



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

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WELLNESS CLINIC WALKING GROUPS

Come one come all! The staff at the Wellness Clinic is excited to announce two summer walking groups to get the summer season off to a great start.

The groups are open to anyone, at any fitness level, and will range from 30 – 45 minutes. Groups will begin June 7, 2010 and will run for 6 weeks, until July 14, 2010. One group will meet Mondays at noon and the other Wednesdays at 5:00 PM. All interested walkers should meet at the Wellness Clinic with good shoes and a water bottle. (In inclement weather, walkers should call prior to class – if conditions are bad the class may be cancelled.) Walks will be led by a nurse practitioner, so participants will be free to quiz an expert on all sorts of health topics.

If you have any questions about this exciting new program, please contact the Wellness Clinic directly at 541-686-1427. Walkers should call ahead in inclement weather.

OEBB/ODS PLAN CHANGES FOR 2010-11

The Joint Benefits Committee is hard at work studying the OEBB offerings for the new plan year (which begins October 1, 2010), and will be making decisions soon about which plans will be available to 4J employees and their dependents. Plan details will be published as soon as all decisions have been made. In the meantime, there are design changes coming that will affect all plans.

OEBB has implemented a Shared / Specialty Cost Tier on all ODS medical plans for certain procedures. Outpatient upper endoscopies, spine surger-

ies for pain, knee and hip replacements and arthroscopies on the knee or shoulder will all be subject to a \$500 copayment. Imaging (PET, MRI, CT) and sleep studies will be subject to a \$100 copayment. These copay amounts are in addition to the deductible and coinsurance members would normally pay, and do not apply to the annual out-of-pocket maximum. The Shared / Specialty Cost tier will take effect October 1, 2010.

The annual maximum benefit for alternative care will be reduced from \$2,500 to \$2,000. This will affect visits to acupuncturists, chiropractors and naturopaths.

When the new plan year starts, OEBB/ODS will cover 100 percent of employees' Weight Watchers cost for up to four, 13-week series, based on attendance. (Employees will need to complete 10 of 13 sessions in order to move on to the next series.) Employees will also have access to health coaching, educational resources, and assessment and screening to assist with weight management. Details about this new plan benefit will be available soon.

The dental plan deductible on all dental plans available will be \$50 – the deductible on our current plan is \$25. The dental deductible is waived for preventive services. Routine preventive and diagnostic services will still be covered at 100% (once every 6 months) if you visit an in-network dentist.

A June newsletter will contain detailed plan information, and will outline specific changes where applicable.

NEW INSURANCE RATES

Healthcare plan costs are increasing nationwide, and the plans offered through OEBB are not ex-

empt. Exact details are not yet available regarding the new rates for the 2010-11 insurance plan year. The Joint Benefits Committee will need to finalize the plan selections, and the District and Association will have to conclude bargaining before exact rates can be calculated. What is known is that rates will be going up, in some cases by quite a bit.

The renewal rates for the OEBB/ODS medical plans will increase from just over 8% (medical plan 8) to slightly over 27% (medical plan 3). The rates for the dental plan will increase by just over 6%, and the rates for the vision plan will increase by almost 9%. Licensed employees and retirees will receive exact rate information in a summer mailing – look for that information to arrive in the first half of August.

DO YOU NEED AN APPETITE ADJUSTMENT?

If you're trying to lose weight and are having a hard time, you may want to consider making changes to your environment and habits to help keep your appetite in check. The health experts at UC Berkeley outline some of the causes of overeating and offer suggestions for how you can gain control of your appetite.

- **The volume of a meal.** We tend to eat about the same amount of food regardless of its calories. Thus, many weight-loss plans stress foods that have a lot of volume relative to their calories (that is, bulky foods with more water and fiber and less fat, such as fruits, vegetables, broth-based soups, and cooked whole grains), in place of low-volume, calorie-dense foods (such as cheese and crackers).
- **Specific food components.** There's some evidence that, for many people, foods high in protein increase satiety more than high-carb foods. For example, an egg breakfast may keep you full longer than a bagel breakfast.
- **Palatability.** Most people find foods high in fat and sugar more pleasurable. It's theorized that sugar and fat activate the brain's "reward system" and blunt the body's normal response to satiety signals, thus making it easier to overeat.
- **Portion size and visual cues.** Many people eat to "clean their plates," relying on visual cues rather

than hunger to tell them when they are done. In a "bottomless bowl" experiment, people who ate from soup bowls that automatically refilled (without them realizing it) consumed 73% more soup.

- **Distraction.** Eating while watching TV, working, or engaging in other tasks can make you eat more. When distracted, you are more likely to use visual cues rather than hunger/satiety signals to tell you when to stop eating.
- **Variety.** The greater the variety of foods, the more people tend to eat. Eating the same food dulls the palate, and you become satiated sooner. Introduce a food with different sensory qualities, however, and appetite returns, which may be why there's often "room for dessert."
- **Emotions and social circumstances.** People often eat for reasons other than hunger—when they are stressed, depressed, angry, lonely, even happy and excited. And they often eat because of social pressures, such as at parties, or simply because it is mealtime.

To help you gain control over your appetite, use small plates, bowls, and cups; buy single-serving snacks, or portion out servings in small bowls or plastic bags; avoid all-you-can-eat buffets; and don't eat in front of the TV or computer, or while reading or driving. Perhaps most importantly, practice mindful eating. This includes eating slowly, taking pleasure from each bite, and being aware of your surroundings—and eating only when you are hungry.

A PLEA FOR E-DELIVERY

If you are a retiree who is still receiving a paper copy of this newsletter and would like to change to an electronic format, it's not too late! Please send me an e-mail from the address to which you would like your newsletter delivered and let me know you are ready to make the switch. That e-mail can be sent to wenzl@4j.lane.edu.

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