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# Wellness Works

## Better health care, lower costs for you and your family

They say that good health is its own reward. But there's a financial reward, too, when we each do our part to use health care resources effectively: lower out-of-pocket costs, and a slower growth in medical insurance premiums.

CIS Benefits and our partners are committed to providing you and your family with high-quality benefits and exceptional service, at the best possible price. Here are a few of the many resources that can help you get the best possible care at the right time and in the right place, while minimizing your out-of-pocket costs, and reducing unnecessary medical visits.

- **Self-Care Essentials Guide** – If requested during Open Enrollment, your guide should arrive in mid-late August. Self-care Guides can help you make better choices when someone in your household is ill.
- **Online Medical or Self-Care** – Access free reliable resources to help decide if you need to go to the emergency department when your doctor's office is closed.

HAVE A SUCCESS STORY TO SHARE?

OR QUESTIONS?

Email us at [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org); or call 1-800-922-2684, ext. 3825.

503-763-3800 800-922-2684  
[www.cisbenefits.org](http://www.cisbenefits.org)  
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- **Regence:** www.myRegence.com> MyAdvisor> Health & RxGuide (requires login)
- **Kaiser:** www.kp.org> Health&Wellness> Conditions & Diseases (may need login for specific details)
- **Feel & Live Better with a Chronic Condition** – Taking an active management role can help you live better with a chronic disease, increasing your quality of life and reducing hospitalizations. Many resources and programs offered through your health insurance are free. You'll find help for conditions such as diabetes, asthma, heart disease, depression, and cancer.
  - **Regence:** call 1-866-543-5765
  - **Kaiser:** call 503-286-6816 (metro area); 1-866-301-3866 (toll free from all other areas)
  - **Living Well with a Chronic Condition Classes:** Check with your local County Health Department for options.
- **CIS Benefits Wellness Programs** – www.cisbenefits.org> HealthyBenefits & Wellness offers the following:
  - Partial reimbursement for qualifying healthy eating and weight management programs
  - Tobacco cessation program through Quit for Life®
  - Confidential assistance in dealing with stressful personal situations through Reliant Behavioral Health
  - Health coaching services through Regence and Kaiser.

Health care is changing, and part of the change is directly related to just how much the cost of care has increased. You can do your part in helping to keep costs lower and get better care by being a better consumer and by paying more attention to just how you and your family utilize health care resources.

## 2012-13 Open enrollment wrap-up

Open enrollment is over. But you may visit your benefits selections or update personal information and beneficiary designations at any time during the year by visiting [www.cisbenefits.org](http://www.cisbenefits.org)> **ManageMyBenefits**. Use the same user name and password as you did for open enrollment.

- **Username:** first initial + last name + last 2 birth year.  
Example: jsmith65.
- **Password:** first initial + last initial + last 2 birth year + cis + last three digits of SSN.  
Example: js65cis531.

Replacement medical and dental ID cards can be requested at any time under the **“Insurance Resources”** tab.

It's all about **TRUST.**

[www.cisbenefits.org](http://www.cisbenefits.org)