

OEBB Healthy Futures

This Open Enrollment, start your journey to a Healthy Future! It's as easy as ...

1. Choose to participate

Log into the MyOEBB system anytime between August 15, 2013 and March 31, 2014 and indicate "YES – I want to participate in Healthy Futures!"

2. Learn your risks

Log into your medical carrier's website and complete a 100% confidential online health assessment anytime between now and May 31, 2014. This step will need to be completed by your covered spouse/domestic partner as well, if applicable.

- Kaiser members can go to: kp.org -- Log into your Kaiser account, or register for a new account, then click on My Health Manager and choose "My medical record", then click on "Total Health Assessment" in the lower left-hand corner of the screen
- Moda Health/ODS members can go to: modahealth.com/oebb -- Log into your myModa account (same as your former myODS account), or register for a new account, then click "Health Risk Assessment (HRA)"

3. Take two actions

Complete two health-supporting actions between now and August 15, 2014. (See page 26 for some examples ... many more will qualify!) This step will need to be completed by your covered spouse/domestic partner as well, if applicable.

... and 4! Report your Activities!

OEBB will receive a report from Moda Health and Kaiser Permanente identifying members and spouses/domestic partners who completed Step 2 (indicating completion only, no personal results). You log in to the MyOEBB system and record your and your spouse/domestic partner's, if applicable, two healthy actions from Step 3. You will automatically receive \$100/person (up to \$300/family) lower deductible on your 2014-15 OEBB medical plan, effective October 1, 2014!

How confidential is the Health Assessment?

The online Health Assessments are managed by a third-party vendor specializing in keeping your responses and results private. Individual information will never be shared with OEBB, your employer, or your medical carrier. The Health Assessment is meant to help you examine your own behaviors and identify actions you could take to improve your health. If you wish to share your personal results with your doctor, you can print a copy and take it with you to your next visit.

OEBB and the medical carriers will receive **aggregate** results indicating the overall health of OEBB members as a group (for example, what percentage of all respondents reported using tobacco, or what percentage of all respondents reported eating at least 5 servings of fruits and vegetables per day). This provides a baseline on the overall health of the group. OEBB will use this information when considering future benefit program and plan design changes as well as to measure and track the success of the Healthy Futures program and other benefit plan and program enhancements.

START
HERE!



Healthy Futures is a new program designed to encourage OEBB members to learn their individual health risks and how to take action to reduce or eliminate risks whenever possible.



Healthy Futures

October 1, 2014



Take 2 healthy actions by August 15, 2014

The Health Assessment only takes about 20 minutes to complete!

Learn your risks!
Take an online health assessment by May 31, 2014



OEBB Healthy Futures (continued)

Learn Your Risks – Complete a Health Assessment

Once you've logged into the MyOEBB system and indicate you choose to participate in the Healthy Futures program, the next step is to complete your Health Assessment (HA). Completing the HA is easy and completely confidential. In fact, there's a link in the MyOEBB system so you can complete it while you're making your plan elections if you want! Or, you can go to your medical carrier's website and complete your HA anytime between now and May 31, 2014.

How do I complete my Health Assessment?

- Kaiser members can go to: kp.org -- Log into your Kaiser account, or register for a new account, then click on My Health Manager and choose "My medical record", then click on "Total Health Assessment" in the lower left-hand corner of the screen
- Moda Health/ODS members can go to: modahealth.com/oebb -- Log into your myModa account (same as your former myODS account), or register for a new account, then click "Health Risk Assessment (HRA)"

What information should I gather before I start?

Gathering some of your recent health information before you start your Health Assessment will help you have a more complete and accurate assessment and save time. Although some of these details are not required and you can skip questions, to get the full benefit of this tool, you'll want to answer as many questions as you possibly can. You may find it helpful to gather the following information before you begin and note the dates these measurements were taken whenever possible:

- current height, weight and waist size in inches
- recent blood pressure
- your most recent lab results (should be current within the past 5 years)
 - cholesterol (LDL, HDL, and Triglycerides)
 - fasting and/or non-fasting glucose level
- date of most recent preventive screenings and vaccines such as:
 - Mammogram
 - PAP smear
 - Colon cancer screening
 - Flu vaccine
 - Pneumonia vaccine

The questions will focus on different areas of health-related behavior, such as:

- general information & health history
- physical activity & nutrition
- stress & well-being
- health screening numbers
- readiness to change lifestyles

Q: I have an idea for a health-supporting action that isn't on your list. How can I be sure it will count toward my Healthy Futures participation?

A: Any action that contributes to your health and well-being will count.

Q: What if I'm already very healthy and don't really have any health risks? How can I participate?

A: Congratulations! And thank you for taking such good care of yourself. Most people find that even if they are already quite healthy, the Health Assessment identifies one or two things they hadn't thought of, so you may still discover something you'd like to work on. Sometimes areas like stress management or emotional well-being are easy to overlook and could use some attention. If your Health Assessment confirms you're in perfect health, chances are good that you are already taking at least two actions to get and to stay that way. Just keep doing what you're doing and record two of your actions next year!

WEIGHT WATCHERS AT WORK MEETINGS

A CONVENIENT SETTING FOR ONGOING SUPPORT AND MOTIVATION.

Having meetings* right at the workplace can help create a supportive environment, which can help you reach your weight-loss goals. That's why we're bringing Weight Watchers® meetings to you, so you can attend and stay motivated despite your busy schedule.

Weight Watchers At Work Meetings*

- Coworker Support
- Improve office health and morale
- 15 person minimum

Weight Watchers Community Meetings*

- Flexible Schedule
- Support from others like you
- Vouchers accepted nationwide

Weight Watchers Online**

- Access anywhere
- Customized for men or women
- Free mobile device tracking



All OEBB medical plans cover up to four 13-week sessions of Weight Watchers.

Must participate in 10 of the 13 weeks to enroll in a subsequent session at no cost to you.

***To learn more about or enroll in At Work or Community meetings:**

- In Lane, Douglas, Coos, Curry, Jackson or Klamath Counties call **800-651-6000**.
- Outside of the counties listed above, call **866-531-8170**.

** At Work and Community meetings may not be available in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.*

**** To learn more about or enroll in Weight Watchers Online, call 866-531-8170.**

Credit card information currently required, even when the initial subscription is fully paid by an OEBB medical plan. To avoid an automatic charge, subscription must be cancelled before the end of the third month. For more information, visit the Weight Watchers FAQ page of the OEBB website: www.oregon.gov/OHA/OEBB/pages/faqww.aspx



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