



Benefits News

"I have chosen to be happy because it is good for my health."
-Voltaire

Exciting Insurance Form News...

Your Benefits and IT staff have been working on a project to get some of our most used forms on the Intranet and available for you to submit online! No more printing, scanning, emailing, inter-office mailing or faxing! You will be able to complete and submit forms from any Marion County computer with your user login. We will still accept paper forms.

More info to come during Open Enrollment!

INSURANCE 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

Have a smartphone? Don't forget to download your carrier's app!



Kaiser Permanente



myPacificSource



Delta Dental



EAP LifePilot

Benefits News

Did You know?

According to the American Heart Association:

- * Poor oral health may interfere with blood pressure control in people diagnosed with hypertension.
- * Periodontal disease, a condition marked by gum infection, gum inflammation and tooth damage, appears to worsen blood pressure and interferes with hypertension treatment.
- * Study findings underscore the importance of good oral health in blood pressure control and its role in preventing the adverse cardiovascular effects known to stem from untreated hypertension.

Source:

<https://newsroom.heart.org/news/poor-oral-health-linked-to-higher-blood-pressure-worse-blood-pressure-control>

Benefit & Wellness Info...

- * Marion County 457(b) Deferred Compensation Plans (pre-tax and Roth): You may begin or make changes to these plans at ANY time during the year, not just at open enrollment!
- * July is UV Safety Month! For tips on safe sun exposure and information on skin cancer please visit: www.cancer.org/healthy/be-safe-in-sun.html
- * August is Children's Eye Health Safety Month. While you are preparing for back-to-school, don't forget to have your child's eyes checked! For more information: www.aao.org/eye-health/tips-prevention/children-eye-screening
- * September is National Emergency Preparedness Month. Are you prepared for an earthquake, flood, severe storm or winter weather? Check out our Public Works Emergency Management page for some tips: www.co.marion.or.us/PW/EmergencyManagement/disastertips

Your Benefits Team:

Justine Flora: Risk and Benefits Manager
Kathie Carter: Benefits Specialist
Leslie Martin: Benefits Specialist

MARION COUNTY WEBSITE

Did you know you have access to benefit plans and programs Marion County provides at your fingertips? To access the Employee Benefits page on the Marion County internet website go to <http://www.co.marion.or.us/BS/Benefits> and select the appropriate link. If you don't find answers to your questions on the county's website, contact Benefits at: MCEmployeeBenefits@co.marion.or.us

VOYA On-Site Schedule:

July

18th: Public Works

22nd: Fresh Start Market

24th: Courthouse Square

August

7th: Public Works

20th: Courthouse Square

29th: Fresh Start Market

We will send an All County email as more dates become available.

If you were unable to reserve a time and want to be placed on a wait list, please call Voya at 800-238-6281.

Flu Shot Clinics will be held in September. Watch for an All County email when dates and locations are finalized.



Bike sharing comes to Salem

Have extra time on your lunch and want to get moving? This is a great way to be active!

For more information on the program, visit www.ride-salem.com or call 503-595-1111. For the other locations, visit www.ride-salem.com.

We reached out to Evan Osborne with Ride Salem and he was happy to provide us with some information on the new program.

Safety first: helmets are not provided, please bring your own!

Riders who use the promo code "RIDESALEM" when signing up will receive 4 free hours of ride time!

MEMBERSHIPS	PRICE
ANNUAL	\$25
STUDENT/PARTNERS	\$15
SINGLE-RIDE	\$1.50 per 1/2hr
24-HOUR SERVICE FEE	\$30

What is Bike sharing?

Bike sharing is an innovative transportation program, ideal for short distance point-to-point trips providing users the ability to pick up a bicycle at any self-serve bike-station and return it to any other bike station located within the system's service area.

HOW IT WORKS

1. BORROW

Download the Zagster app or apply for a membership through RideSalem.com.

2. UNLOCK

Open the application and press unlock. Select a cycle from a station near you.

3. RIDE

Have fun! Use the on-board cable-lock to keep the bike secure if you make stops along the way. When you're done, lock the bike back to any Zagster station. Then go to the app and tap END RIDE.



So you want a healthy smile

Call 877-277-7281 and talk to a health coach today!

Did you know that problems with your mouth, such as tooth infections, can cause the rest of your body to get sick, too? If you have problems with your teeth or gums, it's hard to know where to start. You might not even feel like going to a dentist. We can help you take action. Calling a Moda Dental Care health coach is free and confidential – you might even be eligible for a free gift. Our dental health coaches will listen to your concerns and walk you through your treatment options, so that you can decide what is best for you.

When you call, you will:

- Work one-on-one with a coach by phone or email
- Set your own health goals
- Create an action plan
- Find a dentist, if you do not already have one
- Decide when to meet and how many sessions to have with your coach
- Get support between dentist visits
- Learn how to use tools like our risk assessment and treatment cost calculator
- Find resources about your specific needs

Your coach will help you:

- Learn how gum (periodontal) disease affects you
- Understand the dental procedures you might have
- Start new habits for a healthier mouth
- Understand how the health of your mouth affects your overall health, especially if you have diabetes or another chronic condition

Questions?

We're here to help. Call us toll-free at 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.



Delta Dental of Oregon & Alaska

deltadentalor.com

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）

EXPERIENCE INNOVATIVE DENTAL CARE AND COVERAGE



Why Kaiser Permanente Dental?

We believe in total health, beginning with high-quality dental and oral care. That's why we hire some of the most skilled dentists and hygienists. And why every member gets a personalized prevention and treatment plan.

Top-notch, first-class service

During your first visit, your personal Kaiser Permanente dentist will provide a thorough oral exam including:

- Blood pressure check
- Diagnostic X-rays
- Gum disease test
- Tooth decay assessment
- Head and neck cancer screening

Quality

For over 25 consecutive years, we've received the highest level of accreditation from Accreditation Association for Ambulatory Health Care (AAAHC). This means our Dental Program has met rigorous national standards for quality.

To learn more, visit kp.org/dental/nw

The Comfort Menu

To ensure you're as comfortable as possible during your visit, our Comfort Menu offers a list of items to help you relax:

- Pillow
- Earplugs
- Headphones/earbuds
- Squeeze ball
- Blanket (heated based on your preferences)
- Lip moisturizer
- Moist towelette

96% of our members would recommend Kaiser Permanente Dental to family and friends,* according to patient satisfaction surveys.

*According to the Press Ganey survey for January 2015–December 2015.

smile.



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
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EAP Summary of Services

A benefit for you and your family members provided by Marion County

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.

Personal Consultation with an EAP Professional

Six (6) counseling sessions face to face, over the phone, or online for concerns such as:

- Marital conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or drug abuse
- Grieving a loss
- Career development services

Work / Family / Life

Cascade will help locate resources and information related to Eldercare, Childcare, Identity Theft or anything else you may need.

Legal Consultations / Mediation

Call Cascade for a free 30 minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

Financial Coaching

Coaches will provide 30 consecutive days of financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Home Ownership Program

Assistance and discounts for buying, selling, and refinancing.

Pet Insurance Discounts

Save up to 90% on vet bills for accidents, injuries, illnesses, genetic conditions, and emergency care for dogs and cats. Visit 'My Benefits' in the EAP Member Site.

Wellbeing Tools

- Will Kit Questionnaire and Online Legal Tools
- Tax Preparation Q&A and discounted services
- Life Coaching for personal or professional goals
- Gym Membership Discounts. Visit: www.globalfit.com/cascadeEAP

Cascade Personal Advantage - EAP Member Site

Innovative educational tools allowing you to manage your stress and improve quality of life. Chat live with an EAP counselor, take self-assessments, view videos, access personal growth courses, download documents, and more.

To access: 1) Go to www.cascadecenters.com 2) Click "Member Log-In" 3) Register as a new user

4) For company name enter: **Marion County**

LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the EAP Member Site or visit LifeBalanceProgram.com/login. Your activation code is: **MCW2954**

Download the LifePilot Mobile App

Download the app to chat with a counselor, view your EAP services, and get the help you need. Search **Cascade EAP** in the App Store or Google Play.

Crisis Counselors are available 24/7/365



For Assistance:
Call: 800-433-2320
Text: 503-980-1777
www.cascadecenters.com

*Your Success
is Our Compass*

