

HUBBnews

QUARTERLY NEWSLETTER FOR HOMECARE UNION BENEFITS BOARD MEMBERS

preventive care

your road map to health.



HUBB Survey Success!

Over one thousand HUBB surveys have been turned in so far and we are not quite done yet! Thanks to all who participated and entered the drawing. We will be drawing winners' names at the end of the month and we will post the winners' names in the next newsletter and online in shortly after. Winners will receive a \$50 Safeway gift certificate.

This summer HUBB will be talking about preventive medical and dental care. Both Kaiser and ODS insurance plans have great programs you can take advantage of over the phone, online or in person. Prevention works! Do all you can to promote good health and well being for yourself and your family. Practice preventive care by following a healthy lifestyle and staying up-to-date with recommended screening tests and immunizations as well as dental exams and cleanings.

This summer HUBB will be talking about a wide array of preventive care options and how to use your health benefits to stay healthy!

Both ODS and Kaiser preventive care guidelines are easy to follow and offer you important choices for a longer and healthier life. In addition to healthy lifestyle practices, we will be talking about benefits for dental care, immunizations and screening tests you need, and the intervals at which you should get them.

These guidelines are generally for healthy people. If you have ongoing health problems, special health needs or risks, or if certain conditions run in your family, your prevention plan is even more important and may be somewhat different. You and your doctor can work together to make a plan that's right for you.

The most important first step to preventive care is to talk with your doctor. Your doctor is not just there for emergencies, he or she is there to be your guide to wellness. Talk to your doctor today about how you can get on the right path. And stay tuned this summer for more information on preventive care and your road map to health.



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: When can I enroll my family members on my HUBB Insurance?

A: Homecare workers may enroll family members for medical and dental coverage as follows:

- At the time of the Homecare Worker's initial enrollment;
- At the time the Homecare Worker re-qualifies for coverage;
- As a result of a status change event;
- During an open enrollment period

Contact HUBB for more information

