

## Reintroducing OEBB

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OEBB has been providing benefits for thousands of Oregon employees since 2008, but most of our members don't really understand who we are or what we do. So we'd like to reintroduce ourselves.

Our full name is the Oregon Educators Benefit Board, but our membership has expanded beyond just educators. We now serve many different public entities across Oregon, including cities, counties and special districts. So you can just call us OEBB (pronounced OH-ebb).

The purpose of our organization

is to unite these thousands of employees into one customer, leveraging our volume to get higher-value benefits at lower prices. By covering a large number of people all in one group, the risk is spread out and the average cost per person goes down.

The OEBB Board works with industry experts to select plans that will support members' health, hold carriers and providers accountable for outcomes, and provide affordable benefits and services.

OEBB staff then contract with the

selected insurance carriers and other vendors to provide those important benefits and services to all OEBB members – currently almost 150,000 people.

It may seem like we're a "big government agency", but our entire organization is just 20 employees, implementing the decisions of 12 board members.

We want to provide you and your family with the benefits you need, so you can focus on the important work you do. Together, we serve all our Oregon communities.

Thank you for your hard work and dedication, and for placing your trust in us.

Get to know us even better by visiting our website:

[Oregon.gov/OHA/OEBB](http://Oregon.gov/OHA/OEBB)

### Get to Know Your OEBB Board Chair: Nancy MacMorris-Adix

Since joining the OEBB Board in October 2012, Nancy MacMorris-Adix has served in a variety of positions, including Chair of the Strategies on Evidence and Outcomes Workgroup (SEOW), and she currently serves as OEBB Board Chair. She is proud of building a successful nurse-midwifery practice, Silverton Health Midwifery, which was nationally recognized in 2015 for being one of the top three practices for rate of natural childbirth.

As a health care provider and a school board member, Nancy understands many of the issues behind providing quality



Nancy MacMorris-Adix and her husband Bill

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health care as well as the need to control costs. “I enjoy the work of the SEOW Group,” she says.

“That group looks carefully at the data from the OEGB population (in aggregate, not individual claims) and evaluates the current medical evidence to assure the best care is available to OEGB members. An example of this is removing deductibles for services that are highly effective and removing co-pays for medications required for management of chronic health conditions.”

In her off-hours, Nancy likes to read, knit and hike. She is also an avid sports fan, and followed her favorite Iowa Hawkeyes to the Rose Bowl this past January.

In her role as an OEGB Board Member, she says, “I have been very impressed with the work of OEGB that focuses on what is best for members. I think it would be easy to slip into being focused entirely on saving money, but this Board has an enormous commitment to providing quality healthcare that is evidence-based and affordable for members.”



Read biographies of all the OEGB Board members online at: [Oregon.gov/OHA/OEGB/pages/OEGB-Board.aspx](http://Oregon.gov/OHA/OEGB/pages/OEGB-Board.aspx)

## Planning to Retire? Get Your Foundation in Place

As an OEGB member, you have access to retirement benefits until you become eligible for Medicare. However, the OEGB coverages you have in place on the date of your retirement determine what you can continue into retirement, so you’ll want to plan ahead. Here are a few details to consider.

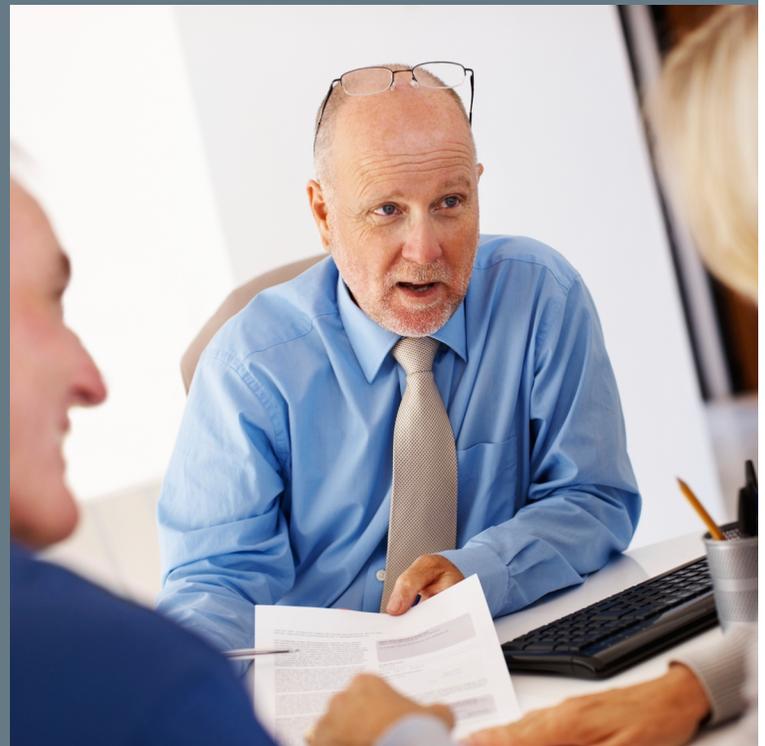
**Healthcare Plans.** Make sure you are enrolled in the medical, dental and/or vision plans you want to have in retirement during the Open Enrollment period prior to your retirement date. You cannot add or change plans at the time of retirement and you cannot add any type of benefit plan in which you were not previously enrolled without a qualifying event.

**Optional Plans.** You can maintain, decrease, or cancel optional coverages, such as life or AD&D, at the time of retirement, but you will not be able to increase these coverages once you retire.

**Dependents.** Make sure you are covering any eligible dependents you want to cover on your medical, dental and/or vision plans during the Open Enrollment period prior to your retirement date. Retirees are not able to add dependents during Open Enrollment, only with a **Qualified Status Change (QSC)** event, like marriage.

So if you’re planning to retire within the next year, make sure you use the next Open Enrollment period to get a solid foundation in place!

Learn more about OEGB retirement benefits at: [Oregon.gov/OHA/OEGB/pages/Retiree-Guide.aspx](http://Oregon.gov/OHA/OEGB/pages/Retiree-Guide.aspx)



## New! OEBB Pioneer Award

The bronze sculpture on top of the capitol building is known as the Oregon Pioneer. By naming the award “The Pioneer Award” we signify that while OEBB is based in Salem, our entity administrators are crucial to serving OEBB members throughout the state.



### Does your benefits administrator do a great job? Nominate them for an OEBB Pioneer Award!

This award honors individuals or teams who provide outstanding service to OEBB members in the areas of benefits communications,

business processes, and member assistance.

Winners will receive a commemorative plaque awarded in a public OEBB Board Meeting, and we’ll feature them in an upcoming newsletter.

Nominate your benefits pioneer today!

If you appreciate someone who has helped you with your benefits, please nominate them by sending an email to: [OEBB.Benefits@oregon.gov](mailto:OEBB.Benefits@oregon.gov)

Use “Pioneer Award Nomination” in the subject line and include the following information:

- The name of your employer
- Name(s) of the person or people you’re nominating
- What they do and how they provide outstanding service

## Focus on Mental Health

Mental health is just as important as physical health. Here are some mental health resources available to OEBB members:

- **Free Chemical Dependency Services.** All OEBB medical plans cover chemical dependency services at no cost to the member. No deductible, no copay, no barriers to the care you need.
- **Employee Assistance Program (EAP).** If your employer has selected OEBB’s EAP benefit, you can access valuable services like face-to-face counseling, legal/financial counseling, and many other services to help manage stressful situations and achieve work/life balance. [myrbh.com](http://myrbh.com) (Access Code: OEBB)
- **MoodHelper.** An online program to help manage depression. [MoodHelper.org](http://MoodHelper.org) (Invitation Code: OEBB227)
- **Mental Health Office Visits.** All OEBB medical plans cover mental health office visits at the same benefit level as a primary care office visit.



## Healthy Futures: Cross the Finish Line!

Healthy Futures is a program designed to encourage OEBB members to learn about their individual health risks and take action to reduce or eliminate those risks.

Currently participating? To complete the requirements for 2015-16, complete two healthy actions by August 15th and be

sure to report those actions in the MyOEBB System during Open Enrollment, starting August 15th.

Need ideas for your healthy actions? Visit the Wellness page of the OEBB website:

[Oregon.gov/OHA/OEBB/pages/wellness.aspx](http://Oregon.gov/OHA/OEBB/pages/wellness.aspx)



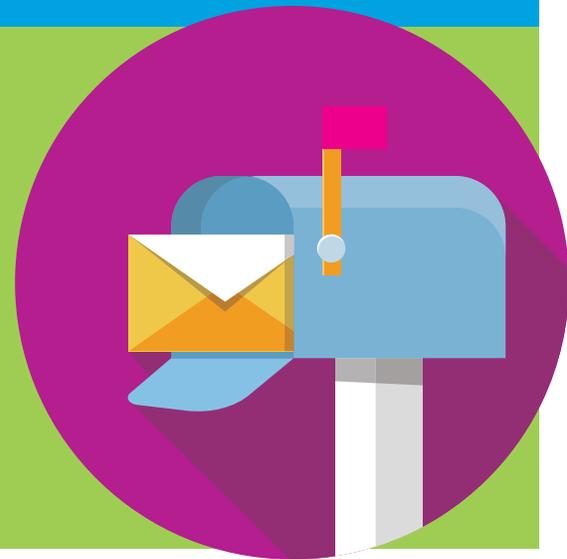
## Looking Forward to Open Enrollment

### Open Enrollment Begins August 15th

Open Enrollment will be required this year, meaning everyone needs to log in and make new selections for medical, dental and vision coverage (including those who decline coverage).

Keep an eye out for your Open Enrollment materials, which will be mailed to each member's home the first week in August!

Have you moved? Go to [Oregon.gov/OHA/OEBB](http://Oregon.gov/OHA/OEBB) and click on MyOEBB Login to update your personal information.



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Moda Health  
(866) 923-0409

Reliant Behavioral Health  
(866) 750-1327

The Standard Insurance  
(866) 756-8115

Unum  
(800) 227-4165

Willamette Dental Group  
(800) 460-7644