

Benefits News

Get to know your benefits

January 2024



MAKE 2024 YOUR YEAR OF WELLNESS

The new year is here. Opportunities await. Why not make 2024 the year when you prioritize your health and wellbeing?

Take advantage of the wellness benefits available through PEBB. You'll save money and feel better! In this issue, you can explore:

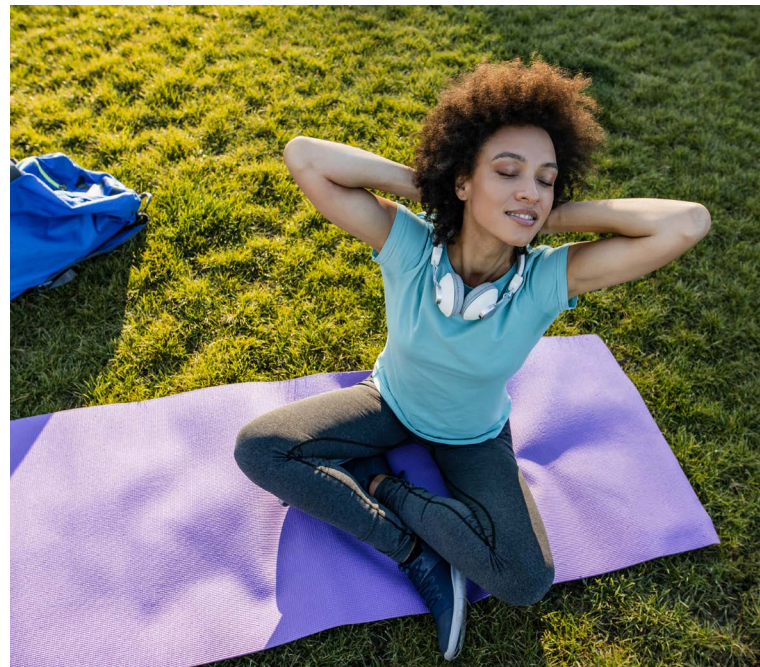
- [Great ways to improve your wellbeing through PEBB](#)
- [Walk With Ease program — provides education and motivation for safely exercising](#)
- [Support eye health with a rainbow bowl!](#)
- [PEBB at your service](#)

Great ways to improve your wellbeing

Want to join a gym or begin a meditation practice? Are finances causing stress?

Get assistance from PEBB's vendor partners! They offer free or low-cost resources designed to support your physical, emotional, and financial wellbeing.

- Each medical plan's offerings are summarized on [pages 2-5](#).
- Resources from PEBB's other vendor partners are listed [separately](#).



Wellness options at a glance



Physical Wellbeing

Support Areas	To participate, you must be enrolled in the corresponding medical plan.			These programs are included in every PEBB medical plan.
	<u>Kaiser</u>	<u>Moda</u>	<u>Providence</u>	
Personal health assessment	✓	✓	✓	
Personal health coach	✓	✓	✓	
Gym discounts, wellness perks	✓	✓	✓	<u>WeightWatchers</u>
Virtual workout classes	✓	✓	✓	
Programs to quit tobacco	✓	✓	✓	
Lifestyle programs (help developing healthy habits)	✓	✓	✓	<u>HealthyYou/WebMD</u> <u>WeightWatchers</u>
Physical therapy, pain management	✓	✓	✓	
Weight loss, nutrition planning support	✓	✓	✓	<u>WeightWatchers</u>
Fertility health support	✓	✓	✓	
Chronic condition education class	✓	✓	✓	
Diabetes prevention, prediabetes support	✓	✓	✓	<u>WeightWatchers</u>
Care management for conditions such as asthma, COPD, heart failure, and cancer	✓	✓	✓	



Emotional Wellbeing

Support Areas	To participate, you must be enrolled in the corresponding medical plan.			These programs are included in every PEBB medical plan.
	<u>Kaiser</u>	<u>Moda</u>	<u>Providence</u>	
Professional Support/Guided Care				
One-on-one counseling sessions	✓	✓	✓	
Virtual therapy, psychological telehealth	✓	✓	✓	
Eating disorder support	✓	✓	✓	
Addiction treatment	✓	✓	✓	
24/7 crisis counseling	✓	✓	✓	
Life coaching		✓	✓	
Self-Guided				
Guided meditation, CBT, mindfulness, and digital programs	✓	✓	✓	<u>WeightWatchers</u>
Mind & body health education classes	✓		✓	
Self-care apps, resources	✓	✓	✓	
Peer-to-Peer Support				
Peer-to-peer support groups	✓	✓	✓	

Support Areas	To participate, you must be enrolled in the corresponding medical plan.			These programs are included in every PEBB medical plan.
	<u>Kaiser</u>	<u>Moda</u>	<u>Providence</u>	
In-Network Supports				
Parenting support, adult/eldercare services	✓	✓	✓	
Resources for Autism Spectrum Disorder	✓	✓	✓	
Personal health coach	✓	✓	✓	
Education, self-assessments	✓	✓	✓	





Financial Wellbeing

Support Areas	To participate, you must be enrolled in the corresponding medical plan.			These programs are included in every PEBB medical plan.
	<u>Kaiser</u>	<u>Moda</u>	<u>Providence</u>	
Identity protection		✓	<u>Assist America</u>	
Travel assistance			<u>Assist America</u>	
Directory of community resources for necessities such as food and housing	✓	✓	✓	



Walk With Ease program — provides education and motivation for safely exercising



Ready to improve your overall health and/or reduce your arthritis pain? Try the Walk With Ease program—at **no cost to you**. Register for the [self-directed program](#) or search for [in-person groups](#) near you.



Source: Arthritis Foundation, 2023

Support eye health with a rainbow bowl



Try this hearty veggie and quinoa meal. It's easy to make and contains nutrients to keep your eyes healthy.

Simple Winter Rainbow Bowl

Prep time: 5 minutes | Cook time: 30 minutes | Servings: 1

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• 1 sweet potato, peeled and chopped• 1 turnip, peeled and chopped• ½ red onion, sliced in wedges• 1 tbsp olive oil• Salt + pepper	<ul style="list-style-type: none">• Preheat oven to 400°.• Combine the veggies in a large bowl. Add oil and seasonings, then stir to distribute evenly.• Spread veggies on a baking sheet. After 15 minutes, flip veggies, then continue roasting for another 10-15 minutes.• Veggies are ready when tender and can be easily pierced with a fork.
<ul style="list-style-type: none">• 4 tbsp olive oil• Juice of one lemon• 1 garlic clove, minced• Salt + pepper (again)	<ul style="list-style-type: none">• While veggies roast, whisk the dressing ingredients together.
<ul style="list-style-type: none">• 4 cups kale leaves, chopped• 2 tsp olive oil• 1 egg	<ul style="list-style-type: none">• When veggies are nearly done roasting, heat oil in a large skillet. Sauté kale until it starts to wilt, about 2 minutes. Push kale to the side of the pan and crack the egg into the opening. Fry it sunny-side up.
<ul style="list-style-type: none">• ½ cup cooked quinoa	<ul style="list-style-type: none">• Spoon quinoa into a bowl. Add the egg, kale, and roasted veggies; drizzle with dressing.

PEBB at your service

How does the Board choose vendor partners?

When it comes to choosing vendor partners for PEBB's benefit plans, the Board looks at these important factors:

1

ACCESS. The vendor partners must offer quality services in all areas where our members live and work.

2

COST. The price our vendor partners charge must be fair and in line with the competition. Their services must save PEBB time and work.

3

TRACK RECORD. The vendor partners must have a good reputation in the industry. They must have good ratings for quality, accuracy, reliability, efficiency, responsiveness, and customer service.

4

FEATURES. The vendor partners must offer modern and quality programs, tools, and resources to our members. Their website must be simple to use. It must be easy for our members to use their services. Wait times when calling customer service must be minimal.

5

COMMUNICATION. Messages the vendor partners send our members must be professional, honest, transparent, and easy to understand.

6

WELLNESS OFFERINGS. The vendor partners must offer a wide range of wellness programs that are easy for our members to access and use.

The Board's ultimate goal is to make sure that members — and PEBB — get their money's worth from each vendor partner.

PEBB Board meetings are held on the third Tuesday of the month and are open to the public. To learn more about upcoming meetings or to view recordings of past meetings, visit the [Public Meetings](#) page of the PEBB website.

Benefits Questions?

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