



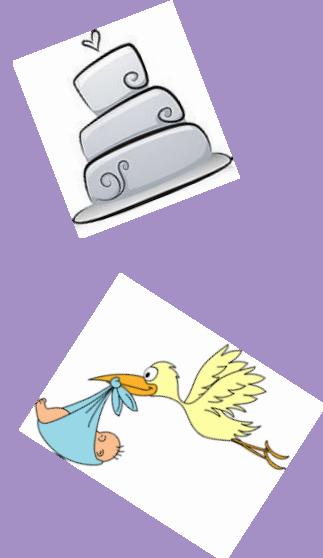
# Benefit Connections

Your Source for Health & Benefit Information!

## ADDING/REMOVING FAMILY MEMBERS:

**You Only Have 30 Days to Notify Employee Benefits of a Family Status Change** such as a birth, adoption, marriage, divorce, domestic partner eligibility or loss of other coverage. Notify Employee Benefits staff by completing a new [Health Plan Enrollment/Change Form](#).

If you don't, you will have to wait until open enrollment to add your new child or domestic partner, and coverage won't be effective until the first of the following year. As well, late removal of your spouse due to a divorce could result in the insurance company reprocessing or rejecting incurred claims retroactively. Please contact us immediately if you have any questions!



## REMINDERS & INFORMATION ON BENEFIT EXTRAS

**Coverage for adult children? Absolutely!** You may cover your child through the end of the month in which they reach age 26, regardless of their marital status or place of residence. At that point, they are eligible for COBRA benefits if needed. Their loss of coverage should also be a qualifying event for them to be added to other benefit options available to them, such as via their, or their spouse's, employer.

**Classes or workshops?** Are you interested in classes on nutrition, parenting, weight management, chronic condition management (such as diabetes, asthma and more) or CPR, to name a few?

- PacificSource offers a "Health Education Reimbursement" annually to each covered member. Visit [PacificSource.com/members/healthy-resources](http://PacificSource.com/members/healthy-resources) for more information.
- Kaiser Permanente holds a vast offering of classes for its members, including some online options. Check out their [Health and Wellness Resource Guide](#) for more information!

**Delta Dental** members who are diabetic, or in their third trimester of pregnancy, may wish to contact Delta at 1-877-277-7280 to inquire about their "[Oral Health, Total Health](#)" program to learn about additional benefits available to them.

**Interested in financial coaching?** Contact **Canopy Employee Assistance Program** at 1-800-433-2320! Our EAP has financial coaches who will provide 30 consecutive days of unlimited financial coaching, developing a needs analysis and a written action plan to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement. Check out [this flyer](#) for more information!

# February is Heart Health Month

According to the US Centers for Disease Control and Prevention (CDC):

- Heart disease is one of the top leading causes of death in the United States.
- One person dies every 34 seconds from cardiovascular disease.
- In 2023, 919,032 people died from cardiovascular disease. That's the equivalent of 1 in every 3 deaths.
- Heart disease is costly. The cost of health care services and medications from heart disease amounted to more than \$168 billion between 2021 and 2022.

Heart attack & Coronary artery disease (CAD) Statistics:

- In the United States, someone has a heart attack every 40 seconds.
- Every year, about 805,000 people in the United States have a heart attack. Of these, 605,000 are a first heart attack, and 200,000 happen to be people who have already had a heart attack.
- About 1 in 5 heart attacks are silent—the damage is done, but the person is not aware of it.
- Coronary heart disease is the most common type of heart disease. It killed 371,506 people in 2022.
- About 1 in 20 adults age 20 and older have CAD (about 5%).
- In 2023, about 1 out of every 6 deaths from cardiovascular diseases (CVDs) was among adults younger than 65 years old.



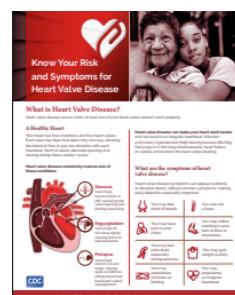
## Tips from the CDC for preventing, or lowering, high blood pressure:

Eat a healthy diet. The [DASH \(Dietary Approaches to Stop Hypertension\)](#) eating plan is a healthy diet plan with a proven record of helping people lower their blood pressure.

Be physically active. The [Physical Activity Guidelines for Americans](#) recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week.

Do not smoke! Smoking raises your blood pressure, putting you at higher risk for heart attack and stroke. If you do smoke, quitting will lower your risk for heart disease. **Kaiser members** have access to a [tobacco cessation classes](#) at no extra cost. **All employees** can utilize the American Lung Association's Freedom From Smoking Program *at no cost* when you register through [Salem Health's Community Education Center!](#)

For additional tips from the CDC or AHA click on the [please visit: www.cdc.gov/high-blood-pressure/prevention](#)



# Benefits News

## VOYA On-Site Schedule:

**Tuesday, February 17th**  
9am-5pm at Courthouse Square

**Tuesday, February 24th**  
9am-5pm at Health, Center St.

**Thursday March 12th**  
9am-12pm at Public Works  
1pm-5pm at Health, Center St.

**Tuesday, March 17th**  
9am-5pm at Courthouse Square

**April dates are being finalized now, watch for an All County email with more information!**

**To see available appointments, or to watch for future dates please use this link:**

<https://lewis-stefani-mc.timetap.com/#/>

**If in-person appointments are not available, please call Voya's Portland office at 503-937-0363.**



## Your Benefits Team

Kathie Carter, Sr. Employee Benefits Specialist  
Rachel Rowden, Employee Benefits Specialist  
Leslie Martin, HR Leave Administrator  
Lori Klemsen, HR Manager

Benefits Team Ext: 4700 (503-584-4700)  
Benefits Team Email:  
[MCEmployeeBenefits@co.marion.or.us](mailto:MCEmployeeBenefits@co.marion.or.us)

## INSURANCE CARRIER & BENEFIT PROVIDER CONTACT INFORMATION:

### Kaiser Permanente:

Appointments & Customer Service: 800-813-2000

Medical, Option 1  
Vision, Option 3  
Billing or Coverage,  
Option 5

Dental, Option 2  
Pharmacy, Option 4

### PacificSource :

Customer Service: 888-977-9299  
24-Hour NurseLine: 855-834-6150

### Delta Dental:

Customer Service: 888-217-2365

### Consolidated Admin Services:

FSA, HSA, Transportation, COBRA &  
Retiree Plan Customer Service: 877-941-5956

### New York Life:

Short & Long Term Disability Claim Services: 800-362-4462 Option 2  
Life & ADD Insurance Services: 800-362-4462 Option 3

### Canopy Employee Assistance Program

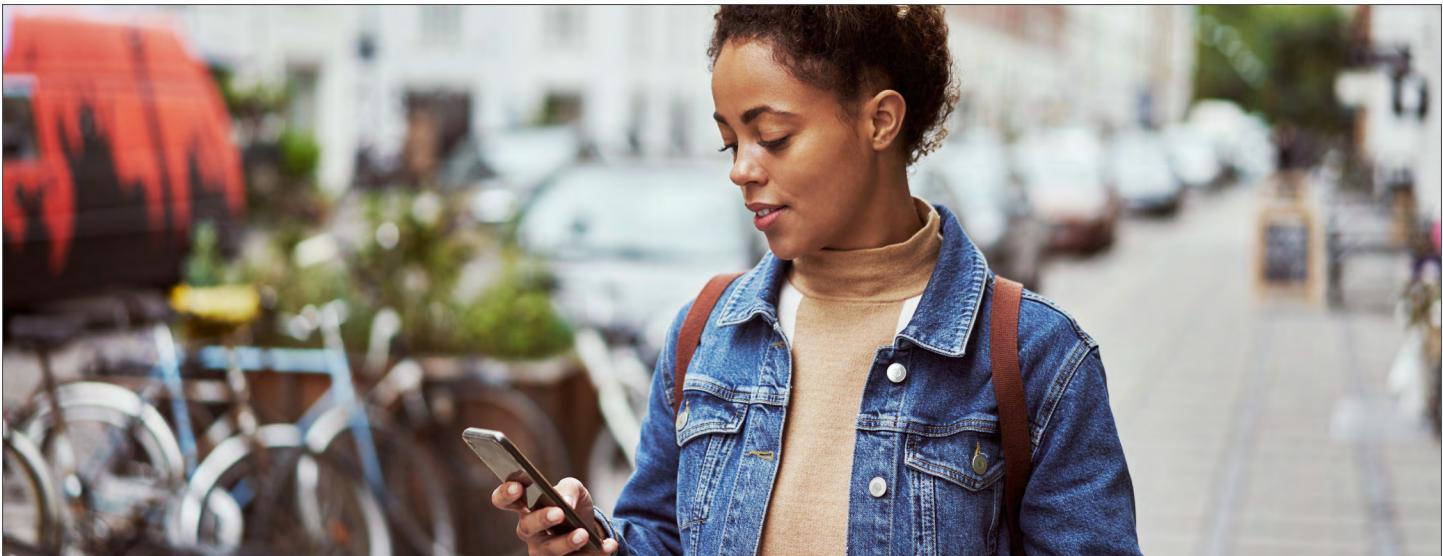
Information and 24/7 Access: 800-433-2320

## BENEFIT INFORMATION ONLINE

**Did you know you have 24/7 access at your fingertips to information about Marion County benefit offerings from work and on-the-go?**

Visit the **Employee Benefits page on the Marion County Internet website** go to [www.co.marion.or.us/HR/Benefits](http://www.co.marion.or.us/HR/Benefits) and select the group from the tabs on the left.

**If you don't find answers to your questions on the county's website, please contact us!**



# Manage your benefits with InTouch whenever, wherever

Easily find in-network doctors, hospitals, specialists, alternative care providers, and more with **InTouch**—our secure web portal for members.

You can also:

- View your digital member ID card
- See if you've met your deductible and out-of-pocket max
- Find out which services are covered
- View your Explanation of Benefits statements



PacSrc.co/  
account

## Create your InTouch account

1. Scan QR code
2. Click "Create account"
3. Follow the steps provided



## Our app puts InTouch in your pocket

The myPacificSource app is a convenient way to access InTouch from your smartphone or tablet. You'll find links to download the iOS or Android app at the page linked above.

After you create your InTouch account, use your username and password to log in to the app.



# Keep up with your care on the Kaiser Permanente app and kp.org\*



Schedule or cancel routine and specialty appointments.



Join a video visit.



Email your doctor's office with nonurgent questions.



View most test results and immunizations.



Order or refill most prescriptions.



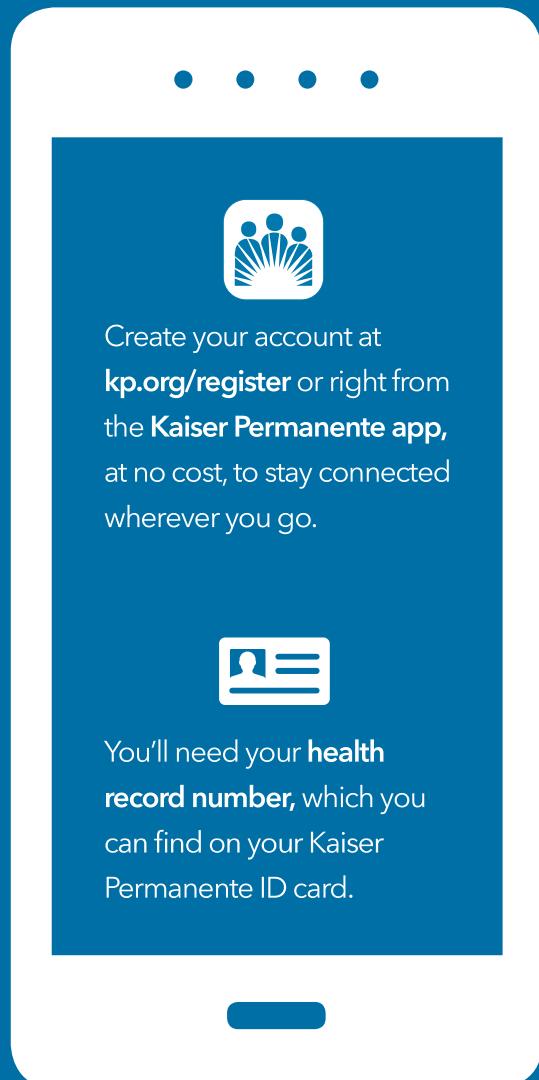
View and pay bills.



Find doctors and locations.



Manage care for your entire family



\*These features are available when you get care at Kaiser Permanente facilities.

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