

May 22, 2013

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Dear [FIRST]:

The Oregon Educators Benefit Board is proud to introduce the OEBB Healthy Futures program! This new program will be open to all OEBB benefit-eligible employees, early-retirees and COBRA participants, as well as their spouses and domestic partners covered on one of the OEBB medical plans for the 2013-14 plan year.

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. As educators who often focus more on caring for others, this program provides an opportunity to focus on your own health and happiness and receive both physical and financial rewards for doing so.

Participation in Healthy Futures is optional, but those who do participate in the program can reduce their medical plan deductible by \$100 per person (up to \$300 for a family of three or more) beginning October 1, 2014. For those enrolling in Kaiser Plan 1 (this is the only OEBB medical plan that does not have a deductible), the Board has not yet determined the specific "reward" for participation in Healthy Futures, but will include that information in future communications and Open Enrollment materials.

Participation in the Healthy Futures program and qualifying for the \$100 reduction on your 2014-15 medical plan deductible takes just a few simple steps:

### 1) SAY "YES" TO A HEALTHY FUTURE

There will be an Agreement form in MyOEBB when you log in to make your 2013-14 benefit selections in August and September. All you have to do is complete the Agreement saying you'll participate. You can do this during Open Enrollment while you're making your plan selections for 2013-14, or you can actually log in at any time between August 15, 2013, and March 31, 2014, to indicate you want to participate in Healthy Futures. *Note: If you cover a spouse or domestic partner on your medical plan and you agree to participate in Healthy Futures, your spouse or domestic partner must also agree to participate.*

### 2) LEARN YOUR RISKS

You'll need to complete a secure and confidential online Health Assessment (HA) provided by your medical plan carrier. These HA tools have been available on the carriers' websites for many years. You may have already completed one and know how easy this can be. In fact, if you've completed an HA on your carrier's website since January 1, 2013, you have already completed this step! If you haven't, you can do it right now, no need to wait for Open Enrollment, or anytime up through May 31, 2014.

- Kaiser members can log into: [kp.org](http://kp.org)

*Go to My Health Manager and choose "My medical record"*

- Moda Health/ODS members can log into: [modahealth.com/oebb](http://modahealth.com/oebb)

*Log into your myModa account (same as your former myODS account) or register a new account, then click "Health Risk Assessment (HRA)"*

Your personal responses and results will never be shared with anyone unless you specifically authorize them to be shared with your healthcare provider, or choose to print and share the information with your healthcare provider(s). OEBB will only receive a report showing whether you and/or your spouse/domestic partner completed an HA and an overall report indicating the percentage of participants who responded with certain answers (for example, the percent of respondents who reported using tobacco, the percent of respondents who reported having high cholesterol levels, the percent of respondents who

reported they are current on their preventive exams, etc.), but individual results are never revealed to OEGB or your employer.

### 3) TAKE TWO ACTIONS

You'll need to take two actions. There are a lot of "actions" that will qualify under the Healthy Futures program. If the HA indicates weight or tobacco use are health risks for you and/or your spouse/domestic partner, then the action(s) will need to be specific to the risk. For example:

- If one of your risks is related to weight, you'll need to 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, you'll need to participate in a tobacco cessation program (available through your medical plan carrier or through your healthcare provider), or work through the e-tools on your medical carrier's website on tobacco cessation.

If you aren't at increased risk because of weight or tobacco use, or if you still need to take one or both actions you can also take actions to address other areas of interest or risk, such as:

- 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 a team-based/worksite-based health promotion program
- 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.)

Note: This is just a sample of the actions that will be available. OEGB will publish a more comprehensive list of qualifying actions on the OEGB website and will include additional information in future communications and Open Enrollment materials.

### 4) REPORT YOUR ACTIVITIES

OEGB will receive a data file from Kaiser and Moda Health/ODS identifying members and their spouses/domestic partners who completed a Health Assessment between January 1, 2013, and May 31, 2014, in early June 2014. The reports will only indicate who completed an HA. Neither OEGB nor your employer will receive any of the personal information you entered in your HA.

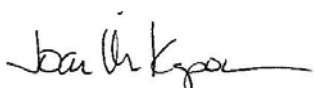
When you log into MyOEGB during the 2014 Open Enrollment period to make your 2014-15 plan elections, you will report the two activities you completed and those your covered spouse/partner completed, if applicable.

### 5) RECEIVE YOUR LOWER DEDUCTIBLE FOR 2014-15!

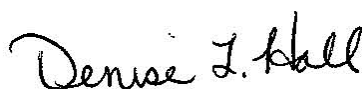
Everyone who successfully completes and reports the above participation requirements will receive a \$100 per person lower deductible (up to \$300 lower for a family of three or more) on their 2014-15 medical plan.

It's that simple! Keep an eye out for more information as Open Enrollment approaches. We hope you'll join us on the road to creating Healthy Futures for all OEGB members!

Sincerely,



Joan M. Kapowich, R.N.  
Administrator



Denise L. Hall  
Deputy Administrator