A Deeper Dive
Into Open Enrollment
Town Hall

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
Stephanie Schaefer, Psy.D.
Uplift Oregon
Equity

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
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
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
• 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.
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

• 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
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)

• **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.
**Can also find dependent care resources through Canopy Wellbeing**

https://my.canopywell.com/

Canopy Wellbeing Website

Call 24/7 - 1-800-433-2320
Flexible Spending Accounts
# FSA – How Do They Work

<table>
<thead>
<tr>
<th>Monthly Check</th>
<th>FSA Account</th>
<th>Expenses</th>
<th>Re-enroll Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Money set aside pre-tax. This may lower your taxable income.</td>
<td>Money is &quot;Use it or Lose it.&quot; Does not roll over into the next year.</td>
<td>Spend on eligible expenses. Get reimbursed or sign up for a debit card.</td>
<td>Enroll upon hire.</td>
</tr>
</tbody>
</table>
## Types of Accounts

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

How to Qualify:

- 120 payments
- Employed by government or not-for-profit org.
- Income-driven repayment plan
- Have Direct Loans
- Work full-time

https://studentaid.gov/pslf/
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.htmlld

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

FSA webinar: Oct 5th 2:30-3:30 PST
Your feedback is important to us!

THANK YOU!