



Benefit Connections

YOUR BENEFITS, DISCOVERED

November 2017

SAVE TIME, FEEL GREAT

The holiday season is here and now's the time to enjoy the gift of savings. Through Regence Advantages, you can save on health-related products and services. Enjoy discounts on healthy activities and fitness clubs, weight management programs, healthy meals, dental care products, eyewear and LASIK, alternative medicine, allergy relief products, and much more.

Holiday challenges

During the holidays our waistbands often expand. Weight management can be a real challenge this time of year, but Regence Advantages can help! Whether you're wanting to improve your long-term health, trying to lose weight for a special event, or just looking to eat better, having the right tools and support in your corner can help you hit your goals. Luckily, Regence has a variety of great weight management solutions — from weight loss programs and coaching to diet-friendly products.

Stay active and get fit

The CHP Active and Healthy Program encourages members to lead active, healthy, and fun lives by providing discounts on events, businesses, services, and classes. With a CHP Active and Healthy membership, you can save money on all your favorite winter-fun activities, sports gear, apparel and footwear, all for a low annual fee of \$15.95. Do you love to spend time on the snow? With CHP Active and Healthy you can save on snowshoe rental, skiing and snowboarding lift tickets and gear.

Achieve your winter weight loss goals Choose the weight management program that's right for you through Take Shape For Life or Jenny Craig. With Take Shape For Life, members save \$25 or more on the first order and get the support of a

Are you one of our secret winners?

From now until Dec. 31, 2017, every time you receive "Benefit Connections," you'll have a chance to win a \$25 Amazon gift card. How does it work? Just by reading the newsletter carefully. We've randomly selected three winners and buried their names and employer in the text. If you find your name, email EmployeeBenefits@cisoregon.org by Dec. 31, 2017. We'll confirm who you are and then mail you your gift card.

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Your Benefits, Discovered

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personal health coach. Join Jenny Craig and receive a free 3-month program + \$50 in food savings* or Save 50 percent off Jenny Craig premium programs**

Fresh-made meals delivered to your door. Eating healthy is critical for ensuring your lasting well-being. It can help you maintain a healthy weight, and reduce your risk for chronic illnesses like heart disease, cancer and stroke. Mom's Meals NourishCare provides fresh-made, nutritious and great tasting meals to any doorstep in the nation. Their heart-healthy menu is designed by dietitians to meet the low sodium (<800mg per meal) and low fat guidelines (<30 percent of the total meal) recommended by the American Heart Association. In addition, Mom's Meals NourishCare offers special menus including diabetic-friendly, renal-friendly, and gluten-free. Receive a 10 percent discount on every order.

See more clearly with LASIK

Is laser vision correction right for you? To find out, ask yourself the following questions: Do your glasses or contact lenses interfere with your daily life? Has your vision been stable for at least a year? Are you 18 years of age or older? Are you in good general health? Are you not currently pregnant or nursing? Have you not been pregnant (or nursing) within the last 6 months? If you answered yes to these questions, then generally you're considered a good candidate for LASIK. Keep in mind, LASIK still may not be a viable option for you as it's not right for everyone. Did you (**Robert Kappelman** from North Bend) know you can use your Flexible Spending Account or HSA funds to pay for LASIK? Through the Advantages program you can save 40–50 percent on the national average price of Traditional LASIK or receive savings on procedures such as Custom Bladeless (all laser) LASIK with QualSight.

Stop the sneezing

If you're an allergy sufferer, you're not alone. According to the American College of Allergy, Asthma and Immunology, approximately 50 million people in the United States suffer from allergies each year — making it the sixth leading cause of chronic disease. Fortunately, you (**Jessica Greene Wakeford** from Lincoln County) don't have to let your allergies control your life. Get 15 percent off National Allergy's already low prices on your entire order, including products such as pillow and mattress casings, air filtration, and green cleaning products.

Visit regence.com/advantages to learn more all your Regence Advantages program discounts.

*Valid for 3-month trial membership. Cost of food (\$15-23/day U.S. – \$17-26/day CAN) and shipping not included. \$50 in food discounts to be used in \$10 increments for each minimum weekly food purchase of \$152 U.S./\$173 CAN. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan. Free shipping of first order requires purchase of 2-week full planned menu order (minimum purchase of \$304 U.S.) and valid for U.S. only. Offer valid at participating centers and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. No cash value. Not valid with any other offers or discounts. One offer per person. Restrictions apply.

**50% discount on enrollment fee for eligible premium programs. Plus the cost of food (\$15–23/day U.S. – \$17-26/day CAN). Plus the cost of shipping, if applicable. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan. Free shipping of first order requires purchase of 2-week full planned menu order (minimum purchase of \$304 U.S.) and valid for U.S. only. No cash value. Not valid with any other offer or discounts. Only available at participating locations and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. Restrictions apply.

Changing your eating habits can feel impossible, but there are great strategies and services available (**Randy Peppers** from Douglas County) that can help make things easier—even if you're on a budget or have a packed schedule.

One tip is planning your meals in advance. Many people chose to cook their meals for the next week in advance — doing the cooking and grocery shopping over the weekend, then freezing or refrigerating their meals until they're ready to be eaten. Others subscribe to delivery services that bring fresh meals straight to their home or office, while some visit a nutritionist or doctor to create a healthy, achievable plan for eating right



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