

HUBBnews

QUARTERLY NEWSLETTER FOR HOMECARE UNION BENEFITS BOARD MEMBERS

ODS Members:

Our next mailing will include information on new and convenient ways to get your immunizations!



Healthy Mouth Healthy Body

Visiting the dentist is good for your health, and your wallet!

Did you know that visiting your dentist on a regular basis and keeping your mouth healthy is critical to keeping the rest of your body healthy? A healthy mouth leads to a healthy body, and one of the best ways to maintain a healthy mouth is to visit the dentist regularly for preventive dental care.

What is preventive care? Preventive dental care is visiting the dentist regularly for check ups and cleanings. This will help you catch problems before they become serious or painful.

Dental health affects some of the body's most essential functions, including speaking, chewing and swallowing. Today more than 100 diseases have early signs that manifest in the mouth and can first be detected by a dental exam.

How can preventive care save you money?

Reports show that for every dollar spent on preventive care, you can save between \$4 and \$50 in restorative care. Receiving regular preventive care and dental check-ups can help reduce the need for restorative dental care or emergency room visits in connection with oral health. By preventing the need for restorative care, you can save money.

This quarter we will be talking more about preventive dental care and other important issues to help you keep your mouth and body healthy!



New Resources

Self Care

Take charge of your health!

This is a great basic handbook about "how to" care for yourself and your family. If you are interested in receiving one for free, give us a call.

HUBB

503.364.HUBB

866.364.HUBB

directory

Homecare Union Benefits Board, LLC (HUBB)
(503) 364-HUBB (4822) or (866) 364-HUBB

www.hubbinsurance.org

Kaiser Permanente Medical Plan (503) 813-2000
Medical/Dental Customer Service (800) 813-2000

www.kp.org

ODS Medical Plan (503) 243-3962
Medical Customer Service (888) 217-2363
Dental Customer Service (888) 217-2365
ODS Pharmacy Customer Service (888) 361-1610

www.odskompanies.com

SEIU Local 503, OPEU
(503) 581-1505 or (800) 452-2146

www.seiu503.org

Administration News

Updates Online

You can find the most recent information
about your benefits at

www.hubbinsurance.org



SEIU Local 503, OPEU P.O. Box 12159
Salem, OR 97309-0159

hubbFAQs

In each issue of HUBBnews, we'll answer common questions from HUBB members.
For more information on HUBB benefits, contact us at 866.364.HUBB.

Q: If I lose my insurance, then start working again do I have to re-enroll?

A: Yes. If you lose coverage due to lack of hours (under 80 two months in a row) you need to contact HUBB once you start working 80 hours a month. We will help you by sending you a new enrollment packet and walk you through the timeline of getting back on the plan.