



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

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MORE THAN THE BLUES?

Life is full of ups and downs. But when the down times last for weeks or months at a time or keep you from your regular activities, you may be suffering from depression. Depression is a medical illness that involves the body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. It is different from feeling “blue” or down for a few hours or a couple of days. It is not a condition that can be willed or wished away.

If you’re susceptible to wintertime blues or if there is something more serious going on, it’s important to know that you’re not alone and you don’t have to just live with it. Many resources are available to help improve your state of mind and your quality of life.

EAP Services: Reliant Behavioral Health administers our Employee Assistance Program in 4J, and it is available to all active employees and all retirees who are enrolled in benefits. Through the EAP you have access to free counseling services as well as online tools and information to help you get through the tough times. The EAP also offers financial services, legal services and referrals to reputable childcare services and convenience resources to alleviate some of the stress in your life.

To access EAP services call Reliant Behavioral Health at 1-866-750-1327 or visit <https://www.myrbh.com/> (Access Code: OEGB).

Please note – there was a glitch in communications when we first changed over to Reliant Behavioral Health and some 4J retirees were told they were not eligible for EAP services. This is not the case – 4J retirees enrolled in benefits are eligible for EAP services through Reliant Behavioral Health.

Medical Benefit: All of the medical plans available in 4J include mental health benefits. The amount you will pay for services will vary depending on which plan you selected and individual factors like whether you’ve met your deductible. Plan summaries and detailed handbooks are available online:

<http://www.odscorporations.com/oebb/members/>.

You can also call ODS before obtaining services if you need help figuring out how much of the costs will be paid: 1-866-923-0409.

Prescription Benefit: If your medical provider recommends anti-depressant medication, be sure to discuss your options. There are generic options for some of the name brand drugs, which could save you money.

Other Resources: If you or someone you know is in need of help, but aren’t enrolled in medical coverage, the State of Oregon offers a number of helpful resources. Visit their “Getting Help” webpage, (<http://www.oregon.gov/DHS/addiction/gethelp.shtml>) to see what’s available and for contact information.

4J WEIGHT WATCHERS AT WORK

If you are not able to set up a Weight Watchers At Work meeting at your site but would like to attend Weight Watchers with some of your 4J colleagues, you may consider joining one of these groups when the new 13-week sessions start up.

- **01/21/2011 – Meadowlark Elementary.** Meetings occur Fridays at 7:00 AM in room 22. This group of 15 has 100 pounds!
- **01/25/2011 – McCornack Elementary.** Meetings occur Tuesdays at 3:45 PM in either the library or room 2 (depending on availability). This group has lost 80 pounds!

- **02/07/2011 – Ed Center.** Meetings occur Mondays – weigh in begins at 4:45 PM and the meetings start after that (at about 5:15 PM) in the Tower Room. This group of 16 has already lost 174 pounds!
- **02/07/2011 – Spring Creek Elementary.** Meetings occur Thursdays at 3:30 PM in room 6.
- **02/09/2011 – Bertha Holt Elementary.** Meetings occur Wednesdays at 3:30 in room A05. This group of 20 has already lost 241 pounds!
- **02/14/2011 – César Chávez Elementary.** Meetings occur Mondays at 3:30 PM in the staff room, with weigh in before the meeting from 3:15 – 3:30 PM or after from 4:00 – 4:15 PM.
- **02/15/2011 – Sheldon High School.** Meetings occur Tuesdays at 4:15 PM in the library with weigh in beginning at 3:55 PM. This group of 18 has lost 148 pounds!
- **02/24/2011 – Awbrey Park Elementary.** Meetings occur Thursdays at 4:00 PM in the library, with weigh in beginning at 3:45 PM. This group of 15 has already lost 104 pounds!
- **04/04/2011 – North Eugene High School.** Meetings occur Mondays at 4:00 PM in the library. This group of 17 has lost 80 pounds!

If you would like to renew your enrollment for a second session, you'll need to have your meeting leader validate your attendance and give you a special OEBB single-use renewal certificate that is coded by Weight Watchers with a non-reusable and non-transferable access code for another 13-week session. Call 866-531-8170 and provide your unique access code to enroll in your next 13-week session at no cost to you.

To enroll to attend an At Work meeting for the first time, call 866-531-8170 and provide Weight Watchers with your unique member ID on your ODS insurance card (the E number). You'll then receive a welcome packet that includes an At Work pass. A pocket guide and member materials will be given to you at the meeting. Please allow about 2 weeks to complete this process.

If you would like additional information about one of these Weight Watchers At Work meetings, please let me know (541-790-7682 or wenzl@4j.lane.edu).

RETIREE REMINDERS

- If you are a licensed retiree currently receiving an early retirement stipend, your last stipend payment will be at the end of the month in which you turn 62. However, you are entitled to stay on the 4J insurance plan until you are Medicare eligible by age.
- As a Plan A retiree, the District will continue to contribute towards the cost of your insurance until you are Medicare eligible by age.
- If you have dependents still enrolled under your insurance at the time you gain Medicare eligibility, those dependents may stay on the 4J group plan on a self-pay basis, as long as they meet OEBB eligibility requirements.
- Medicare eligibility begins the first of the month in which you turn 65, unless your birthday is on the first of a month. In that case you will be eligible for Medicare the first of the month prior to your 65th birthday.
- If you are approaching Medicare eligibility, an excellent resource is the State of Oregon Senior Health Insurance Benefits Assistance (SHIBA) Program.

<http://egov.oregon.gov/DCBS/SHIBA/index.shtml>

WELLNESS POP QUIZ

The December 2010 issue of the *Nutrition Action Newsletter* poses this question – what's the best way to avoid catching a cold?

- take vitamin C
- take Airborne
- take Echinacea
- don't share food
- keep your hands clean

Sharing food is unlikely to spread colds because the virus needs to go from your hands to your eyes or nose, so wash your hands frequently. Taking high doses of vitamin C (1,000 mg a day) before and while you have a cold may shorten the duration by half a day or so, but there's no good evidence that vitamin C, products like Airborne, or Echinacea can prevent colds. The correct answer is e.

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.