



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Jamie Myers • myers_j@4j.lane.edu • 541-790-7682 • April 30, 2021 • Issue Number 325

BLOOD DONORS URGENTLY NEEDED

Bloodworks Northwest is declaring a "Code Red" emergency for donors to combat the ongoing significant blood shortage affecting local hospitals and trauma centers across the Pacific Northwest. Less than a 24-hour supply is all that remains on the near-empty shelves at Bloodworks. Your donation in the days and weeks ahead is critical to public health. Please share this emergency need with friends, family, and co-workers.

Appointments and masks are required. It's crucial for donors to keep their appointments to ensure blood remains available during this challenging time. Same-day appointments are available at most locations. No guests or people under age 16 are permitted onsite. To schedule an appointment, go to BloodworksNW.org or call [800-398-7888](tel:800-398-7888).

Appointments are available at the following sites:

- Irving Grange – April 29-30
- Cottage Grove Elks Lodge – May 3-4
- Springfield Faith Center – May 5-6
- Holiday Inn Express (Spfd) – May 10-12
- Eugene Donor Center – Multiple Dates

MANDATORY OPEN ENROLLMENT RETURNING FALL 2021

Although OEGB has not finalized health plan options or rates yet, the OEGB Board has been clear about requiring mandatory open enrollment for the 2021-2022 plan year. This means that between August 15, 2021 and September 15, 2021, you must log on to myOEGB and select your medical, vision, and dental plans. You must do this even if you are not making any changes. This is a return to the typical open enrollment process.

SPRING PERS PRESENTATION

Understanding how your PERS pension works can be challenging, to say the least. In order to help you sort it out, 4J is hosting a virtual PERS education presentation called, "Understanding Your PERS Pension." Whether you are just beginning your career, are within a few months of retirement, or anywhere in between, this session is for you.

Topics will include:

- Understanding the differences between Tier 1, Tier 2, and OPSRP
- Pension benefit calculation methods
- Understanding your IAP account
- Retirement option choices

The presentation will be **Thursday, May 13, 2021**. It will take place via Zoom, from **4:30 p.m. – 6:00 p.m.**

To register, send an email to Jamie Myers (myers_j@4j.lane.edu). The Zoom link will be sent to registrants the day of the seminar.

If you have specific questions about PERS, please email your questions in advance to Kris Kartub at kris.kartub@aig.com. The deadline to submit questions is May 10th.

FSA CHANGES ALLOWED

Thanks to the COVID Relief Bill (RB), 4J was able to amend our Health FSA and Dependent Care FSA Plans with PacificSource to allow certain mid-year changes. The following changes can be made to the Health FSA Component and/or DCAP Component on a prospective basis during this benefit plan year:

- (a) stop/revoke an election;
- (b) start/make a new election, or
- (c) make a change by decreasing or increasing an existing election.

The information in this newsletter has been summarized. It is presented as information – not advice or counsel. In all instances, the benefits, conditions, and limitations as outlined in the 4J Master Contracts prevail over this representation. Please refer to your Benefits booklet or master contracts available at the District offices for additional information regarding your benefits plans.

Participants may not reduce their election to an amount that is less than the amount for which they have already been reimbursed and/or contributed. All changes will be effective with the start of the pay period after the change is requested. (For example a form that is turned in during May will be processed for the June 30th paycheck).

Participants may roll over amounts remaining in their health or dependent care FSA accounts as of the end of the plan years ending in 2020 and 2021 into the next plan year. The normal \$550 Health FSA carry-over cap does not apply. The request for reimbursement process remains the same.

To make a change, contact Jamie Myers or the 4J Benefits Office for a Mid-Year Change Form. Completed forms should be submitted to hr_benefits@4j.lane.edu.

WELLNESS WEBINAR SERIES

The 4J Joint Benefits Committee would like to thank everyone who participated in our first ever Wellness Webinar Series this year.

The JBC is in the process of selecting even more topics for the 2021-2022 Wellness Webinar Series. Based on the success of this year's presentations, we hope to offer two classes each month, starting in October. A full list of available classes will be published soon.

COVID TESTING & TREATMENT

In the unfortunate event that you or your loved ones contract COVID, Moda and Kaiser have you covered.

Moda

- Cost sharing is waived for COVID-19 vaccines.
- Cost sharing is waived for COVID-19 testing needs, including:
 - A telehealth or in-person visit to be evaluated for COVID-19 testing
 - Provider office visit, urgent care center visit or emergency room visit to be tested for COVID-19
 - COVID-19 lab tests for all testing facilities
- Member cost-sharing is also waived for the in-network treatment of COVID-19, both inpatient and outpatient, and FDA-

approved medications administered inpatient for the treatment of COVID-19, for services received March 1, 2020 – June 30, 2021.

- Questions? Call Moda at 1-844-776-1593

Kaiser Permanente

- Testing and diagnosis at Kaiser Permanente are available at no cost to members.
- Kaiser Permanente has waived out-of-pocket costs for treatment related to a positive COVID-19 diagnosis through July 31, 2021.
- Questions? Call KP at 1-800-813-2000

MODA 360 HEALTH NAVIGATORS

Moda 360 Health Navigators are a team of dedicated advocates whose job is to support Moda members. They understand the healthcare system and are knowledgeable about benefits and how they work. They can direct members to available programs, services, and tools.

Members can call a Health Navigator if they need help with:

- **Prior authorization:** Some medical services require prior approval to make sure they are medically necessary.
- **Assistance with Appointment scheduling:** A Health Navigator can help find in-network providers and specialists. They can also help with setting up appointments.
- **Care programs:** Moda has many resources that help members with certain conditions or concerns. A Health Navigator can help connect them to the programs that are right for them.
- **Selecting a PCP 360:** A PCP 360 is a primary care provider who delivers full-circle care and coordinates with other providers as needed.
- **Claims and provider billing support:** A Health Navigator can review information about member claims and explain the process to both them and their provider. If members have questions about a provider bill, a Health Navigator can answer their questions and work with their provider to resolve issues.

Members can connect with a Moda 360 Health Navigator by calling 1-844-776-1593.

