

The Connection

May 2009

Mission: To provide a high quality plan of health and other benefits that are affordable to the employee and the employer

PEBB Vision Statement

PEBB seeks optimal health for its members through a system of care that is

- Patient-centered
- Focused on wellness
- Coordinated, efficient, effective, accessible, and affordable

The system

- Emphasizes the relationship between patients, providers, and their community
- Is focused on primary care
- Takes an integrated approach to health by treating the whole person

Want to Know More?

Learn more about your Benefit Board's decisions on 2010 health benefits.

What is self-insurance, and what does it mean to you? Read [questions-and-answers on self-insurance](#).

What did the Board consider in selecting an administrator for the statewide, self-insured plan? [View the presentation](#). Watch the [April 21, 2009, Board meeting](#) (requires RealPlayer).

How will the transition to a self-insured plan affect you? Read [questions-and-answers on the statewide, self-insured medical plan](#).

Board Selects Administrator for Statewide Plan

Your Benefit Board selected Providence Health Plan to administer PEBB's statewide medical plan for 2010 and 2011.

Providence Health Plan will offer a network of preferred physicians, clinics, hospitals and other healthcare providers. The network will provide worldwide access. PEBB will pay member claims in the plan.

For 2010, PEBB will also continue to offer coverage through Kaiser Permanente in the Willamette Valley area and Providence Choice in the Portland metro area.

Why did the Board decide to self-insure?

Self-insuring the statewide medical plan can save money for the state. It also gives the Benefit Board greater flexibility to advance its Vision for healthcare (*Vision Statement* left).

Why did the Board select Providence Health Plan?

Providence Health Plan provided the better package in terms of cost, capabilities and responsiveness to Vision elements. Their offer represents a \$2.1 million savings in annual administrative costs.

Will the plan design change?

The Board has made no changes to the current plan design. It continues to seek opportunities to advance the Board Vision and to meet its mission of providing quality health and other benefits that are affordable to the employees and the state.

What are next steps?

PEBB staff is working with Providence Health Plan on transition planning for

- **Provider networks.** Providence Health Plan continues to refine its networks. Members will be able to search for specific providers online during Open Enrollment. They will also offer pharmacy networks, including mail order.
- **Continuity of care.** During the transition, nurses will offer one-on-one guidance on care continuity for PEBB members who are pregnant, scheduled for surgery or other inpatient care, or who have complex chronic conditions. Members may also want to ask their primary provider for referrals.

oregon.gov/das/pebb

Get the facts on swine flu

Look to trusted sources for facts, not rumors.

The federal Centers for Disease Control (CDC) posts a daily [update on the topic](#).

For [information on swine flu](#) in Oregon, visit the state's office of Acute and Communicable Disease Prevention.

Stay Healthy

- Cover your nose and mouth with a tissue if you sneeze or cough.
- Wash your hands often with soap and water, or use hand cleanser.
- Avoid touching your nose, mouth or eyes.
- Stay home if you get sick.

Resources

oregon.gov/das/pebb
inquiries.pebb@state.or.us
(503) 373-1102

Medical Plans

Kaiser Permanente
Providence Choice
Regence BCBSO
VSP (Vision Service Plan)

Mail-order Prescriptions

PPS
Walgreens

Dental Plans

Kaiser Permanente
ODS
Willamette Dental

Optional Plans

The Standard
UnumProvident

Other Benefits

FSA: ASIFlex
EAP: Cascade Centers



Members Win Big with Weight Watchers.

[Read about their ongoing success.](#)

[Click here to connect with the Weight Watchers program.](#)

Planning for Your Benefits

Your Benefit Board works throughout the year on its mission of providing quality health and other benefits that are affordable to the state and employees. Following is a rough schedule of actions through the end of this year.

Time	PEBB Actions
May	Negotiate 2010 details with all plans
June	Publish 2010 rates
July	Decide Open Enrollment process
August	Prepare Open Enrollment process
September	Communicate current enrollments and 2010 plan changes
October	Conduct Open Enrollment
November	Review input for 2011 benefits
December	Finalize 2010 contracts
January	2010 plans go into effect; handbooks online, ID cards mailed

Quit Tobacco. Save Money.

The federal tobacco tax increased on April 1 by an additional 62 cents per pack. The financial impact on smokers should have people thinking twice about lighting up.

If you'd like to quit smoking, PEBB offers help through the Quit For Life Program from Free&Clear.

With personal help from a Quit Coach® you will make good decisions about medications, develop new thinking skills and learn how to behave differently in situations where you would normally use tobacco.



Call today. It's free. It's confidential. It works!

1.866.QUIT.4.LIFE (866.784.8454)

[Enroll online](#)

Note for Kaiser Members

Like all PEBB medical plans, Kaiser covers Chantix when it's prescribed as part of the Quit for Life Program through Free&Clear. Call a Kaiser Health Consultant at (503) 286-6816 or (866) 301-3866 first to make sure you get the full benefit.