



Eugene Education Association

2815 Coburg Road • Eugene, OR 97408 • Phone 541-345-0338

4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Jamie Myers • myers_j@4j.lane.edu • 541-790-7682 • June 16, 2021 • Issue Number 326

MANDATORY OPEN ENROLLMENT BEGINS AUGUST 15, 2021

All benefit eligible employees and retirees must log on to MyOebb to enroll in a health insurance plan for the 2021-2022 plan year, starting August 15, 2021, and continuing through September 15, 2021.

- You must log on if you are **keeping the same elections**.
- You must log on if you are **making a change**, such as adding/dropping a dependent or adding/dropping/changing a plan.
- You must log on if you are **waiving coverage**.
- **YOU. MUST. LOG. ON!**

2021-22 MONTHLY PREMIUM RATES

The monthly premium cost for medical/vision/dental plans changes annually. The rates are set by OEGBB, and finalized by the Joint Benefits Committee. Rates will be posted on the 4J Benefits webpage soon.

Please be sure to check the rate sheet for your FTE as part of your health coverage decision-making process.

MEDICAL PLANS FOR 2021-22

The Joint Benefits Committee has chosen to keep all three of the current Moda Medical Plans (2, 3, and 4), and to continue offering Kaiser Permanente Medical Plan 2, which Kaiser renamed "2A."

Medical:

- Moda Plan 2, \$800 deductible
- Moda Plan 3, \$1200 deductible
- Moda Plan 4, \$1600 deductible
- Kaiser Plan 2A, \$800 deductible

Dental:

- Delta Dental Premier Plan 5, includes orthodontia
- Delta Dental Premier Plan 6
- Willamette Dental, includes orthodontia

Vision:

- VSP Choice Plus

Kaiser

Kaiser Permanente uses its own Provider Network. **If you choose Kaiser, you must see an in-network provider, or the visit will not be covered.** Check to see if your provider contracts with Kaiser by visiting kp.org. Many PeaceHealth providers in the Eugene/Springfield area have contracts with Kaiser, and Kaiser members may also use the 4J Wellness Clinic.

If you choose Kaiser, your first step will be to select a provider and register by visiting www.kp.org/newmember. Once registered, you will be able to:

- Speak with a Kaiser Permanente doctor on the phone or over video.
- Get treatment, including prescriptions, via an e-visit.
- Get your non-urgent medical questions answered via secure email.
- Schedule routine, in-facility appointments and view lab test results online or through the Kaiser Permanente app.
- Get most prescriptions mailed directly to you with no-cost shipping

Moda

If you select a Moda Plan, you will need to decide which plan design meets your healthcare needs. Each plan uses the Connexus Network of providers, and offers both a coordinated care and a non-coordinated care option for you and your covered dependents.

Choosing coordinated care offers benefits such as lower deductibles, lower out-of-pocket maximums, and lower costs for office visits, specialist visits, and alternative care visits.

The monthly premium is the same whether or not you choose coordinated care, and you are not required to have a referral to see a specialist. You may opt into coordinated care at any time.

To opt into coordinated care, you must select a primary care provider (PCP 360) for yourself and each covered family member.

A WORD FROM THE WELLNESS CLINIC

Public health experts agree that the only way to continue to decrease cases of Covid-19 is by following these public health measures:

- Practice social distancing,
- Use face coverings correctly
- Get vaccinated if you are able

Currently, all adults are eligible to receive any of the approved vaccines, and children age 12 and up are eligible for the Pfizer vaccine.

Choosing to get a vaccine is a personal choice. For those who are hesitant or unsure if they can be safely vaccinated, the 4J Wellness Clinic staff encourages you to reach out to your primary care provider or to call us to schedule a televisit or telephone consult. Clinic staff will answer questions, share safety and efficacy data, and address your specific concerns so that you can make the best decision for you and your family. Check out these links to schedule a vaccination:

Lane County Public Health

<https://www.cognitofirms.com/LaneCountyCOVID/LaneCountyCOVID19VaccineScheduling>

Pharmacy Search

<https://www.vaccinespotter.org/>

Cascade Health

workplacehealth@cascadehealth.org

The 4 J Wellness Clinic is Open for In-person Appointments

Many people have postponed routine health care this past year due to concerns about Covid-19. Risks have been reduced due to vaccination rates and safety protocols, so summer is a good time to catch up.

The 4J Wellness Clinic encourages you to schedule annual physical exams for yourself and your family members. Get your kids ready to return to in-person school this fall by scheduling Sports Physicals, Well Child Checks, and booster vaccinations, all of which can be done during the same appointment. The Clin-

ic is open Monday-Friday, 9:00 a.m. – 6:00 p.m. throughout the summer.

NOT RETURNING NEXT FALL?

If you are a licensed employee hired for this school year only and your hire date was before November 1, 2020, your insurance benefits will run through August 31st. Benefits also run through August for employees planning to take an unpaid leave from 4J or who will not be returning next school year. This includes licensed employees who will retire September 1, 2021. The final 2020-21 paycheck will be July 31st. If you currently have a monthly insurance premium withheld from your paycheck, you should expect two premiums to be withheld from your end of July paycheck. This allows you to pay for your August benefits with pre-tax dollars.

If you are retiring at the end of this school year but prior to September 1, the double July deduction will not apply to you. Please refer to your copy of your Licensed Retirement Agreement, which has details about your retiree insurance elections and rates.

If you have any questions, please let me know. You can reach me by phone (541-790-7682) or e-mail (myers_j@4j.lane.edu).

THANK YOU FROM THE SICK LEAVE BANK COMMITTEE

Over 300 members donated hours to the Sick Leave Bank during the two enrollment periods in 2020 - 2021. The Sick Leave Bank was able to provide assistance to nearly 20 members, dealing with illnesses from Covid to cancer, and everything in between. Your generosity allowed the Sick Leave Bank to help your colleagues when it was needed most. THANK YOU!

If you have not yet joined, fall enrollment opens August 30, 2021, and will remain open through November 1, 2021.

SUMMER INFORMATION

Like all teachers, my last workday for this school year will be June 18, 2021. However, I will be periodically checking voicemail and e-mail during the summer. If you need to reach me, please call or send an e-mail, and I will get back to you as soon as I am able. Have a fantastic summer! Be well!



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