

January 15, 2014

[First Name] [Last Name]  
[Address Line 1]  
[Address Line 2]  
[City], [State] [Zip Code]

## **DON'T MISS OUT -- FINANCIAL AND PERSONAL REWARDS WITH HEALTHY FUTURES**

Dear [First Name]:

Electing to participate in Healthy Futures is the first step on the road to financial reward\* in 2014-15. As of January 7, our records show you have not yet elected to participate.

But it's not too late! You can still choose to participate in Healthy Futures for 2013-14 and receive your financial reward in 2014-15. You still have until March 31, 2014 to log in to the MyOEBB system at <https://myoebb.org/oebb!/pb.main> and change your Healthy Futures election to "YES". You might be surprised at how easy and fun it can be, and the financial savings aren't bad either!

Just follow these simple steps:

### **Step 1: Choose to participate by March 31, 2014.**

Log in to <https://myoebb.org/oebb!/pb.main> or contact the benefits department of your employing entity to update your Healthy Futures election to "YES".

### **Step 2: Complete your medical carrier's Health Assessment by May 31, 2014.**

You will each need to complete the Health Assessment on your medical carrier's website no later than May 31, 2014. It only takes about 20 minutes.

- Kaiser members go to: [kp.org](http://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 go to: [modahealth.com/oebb](http://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)"

### **Step 3: Take two healthy actions by August 15, 2014.**

You will need to take two wellness actions specific to your own individual health risks. If weight is a risk, one action must address that risk. If tobacco use is a risk, one action must address that risk. If these aren't risks for you, your actions should address other risks identified in your Health Assessment. Or if you're one of those few people who have no health risks, select a couple of healthy activities to participate in so you can maintain your

good health. Still not sure what activities to participate in? Visit our website at the link listed below for fun, free and easy healthy actions.

**Step 4: Report your actions in the MyOEBB system during 2014 Open Enrollment**

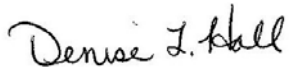
During the 2014 Open Enrollment period, you will indicate in the MyOEBB system the actions you took. You and any dependents covered on your medical plan will receive the incentivized reward for the 2014-15 plan year!

You can find more information about Healthy Futures on the OEBB website:

<http://www.oregon.gov/oha/OEBB/Pages/HealthyFutures.aspx>. If you have further questions, you can call OEBB Member Services at 888-469-6322 or you can send an email to: [oebb.benefits@state.or.us](mailto:oebb.benefits@state.or.us).

We hope you take advantage of this opportunity for improved health and financial rewards!

Sincerely,



Denise L. Hall  
OEBB Deputy Administrator

*\*Members who complete the Healthy Futures participation requirements during the 2013-14 plan year will receive \$100 lower deductible on their medical plan for the 2014-15 plan year. Members enrolled in Kaiser Medical Plan 1 (the only OEBB plan without a deductible) for the 2014-15 plan year will receive a financially equivalent reward through reduced copays on certain services.*