



cis benefits
www.cisbenefits.org



Wellness Works

Ingredients for A Healthy Family

We all know that eating right and being physically active are important steps to keep your family healthy. Other ingredients of a healthy family include staying on top of preventive health and dental screenings and looking after emotional and financial health. Sometimes all of the ingredients work together, and sometimes tough challenges get in the way, like:

- Financing college
- Caring for aging parents
- Resolving family conflicts
- Fighting cancer.

CIS Benefits and your CIS medical plan can help with resources and services to promote all aspects of family health.

Physical Health:

Preventive Exams and Services

Medical plans provide preventive care services at 100% for all covered family members. Routine dental and vision services also play an important role in diagnosing medical problems. Check on your eligibility and plan limits and take advantage of these

UTILIZE YOUR RESOURCES

CIS Benefits has resources, tools, and programs to help you reach your goals at www.cisbenefits.org

503-763-3800 800-922-2684
www.cisbenefits.org
1212 Court St. NE, Salem, OR 97301

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continued from first page ...

services for you and your covered family members. If you have questions about your eligibility for services or what's covered, please contact:

Regence Medical	888-370-6159
VSP (Vision for Regence members)	800-877-7195
Kaiser Medical/Vision/Dental	800-813-2000
ODS Dental	877-277-7280
Willamette Dental	800-460-7644

Mental Health:

Relationship, Work/Life Balance, and Legal/Financial Well-Being through Reliant Behavioral Health Employee Assistance Program (EAP)



Resource	Who & What	Access Number
Phone/In-person Counseling	All family members; up to 5 in-person counseling sessions per issue	866-750-1327
Legal/Mediation/Financial Services	All family members; discounts for legal fees; guidance for financial planning	866-750-1327
Will Preparation	Preparation template & notarized will	866-750-1327
WellCall Wellness Connection	All family members, health coaching, online wellness programs	888-493-5522

Physical & Mental Health:

Chronic Condition Support – assistance for complicated and/or ongoing health challenges such as diabetes, heart failure, asthma, depression and others

- Regence – 866-543-5765
- Kaiser – 866-301-3866, Option 1



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continued from first page ...

Online Resources, Programs, and Health Information

www.myRegence.com

- Choose the MyAdvisor>Personal Health tab to access resources such as kids' health, men's health, aging challenges, parenting, and interactive tools & videos.
- Family members ages 13 and older can create a Regence REWARDS account and earn a \$25 Amazon.com gift card for recording healthy living points.

www.kp.org

- Choose the Health and Wellness tab to access family health resources, videos, self-care, and community wellness resources.
- Choose the My Health Manager tab to schedule medical appointments, view lab results, communicate with your doctor, and access your medical record.

www.myRBH.com

- View available resource with the access code "oregon"
- Choose the green Go To Wellness link to connect to WellCall Wellness
- Activate a personal account to access Personal Advantage services – including legal/financial resources, helpful forms (e.g. rental agreement), self-assessments, personal growth learning tutorials.

www.cisbenefits.org

- CIS Benefits partners can be found on the home page and under Insurance Resources
- Healthy Benefits & Wellness tab – information and links to wellness programs available to you and those 18 and older you insure on a CIS medical plan



Need more help or information?

Check out CIS Benefits (www.cisbenefits.org) resource links, call 800-922-2684 ext. 3825, or email healthybenefits@cisoregon.org.

It's all about **TRUST.**

www.cisbenefits.org