

# Benefits Express

A publication of the Western States Health and Welfare Fund of the OPEIU

<http://www.westernstates.aibpa.com>

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Kaiser Permanente:  
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[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

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[www.lifewiseor.com](http://www.lifewiseor.com)

Express Scripts  
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[www.express-scripts.com](http://www.express-scripts.com)

PacificCare  
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Willamette Dental  
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800-461-8994  
Patient Relations  
503-644-6444 Option 8  
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[www.willamettedental.com](http://www.willamettedental.com)

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800-547-4457 ext. 1665

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800-877-7195  
[www.vsp.com](http://www.vsp.com)

## Getting the Most Out of Summer...

### *Tips for Keeping Your Family Safe While Still Having Fun*

Some of the best days of the year are those long, warm summer days. While summer is a great time to relax, don't relax your best judgment when it comes to you and your family's safety.

Putting safety first this summer can prevent a visit to Urgent or Emergency Care Center, and in the long run, save you money on your health care costs and time spent at a medical facility.

With that in mind, the Board of Trustees of the Western States Health and Welfare Trust Fund hopes that some of the simple safety tips below help make the summer of 2008 the best and safest one ever!

From grills to tools to playgrounds to swimming pools, a lot of what we do in the summer is associated with some kind of equipment.

The US Consumer Product Safety Commission has some ideas for keeping you and your children safer this summer:

- Whether your child is riding a skateboard or you and your family are enjoying

some off-road fun on an ATV, be sure to wear a helmet. Helmets can reduce the risk of injury by 85 percent.

- Surround any pool higher than 18 inches with a fence. Always have adult supervision when water is involved in your recreational plans. Keep life preservers and a cell phone with emergency numbers handy.

- Make sure sports equipment, such as soccer goals, are securely anchored in place.

- Keep your children at a safe distance from any open flame (including grills or campfires).
- Don't overreach when using a ladder and always carry ladders horizontally, to avoid accidentally hitting an overhead wire.

For more information from the Consumer Product Safety Commission, visit their web site at [www.cpsc.gov](http://www.cpsc.gov).



Do not forget just how strong the sun can be in the summer. Even on overcast days, you can get a sunburn. Be sure to take along sunscreen on any outdoor activity, and use water-proof sunscreen if you plan to go

swimming. When going for a hike, don't forget the insect repellent and allergy medication, such as Benadryl, which can be a life saver for bee stings, or just helpful for those summer allergies.

Enjoy your summer, stay healthy and stay safe!

Sources: "Summer Safety Guide," *ConsumerReports.org*; <http://www.cpsc.gov>

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## Featured Benefit...Mail Order Prescriptions

Save Time by Getting Prescriptions Delivered to Your Home

(90-day supply available through all Plans)	LifeWise (Services by Express Scripts Mail Pharmacy Service)	PacifiCare (Services by Prescription Solutions)	Kaiser Permanente
<b>Generic</b>	\$20 or 20% (whichever is less)	\$10 (Drug must be in Formulary)	\$30- maintenance \$45- non-maintenance
<b>Preferred Brand</b>	\$40 or 20% (whichever is less)	\$40 (Drug must be in Formulary)	\$30-maintenance \$45- non-maintenance
<b>Non-Preferred Brand</b>	50%	N/A	N/A
<b>Contact Information (Phone and/or Web site)</b>	800-782-8452 <a href="http://www.express-scripts.com">www.express-scripts.com</a>	800-562-6223 <a href="http://www.rxsolutions.com">www.rxsolutions.com</a>	800-548-9809

## Recipe Corner...

### Tasty Grilled Chicken

- Take cut-up chicken of your choice, preferably skinless and boneless, but any piece of chicken will do.
- Lightly brush olive oil over chicken on both sides and sprinkle with garlic and onion powder, and let the chicken sit for about 20 minutes.
- When your grill has heated up, start grilling.
- If you prefer, turn your chicken every few minutes.
- During the last five minutes on each side, brush light balsamic dressing several times.
- Make sure you check the meat thermometer and that the chicken is cooked to an internal temperature of 165 degrees Fahrenheit.
- If you want to add additional flavor, sprinkle parmesan cheese and allow to melt. Enjoy!

## A 20/20 Perspective on Your Eye Health A Guide to Vision Benefits

With summer upon us, the Board of Trustees would also like to remind you that good eye health is part of overall good health. The Western States Health and Welfare Trust Fund offers comprehensive vision benefits as a part of your Health and Welfare Plan. Vision benefits are offered through Vision Service Plan (VSP).

When you visit a VSP Provider, your comprehensive eye exam is covered in full once every 12 months, after a \$15 co-payment. After a \$25 co-payment, single vision, lined bifocal and lined trifocal lenses are covered once every 12 months.

You are given an allowance of up to \$120 toward the cost of the frame of your choice once every 24 months, and you get 20% off any additional out-of-pocket costs. If you prefer contact lenses, your \$120 allowance once every 24 months goes towards the lens fitting examination (this is different from the general eye examination) and the lenses.

In addition to those benefits, you receive discounts on additional items like anti-reflective coatings or progressive lenses.

To find a VSP provider in your area, you can visit [www.vsp.com](http://www.vsp.com) or contact VSP at 800-877-7195.