

# Healthwise

A PERS Health Insurance Program newsletter



FALL 2008

## Stress-management skills important

Whenever you're faced with a new situation or a change in an old one — good or bad — you feel a certain amount of tension or stress.

Stress can harm your health, possibly causing or contributing to a variety of physical, emotional, or behavioral problems, says Mary A. Lockhart, Health Education Services manager at Kaiser Permanente. And poor health can lead to even more stress.

Because some level of stress occurs every day in most people's lives, it is important to learn effective coping skills that will prevent stress from affecting you.

**Many people experiencing stress have found the following coping strategies to be helpful:**

- Move around — take a walk or bike ride, work in your garden,

or go dancing. Physical activity reduces tension.

- Manage your time. Organize your tasks and activities so you're not always running around in a frenzy.
- Learn to say no to things you don't really want or need to do.
- Practice a breathing or relaxation exercise for at least 10 minutes each day.
- Create a quiet environment. Eliminate distracting noises and activities so you can concentrate.
- Get support when something bothers you. Talk to your family or friends. If you need more help, speak with your health care provider about professional counseling.

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- Do something fun. Playtime is important, so visit friends, escape into the theater, play a game with your kids, or work on a hobby.
- Look inside. Many people find that self-contemplation and exploring religious or philosophical beliefs gives them a sense of perspective and peace.

*Kaiser Foundation Health Plan of the Northwest*

## Medication information for PERS ODS Prescription Drug Plan Members (PDP)

For a complete list of brand and generic medications covered under your current PERS prescription drug benefit, please visit ODS online at [www.odscompanies.com/members](http://www.odscompanies.com/members), log on to myODS and consult the PERS Prescription Drug Plan List of Covered Drugs.

# 2008 Plan change meeting schedule

For questions regarding the meeting schedule, contact the PERS Health Insurance Program at 800-768-7377. Contact locations for directions only. Meetings last approximately 1.5 – 2 hours.

Area	Date	Time	Location
<i>Eugene</i>	<b>9/17/2008</b> Wednesday	9:30 a.m. & 1:30 p.m	<b>Lane Community College Center for Meeting and Learning</b> 400 E. 30th Bldg 19 Rm 102
<i>Portland</i>	<b>9/18/08</b> Thursday	9:30 a.m. & 1:30 p.m.	<b>Holiday Inn-Airport</b> 8439 N.E. Columbia Blvd (park/enter at restaurant entrance)
<i>Bend</i>	<b>9/22/08</b> Monday	11:00 a.m.	<b>Riverhouse</b> , Deschutes Room 3075 N. Business Hwy 97
<i>Prineville</i>	<b>9/22/08</b> Monday	2:30 p.m.	<b>Crook County Library</b> 175 Meadow Lakes Road
<i>John Day</i>	<b>9/23/08</b> Tuesday	9:00 a.m.	<b>National Forest of Malheur County</b> 431 Patterson Bridge Road
<i>Hines/Burns</i>	<b>9/23/08</b> Monday	2:00 p.m.	<b>Best Western</b> 534 N. Hwy 20
<i>Ontario</i>	<b>9/24/08</b> Wednesday	9:00 a.m.	<b>Four Rivers Cultural Center</b> 676 S.W. 5th
<i>Baker City</i>	<b>9/24/08</b> Wednesday	1:00 p.m.	<b>Geiser Grand Hotel</b> 1996 Main St.
<i>LaGrande</i>	<b>9/25/08</b> Thursday	8:30 a.m.	<b>Blue Mt. Conference Center</b> 404 12th St.
<i>Pendleton</i>	<b>9/25/08</b> Thursday	1:30 p.m.	<b>Red Lion</b> 304 S.E. Nye
<i>Milwaukie</i>	<b>9/29/08</b> Monday	9:30 a.m.	<b>N. Clackamas Chamber of Commerce</b> 7740 S.E. Harmony Road (enter at OIT-in rear of bldg)
<i>Salem</i>	<b>9/30/08</b> Tuesday	9:30 a.m. & 1:30 p.m.	<b>Kaiser Renaissance Inn Wall Street Bar &amp; Grill</b> 5188 Wittenberg Lane (off River Road N.)
<i>Gresham</i>	<b>10/1/08</b> Wednesday	2:00 p.m.	<b>Holiday Inn</b> 2752 N.E. Hogan Dr.
<i>Hood River</i>	<b>10/2/08</b> Thursday	9:30 a.m.	<b>Hood River Adult Center</b> 2010 Sterling Road
<i>The Dalles</i>	<b>10/2/08</b> Thursday	1:30 p.m.	<b>Columbia Portage Grill</b> 3223 Bret Clodfelter Way
<i>Roseburg</i>	<b>10/7/08</b> Tuesday	11:00 a.m.	<b>Douglas County Fairgrounds Complex</b> 2110 S.W. Frear St.

Area	Date & Time	Time	Location
<i>Grants Pass</i>	<b>10/7/08</b> Tuesday	3:00 p.m.	<b>Lodge at Riverside Events Center</b> 955 S.E. 7th
<i>Medford</i>	<b>10/8/08</b> Wednesday	1:30 p.m.	<b>Pacific Convention Center-Ramada Inn Hotel</b> 2250 Biddle Road
<i>Klamath Falls</i>	<b>10/9/08</b> Thursday	9:00 a.m.	<b>Klamath County Fair Grounds</b> 3531 S. 6th
<i>LaPine</i>	<b>10/9/08</b> Thursday	1:30 p.m.	<b>LaPine Senior Center</b> 16450 Victory Way
<i>Corvallis</i>	<b>10/13/08</b> Monday	9:30 a.m. & 1:30 p.m.	<b>Salbasgeon Hotel &amp; Conference Center</b> 1730 N.W. 9th
<i>McMinnville</i>	<b>10/14/08</b> Tuesday	1:30 p.m.	<b>McMinnville Senior Center</b> 2250 McDaniel Lane
<i>Salem</i>	<b>10/15/08</b> Wednesday	10:00 a.m. & 1:30 p.m.	<b>Roth's</b> 1130 Wallace Rd N.W.
<i>Beaverton</i>	<b>10/20/08</b> Monday	8:30 a.m. & 11:00 a.m.	<b>Kingstad Meeting Center</b> 5450 S.W. Millikin Way
<i>St. Helens</i>	<b>10/20/08</b> Monday	3:00 p.m.	<b>Columbia Learning Center</b> 375 S. 18th St.
<i>Astoria</i>	<b>10/21/08</b> Tuesday	9:00 a.m.	<b>Holiday Inn Express</b> 204 W. Marine Dr.
<i>Tillamook</i>	<b>10/21/08</b> Tuesday	2:30 p.m.	<b>Tillmook Senior Center</b> 316 Stillwell
<i>Albany</i>	<b>10/23/08</b> Thursday	9:30 a.m.	<b>Linn County Fair &amp; Expo</b> 3700 Knox Butte Road (Willamette Event Center, Room 3)
<i>Lincoln City</i>	<b>10/28/08</b> Tuesday	9:00 a.m.	<b>Lincoln City Community Center</b> 2150 N.E. Oar Place
<i>Florence</i>	<b>10/28/08</b> Tuesday	2:30 p.m.	<b>Florence Events Center</b> 715 Quince St.
<i>Coos Bay/ N. Bend</i>	<b>10/29/08</b> Wednesday	8:30 a.m.	<b>Red Lion</b> 1313 Bayshore Dr.

# Numbers

## **PERS Health Insurance Program**

www.pershealth.com  
P.O. Box 40187  
Portland, OR 97240-0187  
503-224-7377  
800-768-7377

### *PERS Pension Office*

www.oregon.gov/pers

### *Mailing Address*

P.O. Box 23700  
Tigard, OR 97281-3700

### *Street Address*

11410 S.W. 68th Parkway  
Tigard, OR 97223-8634  
503-598-7377  
888-320-7377

## **Kaiser Permanente**

www.kaiserpermanente.org  
500 N.E. Multnomah St., Ste. 100  
Portland, OR 97232-2099  
503-813-2000  
800-813-2000

## **Providence Health Plan**

www.providence.org/healthplans  
3601 S.W. Murray Blvd. #10  
Beaverton, OR 97005  
503-574-8000  
800-603-2340

### *Mailing Address*

P.O. Box 4327  
Portland, OR 97208-4327

### *Claims*

P.O. Box 3125  
Portland, OR 97208-3125  
Providence RN  
503-574-6520  
800-700-0481

## **Clear Choice Health Plans**

www.clearchoicehp.com  
2965 N.E. Conners Ave.  
Bend, OR 97701  
541-385-5315  
888-863-3637

### *Claims*

P.O. Box 7469  
Bend, OR 97701

## **The ODS Companies**

www.odscpanies.com  
601 S.W. Second Ave.  
Portland, OR 97204-3156

### *Medical*

503-243-3880  
800-962-1533 (Oregon)  
800-852-5195 (National)

### *Dental*

503-243-4494  
800-452-1058 (Oregon)  
800-852-5195 (National)

### *Pharmacy*

503-265-4709  
888-786-7509

### *Claims*

P.O. Box 4030  
Portland, OR 97208-4030



P.O. Box 40187  
Portland, OR 97240-0187

