



Benefits News



Our Website Has a New Look & More Content!

We have updated our website and hope it not only makes it easier to navigate, but provides richer content for you as well.

On the left side of the screen there is now an FAQ section. We have added information such as: what changes can be made as a result of qualifying life events, what happens to your benefits if you are on a leave of absence, and what happens to your benefits when you separate employment. Watch this area for more topics in the future!

We have also restructured how information is organized. Choose Non-MCLEA (includes MCEA, MCJEA, FOPPO, ONA, Management and Elected Officials) or MCLEA depending on which benefit-eligible category applies to you. Remember, MCLEA is only for our law enforcement employees assigned to Unit 5. From there we have separated the medical, dental and additional benefits available to you in order to make navigation easier.

Employee Benefits
FAQ
Non-MCLEA (MCEA, MCJEA, FOPPO, ONA and Management)
MCLEA - Law Enforcement Only
COBRA / Retiree Benefits
Temporary Employee Benefits
Provider Contacts

NOVEL CORONAVIRUS / COVID-19

By now, we are all more than aware that the COVID-19 virus is here as well as its potential, and realized, impact. Please refer to the dedicated Marion County Intranet Page which has up-to-date COVID-19 information for our employees: <https://intra.co.marion.or.us/BOC/Pages/COVID-19---Information-for-Employees.aspx>

Both of our insurance carriers, PacificSource and Kaiser Permanente offer 24/7 nurse lines as well as tele-health options where you can see a doctor live, virtually, through your phone, tablet or computer.

To contact the nurse line for your carrier:

PacificSource: 1-855-834-6150

Kaiser Permanente: 1-800-813-2000

DID YOU KNOW?

Cascade Centers EAP

We understand how stressful and overwhelming things can be right now. Our EAP is doing a series of webinars, free of charge, for anyone interested. Their first one is Stress Management Techniques to Cope with Social Distancing and Isolation. You can watch the video on Cascade's YouTube link: www.youtube.com/watch?v=mymb8Z9f44o

Long Term Disability Information

- All Benefit-Eligible employees are automatically enrolled in Long Term Disability. Marion County pays this benefit for you.
- You can file your claim before meeting the 90-day waiting period, so your case is ready for Cigna's review.
- If you have missed 20% of your scheduled work week in the past year, for the same condition, we may be able to count that time towards your waiting period.
- If your disability deems you unable to return to work, and you separate employment, your claim is still active and you still receive your disability payments. Your claim is subject to periodic review to ensure you still meet Cigna's definition of disabled.

Your Benefits Team:

Kathie Carter: Benefits Specialist
Leslie Martin: Benefits Specialist

SOCIAL DISTANCING

In order to observe current social distancing guidelines, Employee Benefits is not able to accommodate walk-in customers at this time. We are available via phone and email though! Please do not hesitate to reach out to us so we may assist you:
Benefits Phone: 503-584-4700
Email: MCEmployeeBenefits@co.marion.or.us

CARRIER & BENEFIT PROVIDER CONTACT INFORMATION:

Kaiser Permanente:

Medical Appointments & Customer Service: 800-813-2000 Option 1
Dental Appointments & Customer Service: 800-813-2000 Option 2
More information can be found online: www.kp.org

PacificSource :

Customer Service: 888-977-9299 within Oregon

Delta Dental (Moda):

Customer Service: 888-217-2363

Professional Benefits Services:

FSA, COBRA & Retiree Plan Customer Service: 503-371-7622

Cigna:

Short & Long Term Disability Claim Services: 800-362-4462 Option 2
Life Insurance Services: 800-362-4462 Option 4
Accidental Death & Dismemberment Services: 800-362-4462 Option 7

Cascade Centers Employee Assistance Program:

Available 24/7 at: 1-800-433-2320

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

Anytime, Anywhere



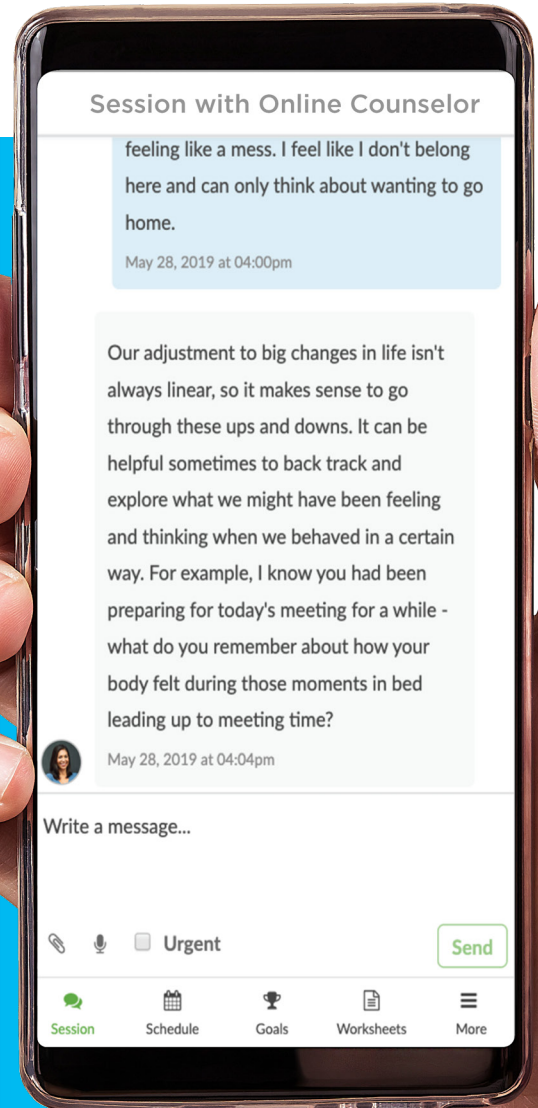
Private Online Counseling

IT'S PROFESSIONAL AND CONFIDENTIAL

All counselors are licensed, accredited professionals. You connect with your counselor in a safe and private online environment. Anything you share is confidential. Our program is HIPAA compliant.

IT'S CONVENIENT

Communicate with your counselor as often as you want and whenever you feel it is needed via text, phone, & video.



To Get Started:

Call Cascade at:
1-800-433-2320

Or contact online at:
cascadecenters.com/Schedule-an-Appointment





LifeBalance

Access to Thousands of Exclusive Discounts

LifeBalance and Cascade Centers have teamed up to connect you and your family members to the things we all love most - travel, sports, the arts, fun family time, the great outdoors, health, fitness, wellness resources and above all, a good deal.

Most Used LifeBalance Discounts:

- Disneyland
- Travel
- Lodging
- Retail Shopping
- Movie Tickets
- Dell Computers
- Sporting Event Tickets
- Broadway Musical
- Tickets

To access:

Login to your EAP member site at cascadecenters.com, or visit LifeBalanceProgram.com and enter your activation code: **MCW2954** to set up your free account.

LifeBalance:

call: 888-754-5433

email: info@LifeBalanceProgram.com

