# **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 Activites!

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.

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The Health Assessment only takes about 20 minutes to complete!



Get a lower deductible!

GEBB

Healthy Futures

October 1, 201A



Take 2 healthy actions by August 15, 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

## What counts as a health-supporting action?

**Get a flu shot** Park further from

#### **Anything good for you counts!**

This page shows some examples of actions you can take to address the risks identified in your Health Assessment that will count toward your Healthy Futures participation. Keep in mind, if your Health Assessment indicates weight and/or tobacco use are risks for you, at least one of your actions must address those risks.

If your Health Assessment results indicate that your health is at risk due to weight or tobacco use, at least one of your actions must address those risks.

Have an

idea that's

not on the

list? Go

for it! Any

action that

contributes

health and

well-being

will count!

**Get your** 

Do yoga

to your

### If one of your risks is related to weight, one of your actions should be:

Eat more fruits and vegetables

- Participate in Weight Watchers for at least one 13-week session
- · Work with a health coach or dietitian available through your medical plan carrier to develop a plan for addressing your weight
- Work with your healthcare provider to design a plan for addressing your weight

 Work through the e-tools available on your medical carrier's website on weight management

#### If one of your risks is related to tobacco use, one of your actions should be:

• Participate in a tobacco cessation program (available through your medical plan carrier or through your healthcare provider)

 Work through the tobacco cessation e-tools on your medical carrier's website

#### Some other great "action" options are:

- · Other online programs available through the carriers, like "Fire Up Your Feet" or "Moodhelper" through Kaiser, or "Fit It In" through Moda Health/ODS
- · Participate in a school employee wellness activity or the Healthy Team Healthy U team-based/worksitebased health promotion program sponsored by OEBB
- Participate in walking programs sponsored by associations or clubs, PTA, health clubs
- · E-lessons on topics of your choice (available on your medical carrier's website)
- Preventive services recommended for your age by the U.S. Preventive Services Taskforce (annual dental cleaning, mammogram, colonoscopy, etc.)

Plant or tend

Keep

an activity

iournal

a garden

Floss more often

Get an eye exam or dental cleaning

Take

Get recommended preventive care

Don't forget – mental and social health are important too! If your life could use some balance, learning how to manage stress or carving out time to spend with friends/family can count as a healthy action!

Swim

Join a book club, knitting circle or scrapbooking group

# OEBB Healthy Futures (continued)

#### **Healthy Futures Q&A**

Here are some of the guestions OEBB staff have received regarding the Healthy Futures program and their answers. These and more can be found on the OEBB website: www.oregon.gov/OHA/OEBB/Pages/HealthyFutures.aspx

#### Q: Does everyone have to participate in Healthy Futures?

- A: No. Everyone who is eligible for OEBB benefits and wishes to continue benefits beyond September 30, 2013, needs to log in to the MyOEBB system to make their plan selections. Part of that process includes a step where you will be able to CHOOSE to participate in the optional Healthy Futures program. You simply need to select yes or no.
- Q: What will happen if I select "NO -- I don't want to participate"?
- A: Nothing, other than you may receive some reminder notices asking if you'd like to change your mind. You will be able to log in to the MyOEBB system and change your Healthy Futures election anytime through March 31, 2014.
- Q: What will happen if I select "YES I want to participate"?
- A: You will see a link to the Health Assessment available through your medical plan carrier right there in the MyOEBB system. The link will take you to a log-in screen for your carrier's website and you can complete your Health Assessment right then, if you'd like, or you can wait and do it later. You will have through May 31, 2014, to complete the Health Assessment. You will also need to complete two "actions," and you will have until August 15, 2014 to complete those actions. Then when you log into MyOEBB next Open Enrollment to make your 2014-15 plan selections, you'll be asked to report the two actions you took. Everyone who successfully completes these steps will receive a \$100 lower deductible on their 2014-15 OEBB medical plan (up to \$300 lower for a family of three or more).
- Q: Will my deductible really be lower if I participate, or will the 2014-15 deductibles actually increase for everyone who doesn't participate, essentially punishing those who don't participate rather than rewarding those who do?
- A: The OEBB Board and Healthy Futures Workgroup discussed this detail at great length before approving the Healthy Futures program. Board and Workgroup members felt it was extremely important to truly reward those who participate, not to punish those who don't. There's no way to guarantee what will happen in the future, but the Board fully intends to lower the 2014-15 deductible for those who participate in Healthy Futures during the 2013-14 plan year.

- Q: What if I select "YES I choose to participate" in the system, but then I forget to complete my Health Assessment or take my two actions by the deadlines?
- A: You should see or receive a number of reminders along the way, so it shouldn't be difficult to remember. However, if the deadlines pass and you did not successfully complete all the steps, you simply won't receive the lower deductible for 2014-15.
- Q: Will OEBB continue offering the Healthy Futures program in future plan years? And if so, am I obligated to participate in future years just because I do so this year?
- A: The OEBB Board can make different decisions each plan year, but at this time the intent is to continue offering the Healthy Futures program in future plan years. Assuming the program continues, members will make a new election whether to participate each plan year. There are currently no plans to roll over a member's Healthy Futures election from one year to the next.
- Q: If Healthy Futures continues into future years and I participate more than once, will I have to choose different actions each year, or could I take the same actions two years in a row?
- A: It's hard to say what future years will bring. The Board typically begins discussing options for the next plan year in late December or early January each year. Once program and plan design decisions are made, any changes or additions will be communicated to entities and members. This usually occurs early in May.

#### Q: How do I prove I completed my two actions?

- A: OEBB only asks that you report your actions in the MyOEBB system during the 2014 Open Enrollment
- Q: What if the actions I take don't work for me? (For example, if I try Weight Watchers but don't lose weight; or if I try a tobacco cessation program, but can't quit smoking?) Do I still get the lower deductible in 2014-15 because I tried?
- A: Yes! Taking two actions is just that ... trying. You're not required to achieve results, although your chances are much better than if you didn't take action at all!

These examples and more are available on the OEBB website: www.oregon.gov/OHA/OEBB/Pages/HealthyFutures.aspx

cessation

seatbelt

# OEBB Healthy Futures (continued)

- 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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