

## THE HEALTHY FUTURES INCENTIVE PROGRAM

Open Enrollment 2016



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### What is the Healthy Futures Program?

- Financial incentive to learn about your health and take actions to improve or maintain
- Easy and Optional
- Reduce OEGB medical plan deductible by \$100/individual (up to \$300/family)
  - Kaiser Plan 3, Moda Evergreen – reduce family deductible \$200
  - Kaiser Plan 1 – reduced copays on select services
- Goals:
  - Improve member health
  - Reduce need for healthcare services
  - Contain costs

## Participation Rules & Requirements

### 3 Simple Steps

- Complete online health assessment Aug. 15 – Oct. 15, 2016
- Complete two healthy actions before August 15, 2017
- Report healthy actions during 2017 Open Enrollment

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## Participation Rules & Requirements (cont'd)

- Enroll in an OEGB medical plan
- Covered spouse/domestic partner required to
  - Complete their own health assessment
  - Take their own two healthy actions
  - Dependent children – no action needed
- Incentive takes effect October 1, 2016
  - If health assessment not completed, incentive revoked
  - If actions not reported, lose eligibility for next year

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## What to do this Open Enrollment

- If you received incentive for 2015-16:
  - Report healthy actions in MyOEBB enrollment system
- To receive incentive for 2016-17:
  - Agree to participate
  - Enroll in OEBB medical plan (incentive automatic)
  - Complete health assessment on your medical carrier's website Aug.15 – Oct. 15, 2016

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## Health Assessment Details

- Complete online with your current medical carrier
  - Kaiser - [kp.org/tha](http://kp.org/tha)
  - Moda - [modahealth.com/oebb](http://modahealth.com/oebb)
  - Watch recorded demonstrations
- Responses confidential
- Skip questions if needed - still counts as complete
  - More accurate details = more accurate results, better recommendations
  - Blood pressure, cholesterol numbers helpful, not required

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## Health Assessment Tips

- Save copy of your completion page/certificate
- Make sure spouse/partner completes with unique username/login
- Letters will be mailed early Nov. to those who didn't complete Aug. 15 – Oct. 15, 2016
  - Incentive revoked retroactive to Oct. 1, 2016

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## Healthy Actions – What Counts?

- Anything that promotes good health
- Weight and tobacco use are priorities
- All areas of wellness
  - ✓ Physical
  - ✓ Emotional
  - ✓ Intellectual
  - ✓ Spiritual
  - ✓ Social
- No proof needed

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## Healthy Actions – Examples

- Increase amount/frequency of exercise
- Participate in a work or community wellness activity or event (charity walk/run, yoga class, team competition)
- Preventive care visits
- Health education – read online articles
- Mental health assistance (depression, substance abuse, relationship issues, financial counseling)
- Already doing great? Keep it up!

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## No-Cost Programs for OEGB Members

Click on “Wellness” on OEGB website:

[oregon.gov/OHA/OEGB](http://oregon.gov/OHA/OEGB)

Examples:

- Weight Watchers
- MoodHelper – online depression management
- Healthy Team Healthy U – team-based activities
- Quit For Life – tobacco cessation
- Better Choices, Better Health – manage chronic conditions
- **Coming soon!** VLM – online diabetes prevention

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## Learn More

Handouts & Videos Online:

[oregon.gov/OHA/OEBB/Pages/2016-On-Demand.aspx](http://oregon.gov/OHA/OEBB/Pages/2016-On-Demand.aspx)

OEBB Member Services

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