



# Uplift Oregon

## Uplift Your Benefits Workshop Tips for Success

- Download the PowerPoint slide deck from the [Uplift Oregon](#) website prior to joining the workshop.
- Log in 5-6 minutes early to complete the Zoom registration. You will need your OR number.
- Review the [glossary of health coverage and medical terms](#) if you are unfamiliar with terms such as “copayment”, “deductible”, or “co-insurance”.
- Take notes!