NOV

THE BENEFITS BULLETIN

2010

OREGON EDUCATORS OEBB BENEFIT BOARD

Healthy holiday tips & pie recipe from Weight Watchers® (page 4)

FLU VACCINE - DID YOU GET YOURS?

We all remember last year's flu pandemic. You couldn't turn on a television or radio without hearing about "swine flu". *When would the vaccine be available? Would there be enough? Is it safe?* The country was in a panic.

This year, not so much. There seems to be plenty of flu vaccine available and hardly anyone is talking about it. Does that mean it's not important this year? NO! It's important EVERY year.

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine as the first and most important step in preventing flu.

It's Not Too Late!

Many flu shot clinics are held in October, but it's still not too late. "Flu season" is typically November through May, with the majority of

(continued on page 3)

Flu shots are covered by your OEBB benefits!

(see page 3 for details)

Inside this Issue:

Help for Chronic Conditions	2
POLST Registry	2
Antibiotic Facts	3
Holiday Tips from WW	4

WHAT DO YOU THINK? OEBB WANTS TO KNOW!

Be sure to take the OEBB Member Survey by Dec. 6th. You can find it online at:

http://www.surveymonkey.com/s/OEBBmember2010

New Program for Early Retirees with Chronic Health Conditions

If you are coping with an ongoing health condition like diabetes, arthritis, HIV/AIDS, depression, chronic pain or anxiety, OEBB wants you to know about a rare opportunity to participate in a free online pilot program available through the National Council on Aging called "Better Choices, Better Health". Find ways to deal with pain and fatigue, discover new nutrition and exercise choices, and learn how to talk with your doctor about your health.

Participants log into a secure website at their convenience 2-3 hours per week. Participants go through a series of online modules, and at the end of each week's content, develop an action plan to move forward in improving their health.

To learn more and/or sign up, visit their website:
https://selfmanage.org/BetterHealth/SignUp

Prefer to meet in person?
Sign up for a Living Well workshop in your community, at www.healthoregon.org/livingwell or call 1-888-576-7414.

POLST Helps Your Doctor Help You

What is "POLST"?

Physician Orders for Life-Sustaining Treatment (POLST) is a program that uses a bright pink medical order form about your goals of care and end-of-life treatment wishes when you have a serious illness that is in the advanced stages and is not curable. It may also be appropriate for others who have strong personal beliefs about their health care preferences.

The form is completed by your physician, nurse practitioner or physician assistant and is designed to be easier to locate and more specific than other "advance directives" like living wills.

Accessible from Anywhere

There is also the option to submit your form to the Oregon POLST Registry, which creates a secure electronic record accessible to emergency health care professionals by phone. Emergency communication specialists will relay your POLST orders once they have confirmed your identity.

The POLST program originated in Oregon in 1990 and has been proven so effective 30 other states are developing similar programs.

To learn more about the POLST program, visit their website: www.polst.org.

And be sure to check out their FAQ page:

http://www.ohsu.edu/polst/patients-families/faqs.htm

What Else Can You Do?

To Prevent the Flu

Along with getting vaccinated, these other simple steps will help prevent the spread of germs:

Cover your nose and mouth with a tissue when you cough or sneeze.

Wash your hands often.

Avoid touching your eyes, nose or mouth.

Stay home if you are sick.

While sick, limit contact with others as much as possible.

FLU VACCINE

(continued from cover)

cases occurring in January and February. According to the CDC, getting vaccinated in November, December or even later is most often still beneficial.

Who Needs the Vaccine?

Health experts recommend that everyone 6 months of age and older get vaccinated against influenza.

Nasal Spray Option

Don't like shots? The CDC says anyone between the ages of 2 and 49 years can get the nasal spray vaccination as long as they are healthy and don't have any underlying health conditions. Check with your health care provider to see if this is a good option for you.

For more information on flu prevention, treatments and vaccinations, visit the CDC's website:

www.flu.gov

HOW TO USE YOUR OEBB BENEFITS FOR YOUR FLU VACCINE

	KAISER	ODS	PROVIDENCE
How much will I pay for my flu shot if I use my insurance?	$0 as part of a regular office visit or at a Nurse Treat-ment Room	$0 in-network (refer to plan handbook if out-of-network)	$0 in-network (refer to plan handbook if out-of-network)
Will my insurance reimburse me if I pay cash for my flu vaccine?	No	Yes (submit receipt within 12 months of service)	Yes (submit receipt with Rx form within 12 months of service)
Links to more info:	Kaiser website: colds & flu page *(click here)*	ODS website: flu vaccines page *(click here)*	Providence website: flu page *(click here)*

Get Smart About Antibiotics

FACT: Antibiotics do not work for a common cold.

FACT: It is estimated that more than 50% of antibiotics are un-necessarily prescribed for viral infections.

FACT: In children, antibiotics are the most common cause of emergency department visits for adverse drug reactions.

Learn more about antibiotics from the Department of Human Services:
http://www.oregon.gov/DHS/ph/antibiotics/index.shtml

'TIS THE SEASON

The holidays can be a tempting time, with parties and traditions often focused on food. To help you through the season, Weight Watchers® offers you these holiday tips.

Don't starve

Arriving at the party famished could lead to overdoing it, so eat a healthy meal or snack beforehand, leaving just enough room for a few small treats.

Drink!

But make it water or other low-calorie beverage – you'll slow down your eating and help fill yourself up. And limit your alcohol intake – it's not only a major source of calories, it can weaken your ability to stick to your eating plan.

Know what you eat

Just because it's the holidays, don't forget all the weight management skills you've acquired. Even if you choose to indulge, keep journaling. By writing down what you're eating you're less apt to eat mindlessly.

Don't deprive yourself

But do limit your portions. By eating small portions of only things you really want you'll enjoy the specialties while staying on track.

Set priorities

Rate each dish on the buffet from 1 to10, with "10" being the best choices for you and "1" being foods you know you should limit or avoid. Fill your plate with the high numbers and only try a minimal amount (or none!) of the others.

Move!

Reduce sedentary behavior like surfing the net and gradually work up to 60 minutes of exercise on most days of the week. It will help in your weight-loss efforts or allow you to eat a bit more without guilt.

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Healthy Holiday Cooking

With a few smart, common-sense changes in food preparation and eating habits, you will save calories without losing the flavor. Here are some suggestions:

INSTEAD OF	CHOOSE
Dark meat turkey	White meat turkey with skin removed
Making stuffing with turkey drippings	Stuffing made with a fat-free broth
Preparing mashed potatoes with butter and milk	Mashed potatoes with broth and fat-free or 1% milk
Following a traditional green bean casserole recipe	Making it with low-fat soup and breadcrumbs
Candied sweet potatoes	Baked sweet potatoes with light butter
Regular dressing on your salad	Light or fat-free dressing
Topping fish with hollandaise sauce	Fresh fruit salsa
Using pan drippings in your gravy	Fat-free broth or bouillon
Double-crusted fruit pie	One-crust pumpkin pie*

*Get the Weight Watchers recipe for the pumpkin pie shown on the cover at: www.oregon.gov/DAS/OEBB/docs/WW/recipes/WW_pumpkin_pie.pdf

Want some help for the holidays? Call

WeightWatchers®

1-866-531-8170

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