THE HEALTHY FUTURES INCENTIVE PROGRAM

Open Enrollment 2017
What is the Healthy Futures Program?

- Financial incentive to learn about your health and take actions to improve or maintain
- Easy and Optional
- Reduce OEPP medical plan deductible by $100/individual (up to $300/family)
  - Kaiser Plan 3, Moda Evergreen – reduce family deductible $200
  - Kaiser Plan 1 – reduced copays on select services
- Goals:
  - Improve member health
  - Reduce need for healthcare services
  - Contain costs
Participation Rules & Requirements

Four Simple Steps

- **Agree to participate** while making 2017-18 plan selections

- Complete your OEBB medical carrier’s online health assessment Aug. 15 – Oct. 15, 2017

- Take **two healthy actions** by August 15, 2018

- **Confirm** you took two actions during Open Enrollment 2018
Participation Rules & Requirements (cont’d)

• Enroll in an OEBB medical plan

• No more spouse/partner requirement
  ➢ Benefits-eligible employee completes steps, earns the incentive for the whole family

• Incentive takes effect October 1, 2017
  ➢ If health assessment not completed, incentive revoked
  ➢ If actions not reported, lose eligibility for next year
What to do this Open Enrollment

• If you received incentive for 2016-17:
  ➢ Report healthy actions in MyOEPP enrollment system

• To receive incentive for 2017-18:
  ➢ Agree to participate
  ➢ Enroll in OEBB medical plan (incentive automatic)
  ➢ Complete health assessment on your medical carrier’s website
    Aug.15 – Oct. 15, 2017
Health Assessment Details

• Complete online with your current medical carrier
  ➢ Kaiser - kp.org/tha
  ➢ Moda – MyModa.com
  ➢ Watch recorded demonstrations

• Responses confidential

• Skip questions if needed - still counts as complete
  ➢ More accurate details = more accurate results, better recommendations
  ➢ Blood pressure, cholesterol numbers helpful, not required
Health Assessment Tips

• Save copy of your completion page/certificate

• Letters will be mailed early Nov. to those who didn’t complete Aug. 15 – Oct. 15, 2017
  ➢ Incentive revoked retroactive to Oct. 1, 2017
Healthy Actions – What Counts?

- Anything that promotes good health
- Weight and tobacco use are priorities
- All areas of wellness
  - Physical
  - Emotional
  - Intellectual
  - Spiritual
  - Social
- No proof needed
Healthy Actions – Examples

- Increase amount/frequency of exercise
- Participate in a work or community wellness activity or event (charity walk/run, yoga class, team competition)
- Preventive care visits
- Health education – read online articles
- Mental health assistance (depression, substance abuse, relationship issues, financial counseling)
- Already doing great? Keep it up!
No-Cost Programs for OEBB Members

Click on “Wellness” on OEBB website: OEBBinfo.com

Examples:
- Weight Watchers
- MoodHelper – online depression management
- Quit For Life – tobacco cessation
- VLM and CCNO – diabetes prevention (online or in-person)
- Better Choices, Better Health – manage chronic conditions
- Healthy Team Healthy U – team-based activities
Review/Questions

Healthy Futures information online:
OEBBincentive.com

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