

# Resources Cheat Sheet



## Uplift Oregon Links

[Uplift Oregon Website](#)



## Public Employees' Benefit Board (PEBB) Links

[Enrollment Guide](#)

[Benefits Plan Summary](#)

[Premium Estimator Tool](#)

[Online Plan Comparison Tool](#)

[Explore Your Benefits E-Learning Tool](#)

## Vendor Links



### Healthcare

[Kaiser Permanente](#)

[Moda Health](#)

[Providence Health Plan](#)



### Dental

[Moda Health/Delta Dental](#)

[Kaiser Permanente](#)

[Willamette Dental](#)



### Vision

[Kaiser Permanente](#)

[VSP](#)



### Additional Benefits

[Canopy Employee Assistance Program](#)

[Garner](#)

[Life and AD&D Insurance](#)

[Long-Term Care Insurance](#)

[Flexible Savings Account \(FSA\)](#)