

Getting Kids Excited About Veggies!

Do you have great tips or tricks for getting kids to eat veggies? Share them with others on our Facebook page! [Facebook.com/PacificSource](https://www.facebook.com/PacificSource)

Hear what the kids say about Veggie U. Visit [youtube.com/pacificsource](https://www.youtube.com/pacificsource) and select the video named "PacificSource Brings Veggie U to Oregon Classrooms."



We know what you're thinking: "That's impossible!" But luckily for many Oregon fourth-graders, PacificSource's Wellness Coordinator Charis Allenbaugh believed that kids could and would get excited about eating vegetables if they could see and be a part of the entire process.

PacificSource funded the Veggie U program in eight Oregon classrooms last year, and is continuing the program in eight classrooms this year. Veggie U offers kits complete with seeds, soil, flats, root view boxes, grow lights, and even worm farms.

These materials allow students to get hands-on experience with every stage of vegetable planting, growing, and harvesting. Since the students

invest so much time and effort into growing these vegetables, they're more likely to eat them, and to try other new, healthy foods.

"We've noticed that our kids have started taking more vegetables in the lunch line," said one fourth-grade teacher. "I've also heard from several parents that their children are asking for different vegetables once they get home. That alone has been worth the time to offer the program." We asked the kids who participated what their favorite part of the program was. Besides eating the yummy vegetables they grew themselves, their clear choice was the worm farms!

It's exciting to see such a great program be embraced by kids, teachers, and parents. Veggie U has the potential to benefit the lives of hundreds of children in the communities we serve, and PacificSource is proud to sponsor it.





Take Advantage of Your Preventive Care Benefits

Examples of preventive care:

- Well baby exams
- Routine physicals
- Colorectal cancer screening
- Prostate cancer screening
- Immunizations
- Mammograms

Your PacificSource plan covers certain preventive services at 100 percent.* This means you'll have no copay, coinsurance, or deductibles applied to preventive care services when:

- You see an in-network provider,
- You meet the age, gender, and frequency recommendations for the preventive service, and
- Your provider bills your claim as a preventive service.

Please note, however, that we are required by law to process your claim according to the medical codes your provider billed. We understand that it can be confusing if you made an appointment to have a preventive

service, but then find your claim was not processed as preventive care.

To learn more about how we cover preventive care services, and download our new flier, please visit PacificSource.com/healthcare-reform/preventive-care.



*May not apply to large group employers whose health plan is "grandfathered" under federal healthcare reform. Please check your plan's specific benefits.

Seeing your doctor on a regular basis and receiving the screenings recommended for your gender and age group are important parts of staying healthy. However, it's also important to understand which services are considered preventive care, and what your coverage limitations are. This way you don't end up with unexpected out-of-pocket costs.

Preventive care is focused on screening for illnesses at regular intervals, even though you have no symptoms. Preventive care is important because many health issues can be better treated if detected early.

Four Plan Perks You Might Not Know About



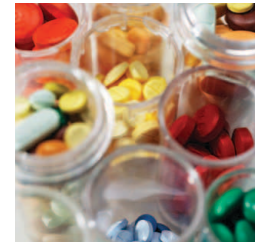
Weight Watchers® is now a permanent part of our wellness program. A program reimbursement is available to all PacificSource members with medical coverage. You may choose either the in-person or online Weight Watchers programs. To learn more about this program, visit PacificSource.com/WeightManagement.



Prenatal Vitamins are available to expectant mothers who have a PacificSource pharmacy benefit. Mothers-to-be can receive up to nine months of physician-prescribed prenatal vitamin supplements at no cost! The program was recently expanded from six months. For program details, please visit PacificSource.com/PrenatalProgram.



Get a flu shot! The seasonal flu vaccine is a great way to help you stay healthy this flu season. Check your plan's specific benefits, but the flu shot and mist are covered by most plans at little or no cost to you. To learn more about this benefit, visit PacificSource.com/flu.



Save Money on Prescription Drugs! Show your PacificSource ID card **each time** you purchase prescriptions at a CVS Caremark® participating retail pharmacy to ensure you're receiving the best benefit. Ask your local pharmacy if they participate with CVS Caremark, or find participating pharmacies on the CVS Caremark website: Caremark.com/wps/portal.

Make the Most of Your Doctor Visits

With a little preparation, you can make the most of your doctor visits. We've created a guide to help you before, during, and after your appointment so that you can be an informed, confident healthcare consumer, ready to take charge of your care.

Getting Ready for Your Appointment

- ❑ Make a list of your questions and concerns, all medications and supplements you take, and any allergies you have.
- ❑ Think about asking someone to go with you.
- ❑ Check your insurance benefits.

During Your Appointment

- ❑ Explain why you're there.
- ❑ Answer your doctor's questions clearly and completely.
- ❑ Listen to your provider's diagnosis and recommendations.
- ❑ Ask questions about any medications, tests, or procedures your doctor recommends.
- ❑ Ask any remaining questions from your list.
- ❑ Know what happens next—make sure you're clear about the next steps

After Your Appointment

- ❑ Do your part. Follow directions and schedule appointments.
- ❑ Watch for possible problems or new symptoms.
- ❑ Call back with new questions or concerns if you need to.



Go Paperless!

Get the Member Newsletter and our annual notices by email! In addition to being greener, the email newsletter includes direct links to online information and resources.

Visit PacificSource.com/Paperless or email our Customer Service Department at cs@pacificsource.com.

We respect your privacy and will never share or sell your email address.

Need Help?

We are always happy to assist you if you have any questions about your benefits. Feel free to call us toll-free at (888) 977-9299 or email cs@pacificsource.com.

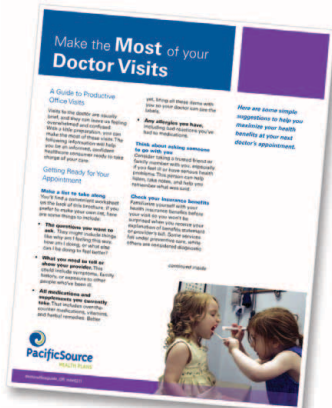
¿Necesita ayuda?

Siempre estamos dispuestos a ayudarle si tiene alguna pregunta acerca de sus beneficios. Llámenos sin cargo al (800) 624-6052 ext. 1009 o envíe un correo electrónico a cs@pacificsource.com.

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Our full "Make the Most of Your Doctor Visits" guide also includes tips for how to ask questions and a helpful Doctor Office Visit Worksheet.

To download a copy, visit PacificSource.com and select For Our Members > Forms and Materials > General Education. Or call our Customer Service Department and we'll be happy to send a printed copy to you.

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We're in it for the people.

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