



# Tapping into Health Plan Tools & Resources



*Journey To Wellness*



[www.oechoice.com](http://www.oechoice.com)

02/03/2011

# Introduction

## Today's Objective:

- Increase awareness of health plan-specific tools and resources
- Provide you with the resources you need to move toward your wellness goals
- Learn what's working for your program



## Welcome

### Oregon Educators Benefit Board members

At Kaiser Permanente, good health is everything. That's why we offer you personalized care at convenient locations and time-saving online tools that connect you to your doctor and your health.

Whether you're looking at Kaiser Permanente for the first time or thinking of renewing your coverage, choose the medical and dental plan that has helped Oregon educators thrive for more than 40 years.



#### GET STARTED NOW

- Why join Kaiser Permanente?
- Already a member? Manage your care at kp.org.
- We're where you are—search our facility directory.
- Find a clinician using our clinical staff directory.
- Learn more about the Kaiser Permanente difference.

#### IN THE KNOW

- News & updates for OEEB members
- Follow us on Twitter
- Kaiser Permanente News Center
- Healthy lifestyle programs
- Flu prevention information



Hang ten. Thrive with Kaiser Permanente.

#### DENTAL PLANS

Your smile is connected to your body. Shouldn't your dentist be connected to your doctor? Find out more about Kaiser Permanente dental for OEEB members.



#### MONTHLY HEALTH TOPIC

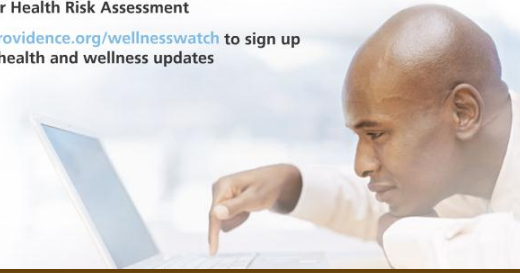
Set your weight loss goal this January. Learn more about losing weight and keeping it off.



For the health of your business

## Put Health Balance to work in your company today:

- Go online to [www.providence.org/healthplans/employers](http://www.providence.org/healthplans/employers) to access your Health Balance employer toolkit
- Encourage your employees to log on to [www.myProvidence.org](http://www.myProvidence.org) to begin their Health Risk Assessment
- Visit [www.providence.org/wellnesswatch](http://www.providence.org/wellnesswatch) to sign up for monthly health and wellness updates



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Healthcare from your head to your toes

I'M AN ENTITY >

ADDITIONAL COST TIER <

ODS WELL @ WORK <

PLAN SUMMARIES <

Time for a... Watch the Tool "Happy Feet"

Find care Search for a physician, dentist, pharmacy or clinic

Log in to myODS Access tools and resources

WELCOME TO OEEB

Welcome OEEB entities

Providing excellent healthcare for Oregon's educators helps create a better future for our state, our members, and future generations. ODS offers Oregon educational entities innovative, high-quality healthcare with a comprehensive statewide network.

MORE INFORMATION ABOUT THE ODS PLANS

- Plan summaries: 2
- Frequently Asked
- CMS Social Secur requirements

Flu shot vaccination

ODS covers flu shot vs of the OEEB prevention Members can receive visiting the most acc provider in their area.

- ODS/OEEB Flu S
- ODS Flu Shot Clin
- Participating net

ODS Well@Work

ODS Well@Work is included as a standard part of all ODS medical plans — gives both members and employers access to valuable tools and services. Its real-time stage of life or health your employees are in. ODS Well provides the tools and personalized health support to help them improve their health.

The ODS Well@Work Employer Toolkit is designed to encourage the discussion of workplace wellness, assist in creating or maintaining a wellness program, and provide useful resources.

Using the Toolkit, we can:

- Help you learn the basics of health promotion and workplace wellness.
- Give support to set up campaigns, share ideas and increase participation.
- Request ways to measure success.
- Provide proven methods to build your company's wellness culture.
- Identify wellness opportunities based on population and condition-specific risks.

Contact us if you would like help creating a successful plan.

PacificSource Home | Get to Know Us | Explore Our Plans | See What's New | Find a Provider | Quick Search

For Our Members >

- Welcome
- Health and Wellness Programs
- PacificSource Extras
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- Prescription Drug Information
- Cost and Quality
- Member Newsletters

For Employers >

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For Providers >

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InTouch Login

Access your PacificSource account information 24/7.

Members, Employers, Agents:

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Register Now

Providers:

Login >

Registration Information

Take charge of your health!

Health Manager, powered by WebMD, is an online health and wellness center where you can:

- Take a health risk assessment
- Set up a personal health record, wellness calendar, and more
- Use customized planners, trackers, and information to improve your lifestyle

Health and Wellness Programs

As a PacificSource member, you have access to health and wellness programs as part of your medical coverage. For more information on programs available to you, tell us about your coverage:

- I'm covered by a group health plan through my employer.
- I'm covered by an Elect, Brightidea, or SmartHealth individual plan.
- I'm covered by a Short Term Medical (STM) or STEP policy.
- My child is covered by the Oregon Healthy KidsConnect plan.



# Interventions/Action Steps

Find programs and services that fit your specific location, workplace environment & culture

- Keep it simple, less is more
- Eat Well, Move More & Stress Less

## Common Programs and Services:

- Printed information, flyers and posters
- Web-based programming
  - HRA, Calculators, Trackers, Personal Evaluation Systems
- Personal coaching (telephonic, in-person, on-line)
- Self-directed health education aids
- Care coordination, case management

# Additional Resources

- Local health departments
- County extension
- Local wellness councils
- Local hospitals
- Local colleges
- Health and human service agencies (American Cancer, March of Dimes, etc.)
- Health and fitness clubs
- Co-workers





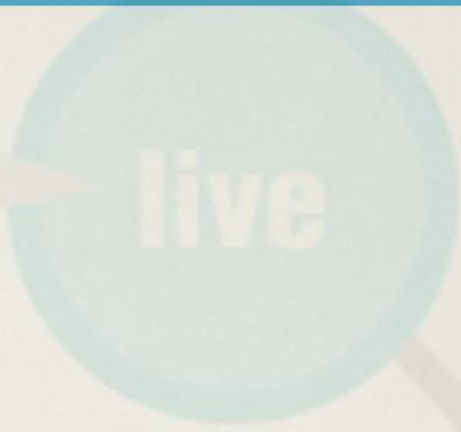


# Oregon Healthy Worksites

<http://www.oregon.gov/DHS/ph/worksites/>

The Healthy Worksites Initiative supports the Health Promotion and Chronic Disease Prevention (HPCDP) framework through a strategic focus on the worksite setting.

Interventions and worksite campaigns to reduce chronic disease risk factors and promote self-management of health issues.



Thank you!

*well.*

[www.odskompanies.com](http://www.odskompanies.com)