</i></p> <p>1-800-813-2000 Website</p>
	<p>Providence Health Plans <i>(Medical)</i></p> <p>1-800-423-9470 Website</p>
	<p>VSP <i>(Vision for Providence Choice and PEBB Statewide)</i></p> <p>1-800-877-7195 Website</p>
	<p>ODS <i>(Dental)</i></p> <p>1-800-452-1058 Website</p>
	<p>Willamette Dental <i>(Dental)</i></p> <p>1-800-460-7644 Website</p>
	<p>The Standard <i>(Life and Disability)</i></p> <p>1-800-242-1888; Disability 1-800-842-1707 Website</p>
	<p>UNUM <i>(Long Term Care Insurance)</i></p> <p>1-800-227-4165 Website</p>
	<p>Cascade Centers Inc. <i>(Employee Assistance Program)</i></p> <p>1-800-433-2320 Website</p>
	<p>BenefitHelp Solutions <i>(COBRA, Retiree and Self-pay participants)</i></p> <p>1-800-556-3137; Portland 503-765-3581 Website</p>



ASIFlex
(Flexible Spending Accounts)

1-800-659-3035 [Website](#)

Federal Employee Information

TriWest Health Care Alliance: For questions about enrollment, eligibility, benefits, authorizations and claims. Call: 1-888-TRIWEST (874-9378). Their hours of operation are Mon-Fri 8:00am - 6:00pm, All US Time Zones.
www.triwest.com

TRICARE: For questions about benefits, etc., you can call 1-800-600-9332 or go on line at <http://www.tricare.mil/contactus/>

PEBB Offers Improved Tobacco Cessation Benefits

The Quit For Life® Program has resources to help you, and your chances of quitting will be eight times greater than trying to quit on your own. Call 1.866.QUIT.4.LIFE (1-866-784-8454).



No matter which medical plan you're in, if you use tobacco, you have access to a complete support program to help you quit.

Your benefits include an expanded Quit for Life Program. If you're in a Kaiser, Providence, or the PEBB statewide plan, you have no-cost access to:

- Unlimited phone consultations with a trained quit coach who knows how tough it can be to quit
- Printed guides to help you plan and stick to your personalized quit program
- Private, online Web coaching
- Nicotine replacement therapy -- patch or gum -- sent right to your home

Prescription medications to help you quit

The Free and Clear benefit also covers medications your provider may prescribe to help you quit -- bupropion (generic form of Wellbutrin) and Chantix.

PEBB-covered quitting assistance through the Free & Clear Program

Medical Plan	Phone consults	Quit guide	Web coach	No-cost patch or gum	Co-pay for prescribed medication (co-pay in part-time plans)	
					Bupropion	Chantix
Kaiser Permanente*	Y	Y	Y	Y	\$1	\$5 (\$10)
PEBB Statewide	Y	Y	Y	Y	\$0	\$5 (\$10)
Providence Choice	Y	Y	Y	Y	\$0	\$5 (\$10)

***KAISER PERMANENTE MEMBERS:** Call the "Talk With a Health Coach" service at (503) 286-6816 or 1-866-301-3866 (toll free) and select option 2. They will guide you to your maximum benefits as a PEBB member in Kaiser Permanente.

All PEBB members -- employees and their eligible dependents 18 or older -- have access to the Quit for Life Program. Get in touch now for personalized, professional support every step of the way.

Call Toll-free: **1-866-QUIT-4-LIFE (784-8454)***, [Or enroll online](#).

The Great American Smoke Out – November 17th

The Great American Smokeout is an annual event in the United States to encourage Americans (of whom 45.8 million smoke) to quit tobacco smoking. This year the event is scheduled on November 17th. The American Cancer Society held its first Smokeout in 1977. The event challenges people not to smoke cigarettes for 24 hours, hoping their decision to quit will last forever.



How did this event get its start?

- In 1971, in Randolph, Massachusetts, Arthur P. Mullaney suggested people give up cigarettes for a day and donate the money to a local high school.
- In 1974, a "Don't Smoke Day" (or "D-Day") was promoted by Lynn R. Smith of the Monticello Times in Monticello, Minnesota.
- On November 18, 1976, the California Division of the American Cancer Society successfully prompted nearly one million smokers to quit for the day. That California event marked the first Smokeout.

For more information, please go to <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>

2011 Fitness Discounts

Here are some links to fitness discounts provided through both Providence and Kaiser health plans for state employees:

Medical Plan	Discounts
	<p>Kaiser Permanente offers fitness discounts to members through its contract with the CHP group. Members can also save money on nearly everything active, healthy and fun. Click here for CHP offerings.</p> <p>Member can find information on the corporate fitness discount on the CHP site: http://chpactiveandhealthy.com</p>
	<p>PEBB Statewide and Providence Choice plan members can access discounts to fitness clubs, yoga classes, pilates studio, cycling shops, and more through the LifeBalance Program.</p> <p>Members must identify themselves as LifeBalance members and show Providence Health Plan insurance card at participating location to receive discount.</p> <p>Go to: lifebalanceprogram.com or call 503-234-1375 or 1-888-754-5433</p>

Quarterly Funnies

10 Funny Health and Wellness Quotes

1. Muscles come and go; flab lasts. **Bill Vaughan**
2. All the things I really like to do are either illegal, immoral, or fattening. **Alexander Wolcott**
3. Be careful about reading health books. You may die of a misprint. **Mark Twain**
4. Health nuts are going to feel stupid someday, lying in hospitals dying of nothing. **Redd Foxx**
5. Quit worrying about your health. It'll go away. **Robert Orben**
6. A Hospital is no place to be sick. **Samuel Goldwyn**
7. My doctor told me to do something that made me slightly out of breath, so I started smoking again. **Jo Brand**
8. Never eat anything at one sitting that you can't lift. **Miss Piggy**
9. The word aerobics comes from two Greek words: aero, meaning "ability to," and bics, meaning "withstand tremendous boredom." **Dave Barry**
10. I went on a diet, swore off drinking and heavy eating, and in fourteen days I lost two weeks. **Joe E. Lewis**

