

January 15, 2014

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[First Name] [Last Name]  
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[City], [State] [Zip Code]

## **IMPORTANT NOTICE RE: [RELATIONSHIP]S AND HEALTHY FUTURES**

Dear [First Name]:

Congratulations on choosing to participate in OEBB's Healthy Futures program! As you know, this is Step 1 on the road to financial reward\* in 2014-15. However, you may not realize that your covered [relationship] must also participate in the program and **both** of you need to complete each of the program steps by their associated deadlines in order to satisfy the program requirements. If you complete the requirements but your [relationship] does not, your family as a whole will not have completed the requirements and no reward will be received.

But it's not too late! If your [relationship] will join you on this journey to improved health and financial reward, you have until March 31, 2014 to log in to the MyOEBB system at <https://myoebb.org/oebb/lpb.main> and change your [relationship]'s Healthy Futures election to "YES". If you encourage and support each other to complete the simple steps below, you can and will succeed together!

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

Log in to <https://myoebb.org/oebb/lpb.main> or contact the benefits department of your employing entity to update your [relationship]'s Healthy Futures election to "YES".

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

You and your [relationship] will each need to complete the Health Assessment on your medical carrier's website. It only takes about 20 minutes.

- Kaiser members 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 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)"

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

You and your [relationship] will each need to take two wellness actions specific to your own individual health risks, which may be the same or different from each other. 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**

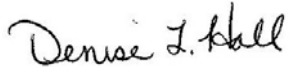
During the 2014 Open Enrollment period, you will indicate in the MyOEBB system the actions you and your [relationship] took. You and your family will receive the incentivized reward on your 2014-15 medical plan!

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.*