

A Deeper Dive

Into Open Enrollment

Town Hall



Uplift
OREGON

Scan for
Open enrollment Checklist



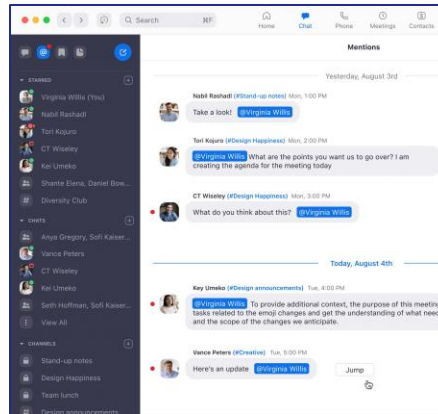
Zoom Controls



On / off for your **microphone**



On / off for your **video**



Open / close your **chat**



On / off for **auto-captions**



Add **reactions** to your video





Community Agreements

Be curious

Be kind

Be engaged



Introductions



Sherri Aytche
Uplift Oregon
Program Manager



Dr. General Johnson
Uplift Oregon
Wellness



Brad Fortier
Uplift Oregon
Equity



Stephanie Schaefer, Psy.D.
Uplift Oregon
Benefits



Anissa Hampton
Kaiser



Aleena Rebitzke
MODA



Seanne Isaly
Providence



Humberto Chacon
Canopy



Cathy Rapozo
VSP



Kristi Bizon
Willamette Dental



Kirsten Klatt
Delta Dental



Siobhan Martin
SEIU 503

Introductions – Your turn



YOU

State Employee

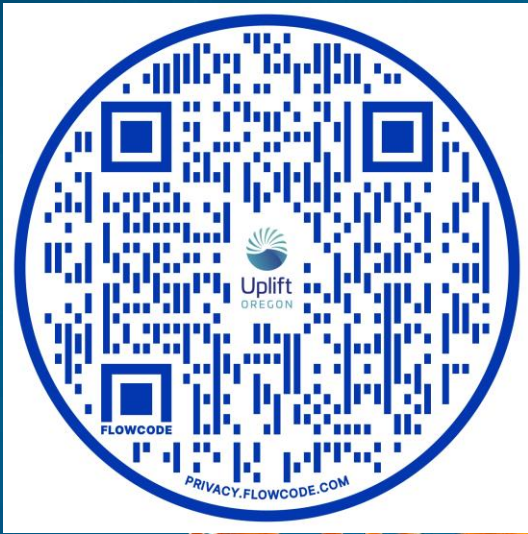
I am _____ with [Your Agency].

I serve as _____.

My favorite thing about summer was
_____.

Land Acknowledgment



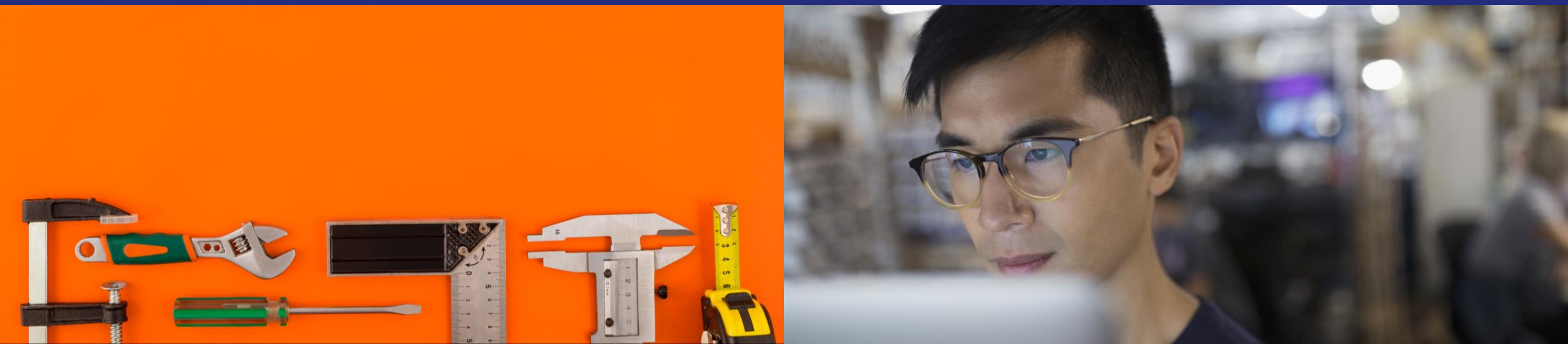


Agenda & Outcomes

- ✓ How to complete the Open Enrollment process
- 📈 Review new options and updates to carrier plans with time for questions
- 🍷 Learn about the Health Assessment & HEM
- 🏠 Additional benefits (EAP, FSA, PSLF)
- 🔍 Review the available Open Enrollment tools
- 🤝 Accessing additional benefits through your union
- 📋 Complete our survey



Benefits Tools

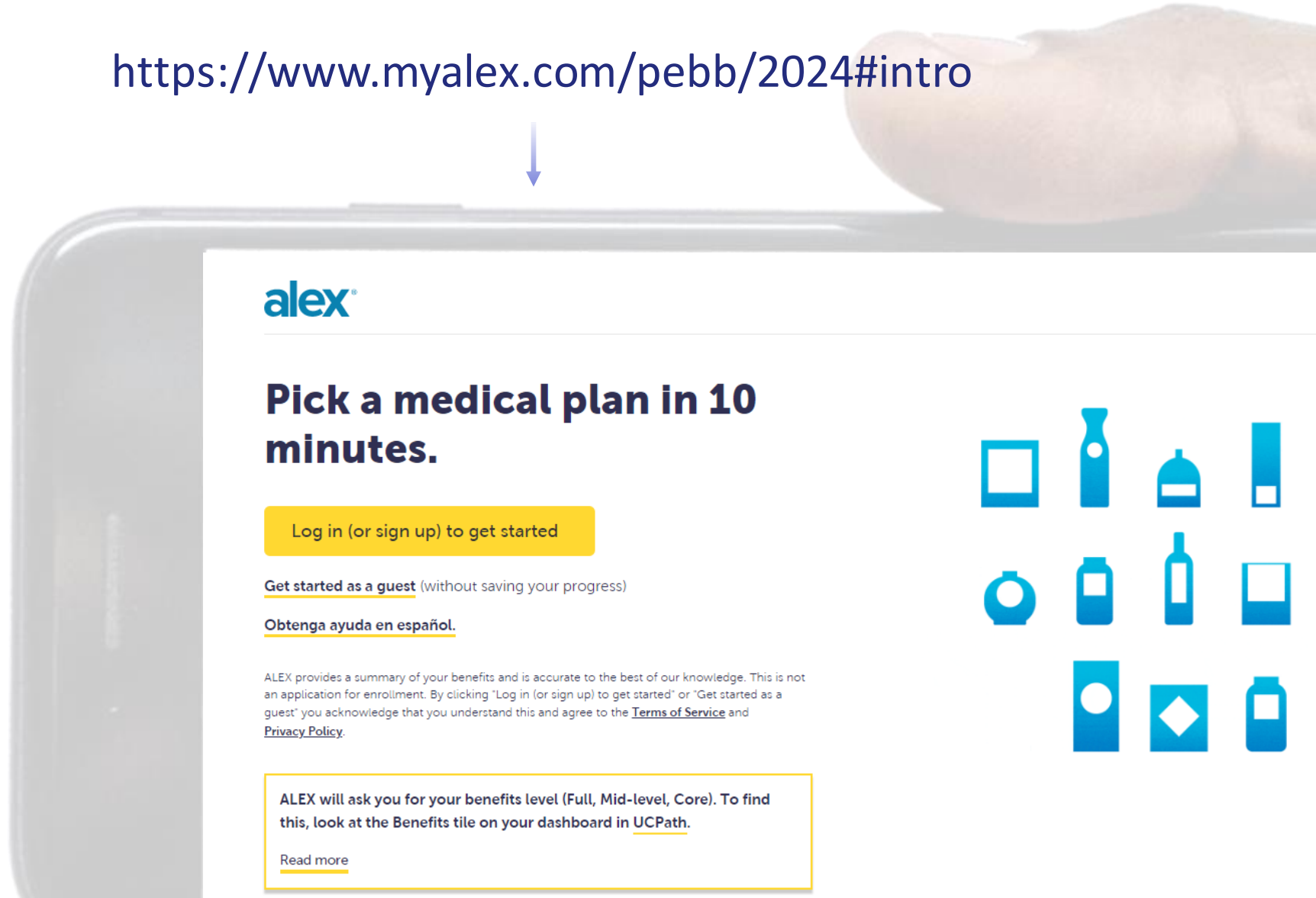


The ALEX Tool



- Interactive online tool
- Asks you questions
- Makes benefit plan recommendations
- Helps you figure out costs

<https://www.myalex.com/pebb/2024#intro>



alex®

Pick a medical plan in 10 minutes.

Log in (or sign up) to get started

[Get started as a guest](#) (without saving your progress)

[Obtenga ayuda en español.](#)

ALEX provides a summary of your benefits and is accurate to the best of our knowledge. This is not an application for enrollment. By clicking "Log in (or sign up) to get started" or "Get started as a guest" you acknowledge that you understand this and agree to the [Terms of Service](#) and [Privacy Policy](#).

ALEX will ask you for your benefits level (Full, Mid-level, Core). To find this, look at the Benefits tile on your dashboard in [UCPath](#).

[Read more](#)



Premium Estimator Tool



Plan Year 2024: Premium Estimator

URL: <https://pebbpremiumestimator.com/#>

Welcome FAQ Help Print Save

Complete the information in all tabs to obtain the most accurate estimated monthly deductions below.

1. Basic Info

2. Core Benefits

3. Life & Disability Benefits

4. Spending/Commuter Accounts

5. Surcharges/HEM

6. Estimated Deductions

Enter information about your employment type, employment status, and the county in which you live or work. This information is used to determine plan availability and employee premium percentages.

Employment Type: ?
State Employee

State Employee

University Employee

Employment Status: ?
Full-Time

Full-Time

Part-Time

ZIP code in which you live or work: ?

90000

Zip

You have selected a county outside of Oregon and its surrounding areas.

Your current monthly salary: ?

1000

Income

Your approximate annual salary is \$12,000

Next >

- Fill in the open fields and hit the "Next" button
- Fill out each tab and hit "Next"
- In the field below these tabs, your estimate will take shape
- Remember, it is only an ESTIMATE.

PEBB Guides



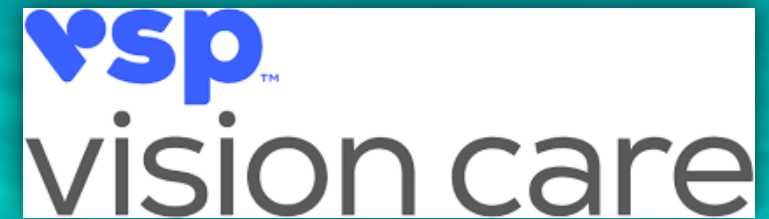
2024 PEBB Summary
of Benefits



2024 PEBB
Enrollment Guide



Open Enrollment and You



How to get the most out of this event



Step 1

Use the Open Enrollment checklist & write down your notes.



Step 2

Join the breakout rooms and ask questions. You can enter your questions in the chat at any time.

Step 3

Go to the [Uplift website](#) to access the information you need and make a plan of action.

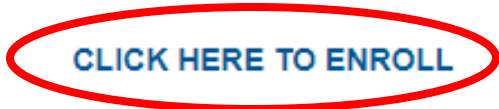
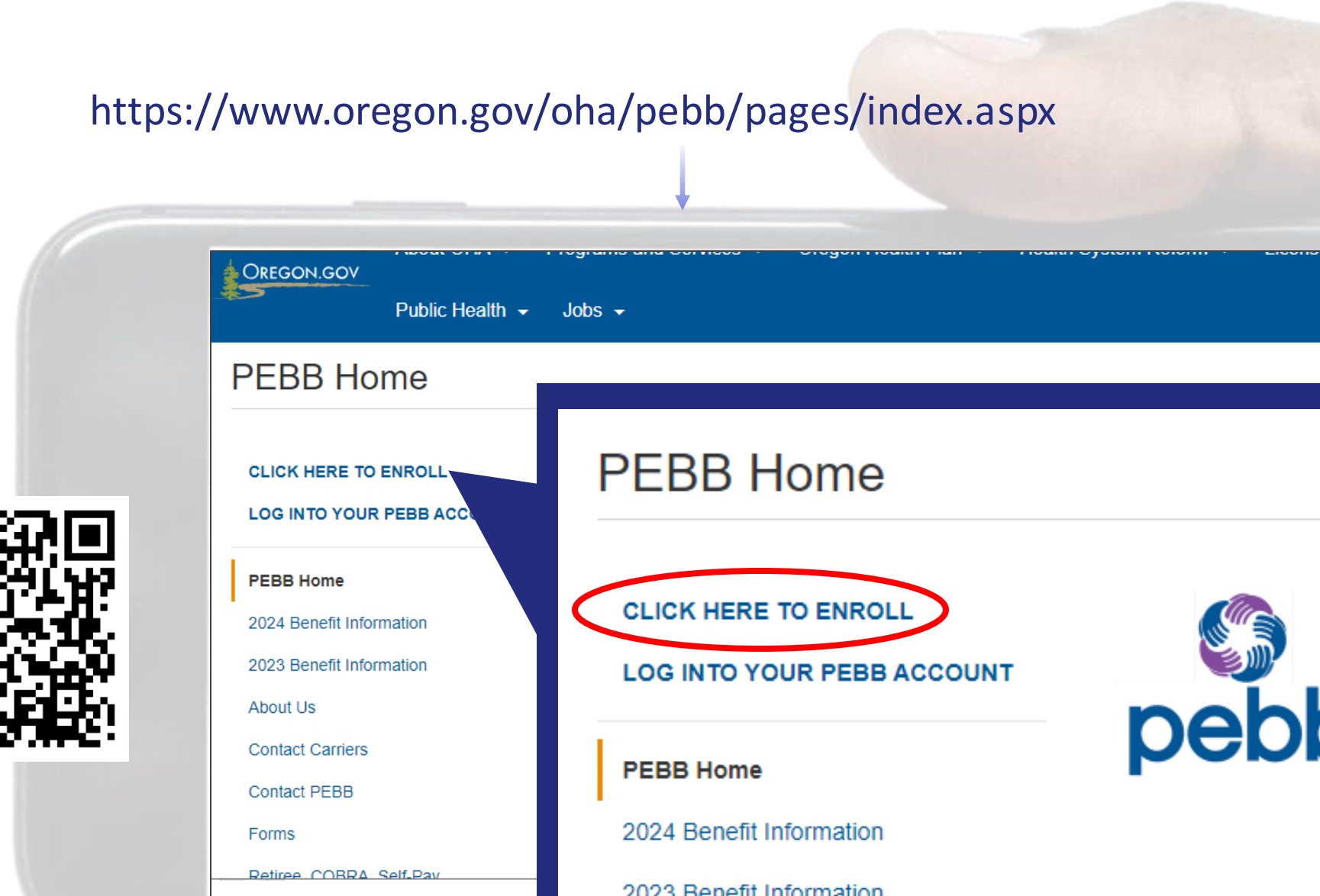
Check out our E-Learning tool

Where to go to complete Open Enrollment



- Review your current benefit selections
- Review and update your personal information
- Enroll for benefits during Open Enrollment

<https://www.oregon.gov/oha/pebb/pages/index.aspx>

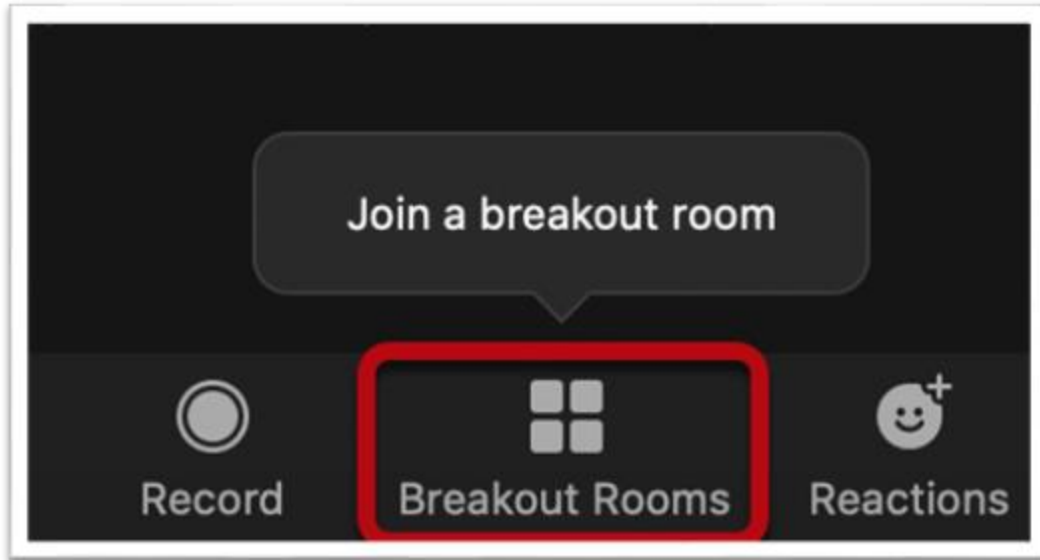




- **Breakout rooms:**
 - Kaiser
 - Moda
 - Providence
 - Canopy
 - VSP
 - Willamette Dental Group
 - Delta Dental
 - SEIU 503
- **Presenters will share** information
- **Question & Answer** period
- **Return to main room** for additional benefit information

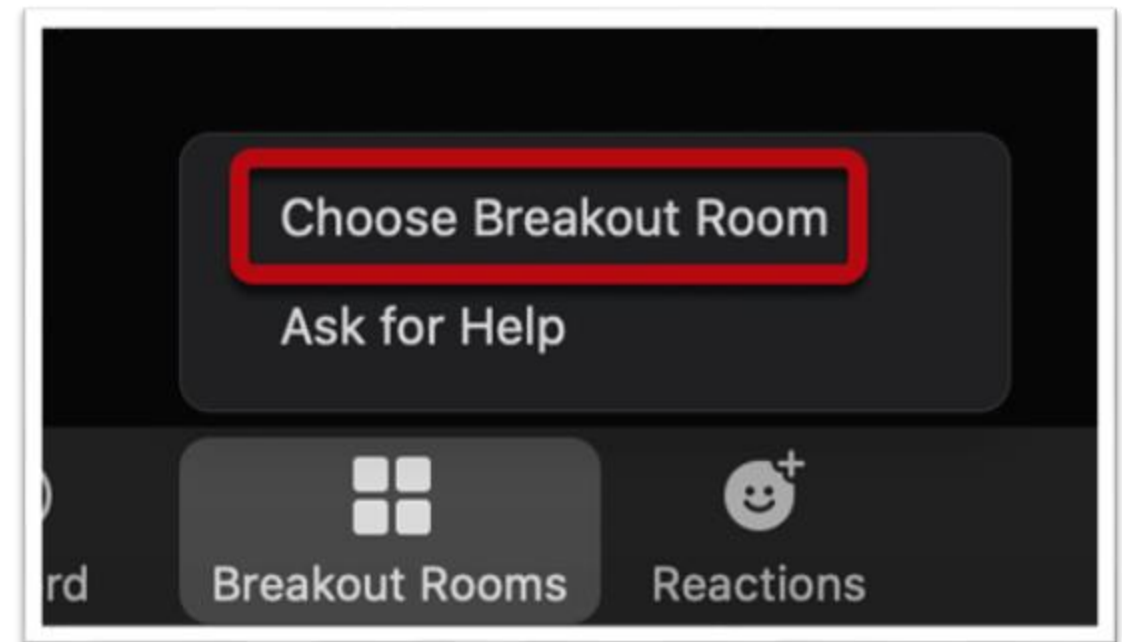
Breakout Rooms Agenda

Zoom Breakout Room Controls



To Join - Click this button and select a room

To Change Rooms - Click Button Again and Choose Breakout Room

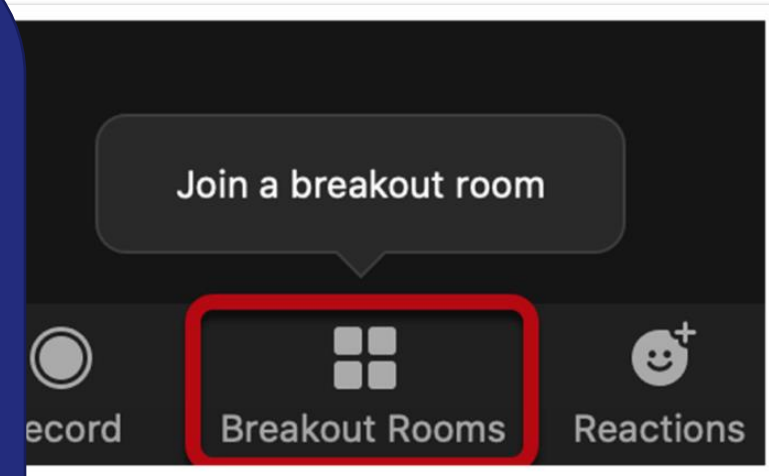


Breakout Room Presentations



Please click on the breakout room button and join the room of your choosing.

If you have questions or need help, reach out to one of the Uplift Oregon “support” staff through the chat.





Welcome back

Debrief



Health Engagement Model (HEM)



Wellness Central
Wellness Central
Wellness Programs
Canopy EAP (Formerly Cascade)
Coordinated Care Model
Flu Shot Information
Health Club Discounts
Health Engagement Model (HEM)
WW (Weight Watchers re-imagined)

- **HEM pays you an incentive** to learn your health risks and take steps to reduce those risks when possible.
- **When you take part in HEM:**
 - PEBB pays you a taxable incentive of \$17.50 per month, and
 - You keep your medical plan deductible low.

Canopy Wellbeing



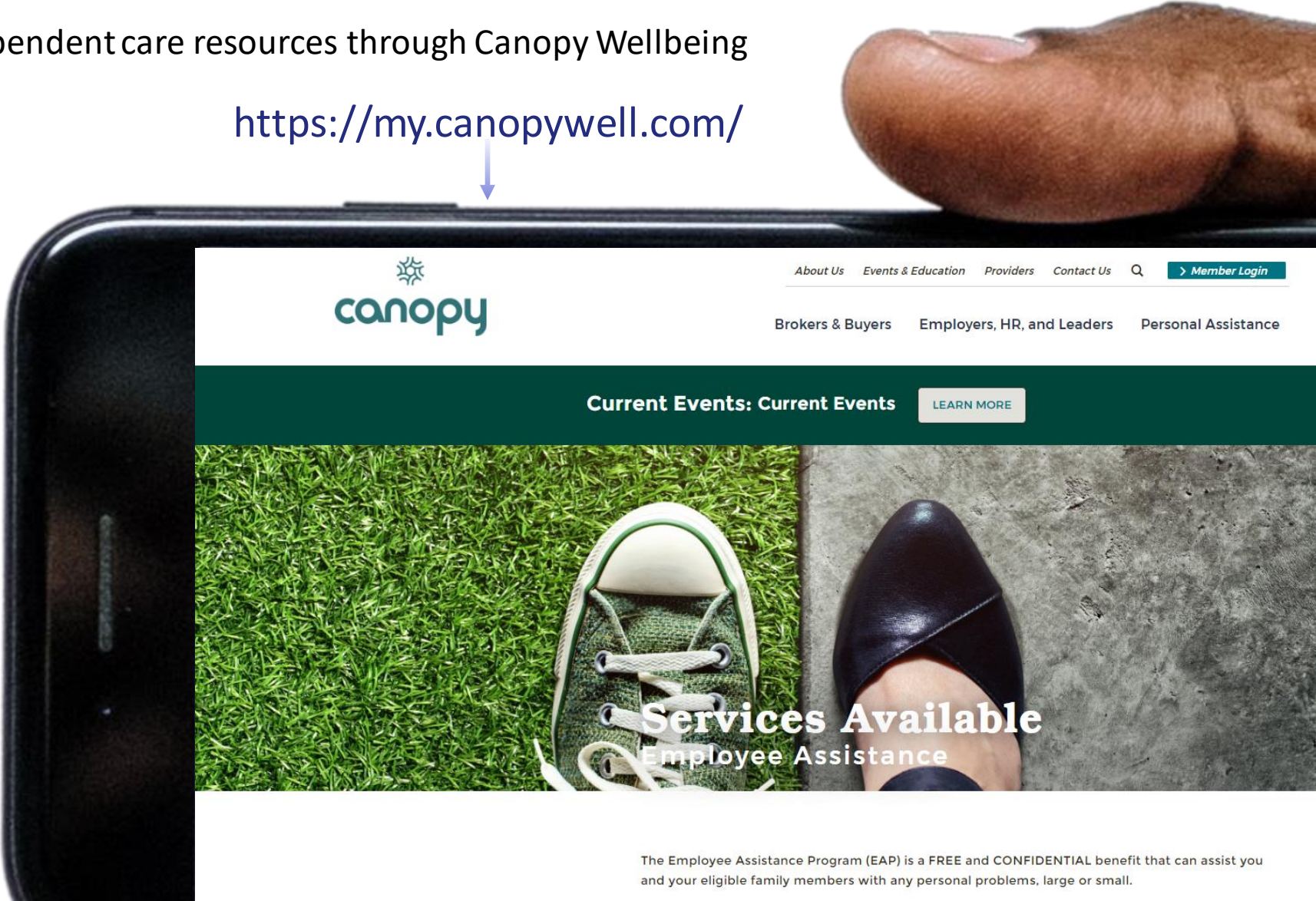
**Can also find dependent care resources through Canopy Wellbeing

<https://my.canopywell.com/>



Canopy Wellbeing
Website

Call 24/7 - 1-800-433-2320



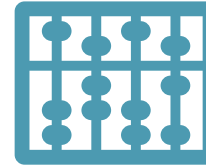
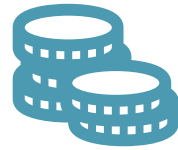
The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist you and your eligible family members with any personal problems, large or small.



Flexible Spending Accounts



FSA – How Do They Work



Monthly Check	FSA Account	Expenses	Re-enroll Yearly
<p>Money set aside pre-tax. This may lower your taxable income.</p>	<p>Money is "Use it or Lose it." Does not roll over into the next year.</p>	<p>Spend on eligible expenses. Get reimbursed or sign up for a debit card.</p>	<p>Enroll upon hire.</p>

Types of Accounts



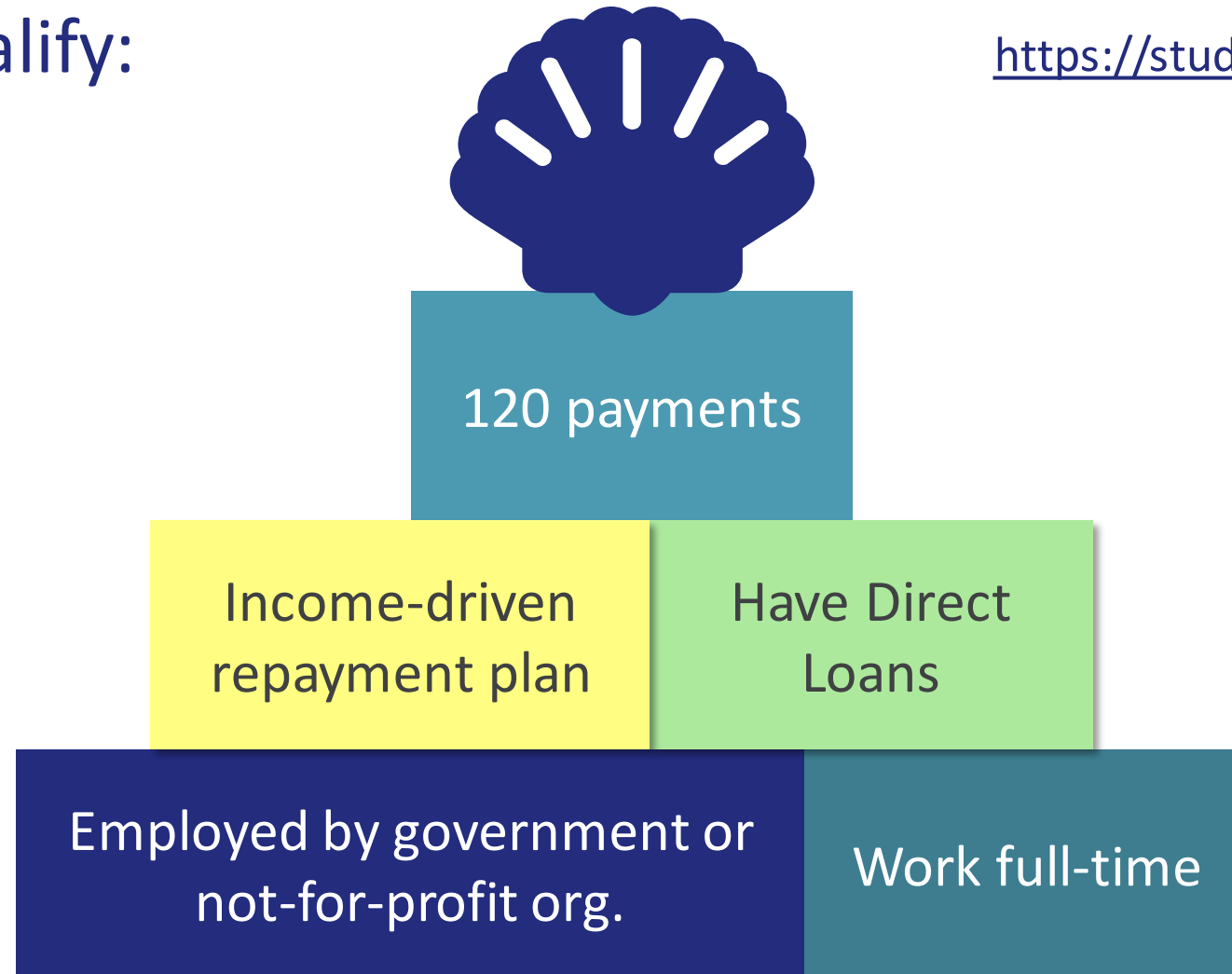
Healthcare	Dependent Care	Commuter
For health, vision, and dental costs	For in-home care for an elderly or older dependent, and nursery school or day care	For commuting expenses (pre-tax)
Max. year contribution is \$3,050	Max. year contribution is \$5,000	Max. year contribution is \$300/month
Must use contributions or lose them.		Can change the amount you put in at any time

Public Service Loan Forgiveness



How to Qualify:

<https://studentaid.gov/pslf/>



Union Membership Matters



Union membership is the best way to secure and grow these great healthcare benefits.

- Union members save an average of **\$421.51** per month thanks to union negotiated healthcare benefits
- Strong union membership is what allows you to have a voice in the process of deciding your healthcare
- Union dues are 1.7% of gross regular pay + \$2.75 per month. That's a great deal when it comes to the outstanding health coverage you and your families receive



Link to become a member -----> SEIU503.org/join-us



Open Enrollment workshops:

October 11 from 12:00-1:00

October 25 from 12:00-1:00

Uplift Open Enrollment Guide on Workday

DAS – CHRO – Uplift Oregon 2024 Open Enrollment Guide

[https://wd5.myworkday.com/oregon/email-universal/inst/17816\\$8608/rel-task/2998\\$29489.html](https://wd5.myworkday.com/oregon/email-universal/inst/17816$8608/rel-task/2998$29489.html)

**PEBB Open Enrollment event: Oct. 4th
10:30-12:30 PST**

FSA webinar: Oct 5th 2:30-3:30 PST



Open
Enrollment
Resources



THANK YOU!



Your feedback is important to us!

