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 28 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 your spouse/domestic partner’s, if applicable, two healthy actions results). You log in to the MyOEBB system and record your and who completed Step 2 (indicating completion only, no personal results indicating the overall health of 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.

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.

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
• readiness to change lifestyles

How do I complete my Health Assessment?

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
• readiness to change lifestyles

How do I complete my Health Assessment?
What counts as a health-supporting action?

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 one of your risks is related to weight, one of your actions should be:
• 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 or
• 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/worksite-based 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.)

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: 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: How do I prove I completed my two actions?
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).
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

©2013 Weight Watchers International, Inc., owner of the Weight Watchers registered trademark.