



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Julie Wenzl • 541-790-7682 • March 20, 2018 • Issue Number 303

INTRODUCING ADRIENNE ROYER

If you visit the 4J Wellness Clinic, you may see a new face. Adrienne Royer RN, BA, joined the clinic staff in February as the new RN Clinic Coordinator.

Adrienne will help triage calls that come into the clinic, provide care management for diabetic patients, and fill in when needed at either the front desk or with back office duties.

Adrienne studied Nursing at Lane Community College and Sociology at the University of South Florida, and has worked in the healthcare field for 18 years. She has a passion for preventive healthcare, and enjoys sharing her knowledge about maintaining a healthy lifestyle and early detection with the staff and families of 4J. In her spare time she enjoys spending time with her two daughters and husband, and making natural beauty products.

Please join me in welcoming Adrienne as part of our fabulous Wellness Clinic staff!

WELLNESS CLINIC – OPEN SPRING BREAK

The 4J Wellness Clinic will be open spring break. This may be a perfect time to get your yearly physical or gear up for allergy season.

Regular hours are Monday – Friday, from 9:00 a.m. to 6:00 p.m. The clinic is closed for lunch from 1:00 – 2:00 p.m. You can schedule an appointment by calling 541-686-1427.

4J BLOOD DRIVE

On March 14, 2018, 4J hosted the Lane Bloodworks bloodmobile for a blood drive. Lane Bloodworks was able to collect 15 units of blood, which can save as many as 45 lives. Of these 15 donors, 6 were first time donors!

To learn more about the blood needs in our community and the donation process, please visit:

<https://lanebloodcenter.org/>

EMPLOYEE ASSISTANCE PROGRAM

Reliant Behavioral Health provides the Employee Assistance Program (EAP) to 4J employees and retirees as part of our OEGB benefits. EAP services include counseling, work-life balance, and wellness resources to help people privately resolve problems that may interfere with work, family, and other important areas of life.

Some EAP highlights:

- **Up to 5 counseling visits** at no cost, per person, per issue
- **24-hour crisis help:** toll-free access for you or a family member experiencing a crisis
- **Mediation services:** free consultations for personal, family and non-work related issues (e.g. divorce, neighbor disputes, real estate) – a 25% discount is available if a mediator is retained
- **Financial services:** free telephone consultations for financial issues (e.g. debt counseling, budget, college/retirement planning) – a 25% discount is available if a professional is retained
- **Legal services:** free will kit with professional review – free half-hour consultation, followed by a 25% discount in fees if the attorney is retained also available. (Legal services are not provided for employer-related issues.)

To access the EAP call 866-750-1327 or go online: <https://www.myrbh.com> (Access Code: OEGB).

SAVE THE BANANAS!

To keep your bananas from ripening too fast, wrap the stem end of the bunch tightly in plastic wrap. Even better: separate the bunch and wrap each stem individually.

EEA/4J SICK LEAVE BANK

The Sick Leave Bank is a voluntary, charitable program. The purpose of the SLB is to grant hours to eligible members in cases of long-term absence necessitated by illness or injury. Hours granted provide a bridge to either long-term disability or to a return to work.

To become a participating member of the Sick Leave Bank, a bargaining unit member must donate 8 sick leave hours based on 1.0 FTE (prorated for part-time members).

To maintain active membership in the SLB, a minimum donation of 8 sick leave hours based on 1.0 FTE (prorated for part-time members) must be made every **two** years. Members are allowed to donate up to 16 hours per academic year.

In recent years, the SLB has been able to help members who are battling cancer, who need surgery, who are recovering from a broken bone that prevents them from working, as well as several other serious health conditions. The SLB allows members to focus on their own health and recovery without the additional stress of falling into unpaid status. The SLB has truly been a lifesaver.

The second SLB donation period is currently open, and will remain so through April 6, 2018. If you're looking for a way to celebrate spring, please consider a donation to the Sick Leave Bank!

MODA VIRTUAL CARE

As a Moda Health member, you have access to all of the following tools. You can find them on the home page of your myModa personal member website, once you have logged in. If you do not have a myModa account, you can create one now at mymoda.com.

eDoc: Ask questions and get guidance or treatment for any non-urgent illness or health concern. Board-certified physicians, licensed psychologists, pharmacists, dentists, dietitians and fitness experts are available to communicate with you online for free.

Use eDoc for:

- Advice about non-critical medical issues
- Guidance about treatment for illnesses
- Answers to behavioral health questions
- Nutrition and fitness counseling

Registered Nurse Advice Line: Talk with a registered nurse about any health matter 24 hours a day, 7 days a week, 365 days a year. The nurse will give you advice about what to do. The Registered Nurse Advice Line is always available and free: 866-321-7580.

Use the Registered Nurse Advice Line for:

- Guidance about basic symptoms and conditions
- Treatment of minor injuries and burns

- Home cold and flu remedies
- Advice about when to see your doctor

Virtual Visits: Get urgent care from home! Use Virtual Visits to connect with a licensed Oregon Health & Science University (OHSU) doctor, physician assistant, or nurse practitioner via your computer or mobile device.

Use Virtual Visits for:

- A cold, sore throat, stuffy nose, cough, the flu, congestion and nausea
- An allergy, poison ivy or oak
- Bites, stings and more

Do not use Virtual Visits for medical emergencies, including chest pain, uncontrolled bleeding or difficulty breathing. Go to an Emergency Room instead. OHSU's providers are licensed to give care in the state of Oregon. Whether or not you are an Oregon resident, you will need to be physically in the state to have a Virtual Visit.

To schedule a Virtual Visit, go to ohsu.edu/virtualvisits. You will be asked to use your OHSU myChart account to log in to the system. If you do not have an account, you will be able to create one.

As a Moda Health OEBC member, you receive the Virtual Visit benefit for a \$10 copay, not subject to the deductible.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

To help with the safe, convenient and responsible disposal of unused prescription medications, the U.S. Drug Enforcement Administration (DEA) and local law enforcement agencies sponsor community medicine take-back programs.

This year, National Prescription Drug Take Back Day is Saturday, April 28, from 10 a.m. to 2 p.m.

If you have any unused prescription medications sitting around the house, visit the DEA's website to find a participating collection site near you to return your unneeded medicines:

<https://www.dea.gov/index.shtml>

The DEA website will be updated April 1, 2018, so you should wait to run your search if you'd like to take advantage of this opportunity to clean out your medicine cabinet.