

# Public Employees Benefits Board Meeting

July 19, 2023

---

## Public Employees Benefits Board

July 19, 2023

9:00 a.m. – 11:45 a.m.

**This meeting will be hybrid with attendance options both in person and via Zoom**

Health Care Authority  
Sue Crystal A & B  
626 8<sup>th</sup> Avenue SE  
Olympia, Washington

### Table of Contents

Meeting Agenda .....	1-1
Member List.....	1-2
2023 Meeting Schedule .....	1-3
Board By-Laws .....	2-1
Approval of Meeting Minutes .....	3-1
2024 Non-Medicare Premiums .....	4-1
Medicare Update .....	5-1
Open Enrollment Preview .....	6-1
SmartHealth: WebMD Implementation .....	7-1
2024 Board Meeting Schedule .....	8-1

**TAB 1**

**Public Employees Benefits Board**  
**July 19, 2023**  
**9:00 a.m. – 11:45 a.m.**

**This meeting will be hybrid with attendance options either in person or via Zoom. Masks are optional.**

**TO JOIN ZOOM MEETING – SEE INFORMATION BELOW**

9:00 a.m.*	<b>Welcome and Introductions</b>		Lou McDermott, Chair Pro-Tem	
9:05 a.m.	<b>Meeting Overview</b>		Dave Iseminger, Director Employees & Retirees Benefits (ERB) Division	Information
9:10 a.m.	<b>Approval of Meeting Minutes:</b> • July 12, 2023	TAB 3	Lou McDermott, Chair Pro-Tem	Action
9:20 a.m.	<b>General Program Updates</b>		David Iseminger, Director Employees & Retirees Benefits (ERB) Division	Information/ Discussion
9:30 a.m.	<b>2024 Non-Medicare Premiums</b>	TAB 4	Tanya Deuel, ERB Finance Manager Financial Services Division (FSD)	Action
10:00 a.m.	<b>Medicare Update</b>	TAB 5	Ellen Wolfhagen, Senior Account Manager Employees & Retirees Benefits (ERB) Division	Information/ Discussion
10:20 a.m.	<b>Open Enrollment Preview</b>	TAB 6	Alisa Richards, Section Manager Employees & Retirees Benefits (ERB) Division	Information/ Discussion
10:40 a.m.	<b>SmartHealth: WebMD Implementation</b>	TAB 7	Kristen Stoimenoff, Wellness Manager Employees & Retirees Benefits (ERB) Division	Information/ Discussion
11:00 a.m.	<b>2024 Board Meeting Schedule</b>	TAB 8	David Iseminger, Director Employees & Retirees Benefits (ERB) Division	Information/ Discussion
11:05 a.m.	<b>General Public Comment</b>			
11:40 a.m.	<b>Closing</b>			
11:45 a.m.	<b>Adjourn</b>		Lou McDermott, Chair Pro-Tem	

\*All Times Approximate

The Public Employees Benefits Board will meet Wednesday, July 19, 2023 at the Washington State Health Care Authority, Sue Crystal Rooms A & B, 626 8<sup>th</sup> Avenue SE, Olympia, WA. Attendance for this meeting can be in person or via Zoom. Masks are optional.

The Board will consider all matters on the agenda plus any items that may normally come before them.

This notice is pursuant to the requirements of the Open Public Meeting Act, Chapter 42.30 RCW.

To provide public comment by email, direct e-mail to: [PEBBoard@hca.wa.gov](mailto:PEBBoard@hca.wa.gov).

Materials will be posted at <http://www.pebb.hca.wa.gov/board/> by close of business on Monday, July 17, 2023.

-----  
Join Zoom Meeting

<https://us02web.zoom.us/j/87918572869?pwd=cHlpODRhMkNtUmxld1ZpcVYyQmNlZz09>

Meeting ID: 879 1857 2869

Passcode: 347884

---  
One tap mobile

+12532158782,,87918572869#,,,,\*347884# US (Tacoma)

+12532050468,,87918572869#,,,,\*347884# US

---  
Dial by your location

• +1 253 215 8782 US (Tacoma)

• +1 253 205 0468 US

• +1 719 359 4580 US

• +1 346 248 7799 US (Houston)

• +1 669 444 9171 US

• +1 669 900 6833 US (San Jose)

• +1 386 347 5053 US

• +1 507 473 4847 US

• +1 564 217 2000 US

• +1 646 931 3860 US

• +1 689 278 1000 US

• +1 929 205 6099 US (New York)

• +1 301 715 8592 US (Washington DC)

• +1 305 224 1968 US

• +1 309 205 3325 US

• +1 312 626 6799 US (Chicago)

• +1 360 209 5623 US

Meeting ID: 879 1857 2869

Passcode: 347884

Find your local number: <https://us02web.zoom.us/u/kk5NhaPBn>

## PEB Board Members

Name	Representing
Sue Birch, Director Health Care Authority 626 8 <sup>th</sup> Ave SE PO Box 42713 Olympia WA 98504-2713 V 360-725-2104 <a href="mailto:sue.birch@hca.wa.gov">sue.birch@hca.wa.gov</a>	Chair
Kurt Spiegel WA Federation of State Employees 1212 Jefferson ST SE #300 Olympia WA 98501 V 833-622-9373 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	State Employees
Elyette Weinstein 5000 Orvas CT SE Olympia WA 98501-4765 V 360-705-8388 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	State Retirees
Tom MacRobert 4527 Waldrick RD SE Olympia WA 98501 V 360-264-4450 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	K-12 Retirees
Michaela Doelman Office of Financial Management 302 Sid Snyder Ave Olympia WA 98501 C 360-790-8315 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	Benefits Management/Cost Containment

## PEB Board Members

Name	Representing
Monica McLemore 10002 Aurora Ave N Seattle WA 98125 V 510-239-7162 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	Benefits Management/Cost Containment
John Comerford* 121 Vine ST Unit 1205 Seattle, WA V 206-625-3200 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	Benefits Management/Cost Containment
Harry Bossi 19619 23 <sup>rd</sup> DR SE Bothell WA 98012 V 360-689-9275 <a href="mailto:PEBBoard@hca.wa.gov">PEBBoard@hca.wa.gov</a>	Benefits Management/Cost Containment
<b>Legal Counsel</b> Michael Tunick, Assistant Attorney General 7141 Cleanwater DR SW PO Box 40124 Olympia WA 98504-0124 V 360-586-6495 <a href="mailto:MichaelT4@atg.wa.gov">MichaelT4@atg.wa.gov</a>	

\*non-voting members

1/27/23



Washington State Health Care Authority  
*Public Employees Benefits Board*  
P.O. Box 42713 • Olympia, Washington 98504-2713  
360-725-0856 • TTY 711 • FAX 360-586-9551 • [www.pebb.hca.wa.gov](http://www.pebb.hca.wa.gov)

## PEB BOARD MEETING SCHEDULE

### 2023 Public Employees Benefits (PEB) Board Meeting Schedule

The PEB Board meetings will be held at the Health Care Authority, Sue Crystal Center, Rooms A & B, 626 8<sup>th</sup> Avenue SE, Olympia, WA 98501.

February 2, 2023 (Board Retreat) 9:00 a.m. – 4:00 p.m.

March 9, 2023 - 9:00 a.m. – 1:30 p.m.

April 13, 2023 - 9:00 a.m. – 1:30 p.m.

May 11, 2023 - 9:00 a.m. – 1:30 p.m.

June 8, 2023 - 9:00 a.m. – 1:30 p.m.

June 29, 2023 – 9:00 a.m. – 1:30 p.m.

July 12, 2023 - 9:00 a.m. – 12:00 p.m.

July 19, 2023 - 9:00 a.m. – 12:00 p.m.

July 26, 2023 - 9:00 a.m. – 12:00 p.m.

If you are a person with a disability and need a special accommodation, please contact Connie Bergener at 360-725-0856

7/5/22

OFFICE OF THE CODE REVISER  
STATE OF WASHINGTON  
FILED

DATE: July 12, 2022

TIME: 9:19 AM

WSR 22-15-022



**TAB 2**

## PEB BOARD BY-LAWS

### **ARTICLE I**

#### **The Board and its Members**

1. **Board Function**—The Public Employees Benefits Board (hereinafter “the PEBB” or “Board”) is created pursuant to RCW 41.05.055 within the Health Care Authority; the PEBB’s function is to design and approve insurance benefit plans and establish eligibility criteria for participation in insurance benefit plans for Higher Education and State employees, State retirees, and school retirees.
2. **Staff**—Health Care Authority staff shall serve as staff to the Board.
3. **Appointment**—The Members of the Board shall be appointed by the Governor in accordance with RCW 41.05.055. Board Members shall serve two-year terms. A Member whose term has expired but whose successor has not been appointed by the Governor may continue to serve until replaced.
4. **Non-Voting Member**—There shall be one non-voting Members appointed by the Governor because of their experience in health benefit management and cost containment.
5. **Privileges of Non-Voting Member**—The non-voting Member shall enjoy all the privileges of Board membership, except voting, including the right to sit with the Board, participate in discussions, and make and second motions.
6. **Board Compensation**—Members of the Board shall be compensated in accordance with RCW [43.03.250](#) and shall be reimbursed for their travel expenses while on official business in accordance with RCW [43.03.050](#) and [43.03.060](#).

### **ARTICLE II**

#### **Board Officers and Duties**

1. **Chair of the Board**—The Health Care Authority Administrator shall serve as Chair of the Board and shall preside at all meetings of the Board and shall have all powers and duties conferred by law and the Board’s By-laws. If the Chair cannot attend a regular or special meeting, he or she shall designate a Chair Pro-Tem to preside during such meeting.
2. **Other Officers**—(reserved)

**ARTICLE III**  
**Board Committees**

**(RESERVED)**

**ARTICLE IV**  
**Board Meetings**

1. Application of Open Public Meetings Act—Meetings of the Board shall be at the call of the Chair and shall be held at such time, place, and manner to efficiently carry out the Board's duties. All Board meetings, except executive sessions *as permitted by law*, shall be conducted in accordance with the Open Public Meetings Act, Chapter 42.30 RCW.
2. Regular and Special Board Meetings—The Chair shall propose an annual schedule of regular Board meetings. The schedule of regular Board meetings, and any changes to the schedule, shall be filed with the State Code Reviser's Office in accordance with RCW 42.30.075. The Chair may cancel a regular Board meeting at his or her discretion, including the lack of sufficient agenda items. The Chair may call a special meeting of the Board at any time and proper notice must be given of a special meeting as provided by the Open Public Meetings Act, RCW 42.30.
3. No Conditions for Attendance—A member of the public is not required to register his or her name or provide other information as a condition of attendance at a Board meeting.
4. Public Access—Board meetings shall be held in a location that provides reasonable access to the public including the use of accessible facilities.
5. Meeting Minutes and Agendas—The agenda for an upcoming meeting shall be made available to the Board and the interested members of the public at least 24 hours prior to the meeting date or as otherwise required by the Open Public Meetings Act.

Agendas may be sent by electronic mail and shall also be posted on the HCA website. An audio recording (or other generally accepted electronic recording) shall be made of the meeting. HCA staff will provide minutes summarizing each meeting from the audio recording. Summary minutes shall be provided to the Board for review and adoption at a subsequent Board meeting.

6. Attendance—Board Members shall inform the Chair with as much notice as possible if unable to attend a scheduled Board meeting. Board staff preparing the minutes shall record the attendance of Board Members at the meeting for the minutes.

**ARTICLE V**  
**Meeting Procedures**

1. Quorum—Five voting members of the Board shall constitute a quorum for the transaction of business. No final action may be taken in the absence of a quorum. The Chair may declare a meeting adjourned in the absence of a quorum necessary to transact business.
2. Order of Business—The order of business shall be determined by the agenda.
3. Teleconference Permitted—A Board Member may attend a meeting in person or, by special arrangement and advance notice to the Chair, by telephone conference call, or video conference when in-person attendance is impracticable.
4. Public Testimony—The Board actively seeks input from the public at large, from enrollees served by the PEBB Program, and from other interested parties. Time is reserved for public testimony at each regular meeting, generally at the end of the agenda. Opportunity for public testimony at Board meetings shall also be made available immediately before the Board’s vote on a resolution. At the direction of the Chair, opportunities for public testimony may also be made available at other times during Board meetings. The Chair has authority to limit the time for public testimony, including the time allotted to each speaker, depending on the time available and the number of persons wishing to speak.
5. Motions and Resolutions—All actions of the Board shall be expressed by motion or resolution. No motion or resolution shall have effect unless passed by the affirmative votes of a majority of the Board Members present and eligible to vote, or in the case of a proposed amendment to the By-laws, a 2/3 majority of the Board.
6. Representing the Board’s Position on an Issue—No Board Member may endorse or oppose an issue purporting to represent the Board or the opinion of the Board on an issue unless the majority of the Board approve of such position.
7. Manner of Voting—On motions, resolutions, or other matters a voice vote may be used. At the discretion of the Chair, or upon request of a Board Member, a roll call vote may be conducted. Proxy votes are not permitted, but the prohibition of proxy votes does not prevent a Chair Pro-Tem designated by the Health Care Authority Director from voting.
8. Parliamentary Procedure—All rules of order not provided for in these By-laws shall be determined in accordance with the most current edition of Robert’s Rules of Order. Board staff shall provide a copy of *Robert’s Rules* at all Board meetings.
9. Civility—While engaged in Board duties, Board Members’ conduct shall demonstrate civility, respect, and courtesy toward each other, HCA staff, and the public and shall be guided by fundamental tenets of integrity and fairness.
10. State Ethics Law and Recusal—Board Members are subject to the requirements of the Ethics in Public Service Act, Chapter 42.52 RCW. A Board Member shall recuse

himself or herself from casting a vote as necessary to comply with the Ethics in Public Service Act.

**ARTICLE VI**  
**Amendments to the By-Laws and Rules of Construction**

1. Two-thirds majority required to amend—The PEBB By-laws may be amended upon a two-thirds (2/3) majority vote of the Board.
2. Liberal construction—All rules and procedures in these By-laws shall be liberally construed so that the public's health, safety and welfare shall be secured in accordance with the intents and purposes of applicable State laws and regulations.

*Last Revised March 9, 2023*

**TAB 3**

**Draft**  
**Public Employees Benefits Board**  
**Meeting Minutes**

July 12, 2023  
Health Care Authority  
Sue Crystal Rooms A & B  
Olympia, Washington  
9:03 a.m. – 12:31 p.m.

The Briefing Book with the complete presentations and an audio recording of the meeting can be found at:  
<https://www.hca.wa.gov/about-hca/programs-and-initiatives/public-employees-benefits-board-pebb-program/meetings-and-materials#meeting-materials>

**Members Present in Olympia**

Lou McDermott, Chair Pro-Tem  
Elyette Weinstein  
John Comerford  
Harry Bossi  
Tom MacRobert  
Michaela Doelman

**Members Present via Zoom**

Monica McLemore  
Kurt Spiegel

**Members Absent**

None

**SEB Board Counsel**

Michael Tunick, AAG (in person)

**Call to Order**

**Lou McDermott, Chair Pro-Tem**, called the meeting to order at 9:03 a.m. Sufficient members were present to allow a quorum. Board members and the public were able to attend either in person or virtually via Zoom.

**Meeting Overview**

**David Iseminger**, Director, Employees and Retirees Benefits (ERB) Division, provided an overview of the agenda.

## **Approval of Meeting Minutes**

Tom MacRobert moved, and Elyette Weinstein seconded a motion to approve the June 29, 2023 meeting minutes. Minutes were approved as amended by unanimous vote.

## **2024 Medicare Premiums**

**Molly Christie**, Fiscal Analyst in the Financial Services Division, presented six resolutions to the Board for a vote regarding the 2024 PEBB Program Medicare portfolio premiums and Medicare Explicit Subsidy.

- *PEBB 2023-06 Medicare Explicit Subsidy.* Tom MacRobert moved, and Harry Bossi seconded a motion to approve the resolution. The resolution passed with a unanimous vote.
- *PEBB 2023-07 Kaiser Northwest Medicare 2024 Premiums.* Harry Bossi moved, and Michaela Doelman seconded a motion to approve the resolution. The resolution passed with a unanimous vote.
- *PEBB 2023-08 Kaiser Washington Medicare 2024 Premiums.* Elyette Weinstein moved, and Tom MacRobert seconded a motion to approve the resolution. The resolution passed with a unanimous vote.
- *PEBB 2023-09 UnitedHealthcare Medicare 2024 Premiums.* Tom MacRobert moved, and Elyette Weinstein seconded a motion to approve the resolution. The resolution passed with a unanimous vote.
- *PEBB 2023-10 Premera Medicare 2024 Premiums.* Michaela Doelman moved, and Tom MacRobert seconded a motion to approve the resolution. The resolution passed with a unanimous vote.
- *PEBB 2023-11 Uniform Medical Plan 2024 Premiums.* Tom MacRobert moved, and Elyette Weinstein seconded a motion to approve the resolution. The resolution passed with a unanimous vote.

The following members of the public provided comments relating to resolution PEBB 2023-11:

- **Amy Fortier**, with concerns

## **Medicare Update**

**Ellen Wolfhagen**, Senior Account Manager in the Employees and Retirees Benefits (ERB) Division, provided a Medicare update that included responses to some questions asked earlier in the Board season. The presentation included COVID-19 vaccine Medicare coverage information, information about the Accountable Care Organization (ACO) reach and its relation to Medicare, and UnitedHealthcare appeals information.



## **2024 Non-Medicare Benefits Changes**

**Beth Heston**, Procurement Manager in the Employees and Retirees Benefits (ERB) Division, gave a presentation outlining some proposed changes to the PEBB Program portfolio plans in 2024. Information in the presentation included updates to the Kaiser Foundation Health Plan of the Northwest, Kaiser Foundation Health Plan of Washington, and the Uniform Medical Plan.

## **2024 Non-Medicare Premiums**

**Megan Atkinson**, Chief Financial Officer, and **Tanya Deuel**, ERB Finance Manager in the Financial Services Division, provided information regarding the 2024 non-Medicare Premiums for the PEBB Program. The presentation included information regarding the rate setting process with Kaiser Permanente, the annual renewal timeline, proposed 2024 employee premium information, proposed 2024 non-Medicare retiree premium information, and details regarding dental, life & AD&D, long-term disability (LTD) 2024 premium information. Also included were the proposed premium resolutions for 2024:

- *PEBB 2023-12 Kaiser Foundation Health Plan of the Northwest Non-Medicare 2024 Premiums*
- *PEBB 2023-13 Kaiser Foundation Health Plan of Washington Non-Medicare 2024 Premiums*
- *PEBB 2023-14 Uniform Medical Plan Non-Medicare 2024 Premiums*

No action was taken, and voting is scheduled to occur on these resolutions at the July 19, 2023 PEB Board meeting. The Board provided feedback on the resolutions requesting that the Health Care Authority (HCA) provide alternative language for the word “endorses” for their consideration at the July 19, 2023 PEB Board meeting.

## **Kaiser Permanente Insights**

**Kelly Meehan Cook**, Director of Strategic Account Management from Kaiser Foundation Health Plan of Washington, and **Jennifer Stacy**, Interim Vice President of Marketing, Sales, and Business Development from Kaiser Foundation Health Plan of the Northwest, provided some insights related to the 2024 Kaiser Permanente plan offerings. The Kaiser Permanente team’s presentation included three slides that outlined increasing health care costs, and the benefits of Kaiser Permanente coverage.

The Board requested that HCA pursue another round of rates from Kaiser Foundation Health Plan of Washington and Kaiser Foundation Health Plan of the Northwest for their employee and non-Medicare retiree rates. Depending on the response due to HCA on July 14, this could result in possible different proposed premiums for vote by the Board at the July 19, 2023 PEB Board meeting.

## **Procurements Insights**

**Shawna Lang**, Portfolio Management and Monitoring Section Manager in the Employees and Retirees Benefits Division, provided insights about the procurement process used by the agency for the PEBB Program. The presentation included information about the agency’s standard contract timeframe, what starts a procurement,

procurement considerations, procurement time length, other factors impacting timeframes, and two examples using the procurement information.

### **SmartHealth: WebMD Implementation**

This presentation was moved to the July 19, 2023 meeting due to time constraints.

### **2024 Board Meeting Schedule**

**David Iseminger**, Director of the Employees and Retirees Benefits (ERB) Division, presented the proposed 2024 PEB Board meeting schedule. The schedule had no objections and will be filed with the code reviser..

### **General Public Comment**

The following members of the public provided comments:

- **Fred Yancey**
- **Sandie Reynolds**
- **Aruna Bhuta**
- **Linnea Mulder**

Topics brought forth during public comments included comments regarding the 2024 Medicare premiums, UnitedHealthcare benefit concerns and insights on the provider timing factors impacting their submissions to all carriers, information made available during open enrollment, and Accountable Care Organization (ACO) Reach provider relationships.

Their testimonies can be found in the audio recording for the July 12, 2023 PEB Board meeting at:

<https://www.hca.wa.gov/about-hca/programs-and-initiatives/public-employees-benefits-board-pebb-program/meetings-and-materials#meeting-materials>

### **Next Meeting**

July 19, 2023  
9:00 a.m.

### **Preview of July 19, 2023 PEB Board Meeting**

**Dave Iseminger**, Director, Employees and Retirees Benefits (ERB) Division, provided an overview of potential agenda topics for the July 19, 2023 PEB Board Meeting.

Meeting was adjourned at 12:31 p.m.

**TAB 4**

# 2024 Non-Medicare Premium Resolutions

---

Tanya Deuel  
ERB Finance Manager  
Financial Services Division  
July 19, 2023

# Follow Up

---

- ▶ The Board requested an additional round of rates from carriers at the July 12 Board meeting
- ▶ HCA received rates from Kaiser Foundation Health Plan of the Northwest on July 14

# Updated Proposed Employee 2024 Premiums

## Kaiser Foundation Health Plan of the Northwest (NW)

Rates as of July 12	Subscriber		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	%	\$
	Kaiser NW Classic	\$172	\$347	101.7%
Kaiser NW CDHP	\$25	\$207	728.0%	+ \$182

Updated rates as of July 19	Subscriber		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	%	\$
	Kaiser NW Classic	\$172	\$331	92.4%
Kaiser NW CDHP	\$25	\$195	680.0%	+ \$170

# Proposed Employee 2024 Premiums & Employer Contribution

## As of July 19, 2023

	Proposed 2024 Employee Premium (Single Subscriber)	Proposed 2024 Employer Contribution (aka Employer Medical Contribution)	Proposed 2024 Bid Rate
Kaiser NW Classic	\$331	\$702	\$1,033
Kaiser NW CDHP	\$195	\$702	\$897
Kaiser WA Classic	\$226	\$702	\$928
Kaiser WA Value	\$211	\$702	\$913
Kaiser WA SoundChoice	\$69	\$702	\$771
Kaiser WA CDHP	\$26	\$702	\$728
UMP Classic	\$124	\$702	\$826
UMP Plus	\$109	\$702	\$811
UMP Select	\$59	\$702	\$761
UMP CDHP	\$35	\$702	\$737


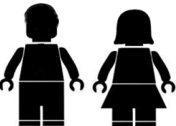
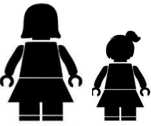
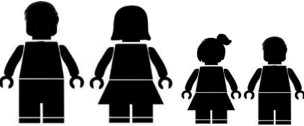
# Proposed Employee 2024 Premiums As of July 19, 2023

	Subscriber		2023 to 2024 Change in Subscriber Rate		Enrollment (PEBB Actives)	
	2023	Proposed 2024	%	\$	Subscribers	% of Total Enrollment
Kaiser NW Classic	\$172	\$331	92.4%	+ \$159	1,498	1.1%
Kaiser NW CDHP	\$25	\$195	680.0%	+ \$170	340	0.2%
Kaiser WA Classic	\$167	\$226	35.3%	+ \$59	10,994	7.8%
Kaiser WA Value	\$94	\$211	124.5%	+ \$117	11,092	7.9%
Kaiser WA SoundChoice	\$46	\$69	50.0%	+ \$23	6,191	4.4%
Kaiser WA CDHP	\$24	\$26	8.3%	+ \$2	2,736	1.9%
UMP Classic	\$135	\$124	-8.1%	- \$11	73,896	52.3%
UMP Plus	\$97	\$109	12.4%	+ \$12	15,826	11.2%
UMP Select	\$59	\$59	0.0%	+ \$0	6,062	4.3%
UMP CDHP	\$29	\$35	20.7%	+ \$6	12,604	8.9%



# Employee Premium Tiers

## Tiers

<b>Tier 1</b>	<b>1</b>		Tier 1: Subscriber
<b>Tier 2</b>	<b>2</b>		Tier 2: Subscriber and Spouse/SRDP*
<b>Tier 3</b>	<b>1.75</b>		Tier 3: Subscriber and Child(ren)**
<b>Tier 4</b>	<b>2.75</b>		Tier 4: Subscriber, Spouse/SRDP* and Child(ren)**

\*SRDP: State Register Domestic Partner

\*\*Tiers 3 and 4 do not change when you have one child or multiple children covered

As of 2024 premiums, Tiers 2 and 4 no longer include a +\$10 spouse charge

# Proposed Employee 2024 Premiums by Tier As of July 19, 2023

	Subscriber	Subscriber & Spouse/SRDP*	Subscriber & Child(ren)	Subscriber, Spouse/SRDP*, and Child(ren)
Tier Ratio	1.00	2.00	1.75	2.75
Kaiser NW Classic	\$331	\$662	\$579	\$910
Kaiser NW CDHP	\$195	\$390	\$341	\$536
Kaiser WA Classic	\$226	\$452	\$396	\$622
Kaiser WA Value	\$211	\$422	\$369	\$580
Kaiser WA SoundChoice	\$69	\$138	\$121	\$190
Kaiser WA CDHP	\$26	\$52	\$46	\$72
UMP Classic	\$124	\$248	\$217	\$341
UMP Plus	\$109	\$218	\$191	\$300
UMP Select	\$59	\$118	\$103	\$162
UMP CDHP	\$35	\$70	\$61	\$96
<b>Subscribers may be subject to the following surcharges</b>				
Tobacco Surcharge	\$25	\$25	\$25	\$25
Spousal Surcharge	N/A	\$50	N/A	\$50

# Proposed Employee Premiums by Tier

## As of July 19, 2023

	Subscriber			Subscriber & Spouse/SRDP*		
	2023	Proposed 2024	\$ Change	2023	Proposed 2024	\$ Change
Kaiser NW Classic	\$172	\$331	+ \$159	\$354	\$662	+ \$308
Kaiser NW CDHP	\$25	\$195	+ \$170	\$60	\$390	+ \$330
Kaiser WA Classic	\$167	\$226	+ \$59	\$344	\$452	+ \$108
Kaiser WA Value	\$94	\$211	+ \$117	\$198	\$422	+ \$224
Kaiser WA SoundChoice	\$46	\$69	+ \$23	\$102	\$138	+ \$36
Kaiser WA CDHP	\$24	\$26	+ \$2	\$58	\$52	- \$6
UMP Classic	\$135	\$124	- \$11	\$280	\$248	- \$32
UMP Plus	\$97	\$109	+ \$12	\$204	\$218	+ \$14
UMP Select	\$59	\$59	+ \$0	\$128	\$118	- \$10
UMP CDHP	\$29	\$35	+ \$6	\$68	\$70	+ \$2

Tier ratio: Subscriber & Spouse/SRDP\* x 2.0  
 State-Registered Domestic Partner (SRDP)

# Proposed Employee Premiums by Tier (*cont.*)

## As of July 19, 2023

	Subscriber & Child(ren)			Subscriber, Spouse/SRDP*, and Child(ren)		
	2023	Proposed 2024	\$ Change	2023	Proposed 2024	\$ Change
Kaiser NW Classic	\$301	\$579	+ \$278	\$483	\$910	+ \$427
Kaiser NW CDHP	\$44	\$341	+ \$297	\$79	\$536	+ \$457
Kaiser WA Classic	\$292	\$396	+ \$104	\$469	\$622	+ \$153
Kaiser WA Value	\$165	\$369	+ \$204	\$269	\$580	+ \$311
Kaiser WA SoundChoice	\$81	\$121	+ \$40	\$137	\$190	+ \$53
Kaiser WA CDHP	\$42	\$46	+ \$4	\$76	\$72	- \$4
UMP Classic	\$236	\$217	- \$19	\$381	\$341	- \$40
UMP Plus	\$170	\$191	+ \$21	\$277	\$300	+ \$23
UMP Select	\$103	\$103	+ \$0	\$172	\$162	- \$10
UMP CDHP	\$51	\$61	+ \$10	\$90	\$96	+ \$6

Tier ratio: Subscriber & Child(ren) x 1.75; Subscriber, Spouse/SRDP\* & Child(ren) x 2.75  
 State-Registered Domestic Partner (SRDP)

# Updated Proposed Non-Medicare Retiree 2024 Premiums

## Kaiser Foundation Health Plan of the Northwest (NW)

Rates as of July 12	Subscriber		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	%	\$
	Kaiser NW Classic	\$842	\$1,055	25.3%
Kaiser NW CDHP	\$700	\$921	31.4%	\$220

Updated rates as of July 19	Subscriber		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	%	\$
	Kaiser NW Classic	\$842	\$1,039	23.5%
Kaiser NW CDHP	\$700	\$908	29.6%	\$207

- Includes administrative fee
- Rounded to the nearest dollar
- State-Registered Domestic Partner (SRDP)

# Proposed Non-Medicare Retiree 2024 Premiums by Tier As of July 19, 2023

	Subscriber		Subscriber & Spouse/SRDP*		Subscriber & Child(ren)		Subscriber, Spouse/SRDP*, and Child(ren)		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	2023	Proposed 2024	2023	Proposed 2024	2023	Proposed 2024	%	\$
Kaiser NW Classic	\$842	\$1,039	\$1,679	\$2,072	\$1,469	\$1,814	\$2,306	\$2,847	23.5%	\$197
Kaiser NW CDHP	\$700	\$908	\$1,394	\$1,808	\$1,235	\$1,598	\$1,871	\$2,440	29.6%	\$207
Kaiser WA Classic	\$837	\$934	\$1,668	\$1,861	\$1,460	\$1,629	\$2,292	\$2,557	11.6%	\$97
Kaiser WA Value	\$764	\$919	\$1,523	\$1,833	\$1,333	\$1,604	\$2,093	\$2,518	20.3%	\$155
Kaiser WA SoundChoice	\$716	\$777	\$1,426	\$1,549	\$1,249	\$1,356	\$1,959	\$2,127	8.6%	\$62
Kaiser WA CDHP	\$700	\$739	\$1,393	\$1,471	\$1,234	\$1,302	\$1,869	\$1,976	5.6%	\$39
UMP Classic	\$805	\$832	\$1,606	\$1,657	\$1,406	\$1,451	\$2,206	\$2,277	3.3%	\$26
UMP Plus	\$767	\$817	\$1,529	\$1,627	\$1,338	\$1,424	\$2,100	\$2,235	6.5%	\$50
UMP Select	\$729	\$767	\$1,453	\$1,527	\$1,272	\$1,337	\$1,996	\$2,098	5.1%	\$37
UMP CDHP	\$704	\$748	\$1,402	\$1,488	\$1,242	\$1,318	\$1,882	\$2,000	6.2%	\$43
<b>Subscribers may be subject to the following surcharges</b>										
Tobacco Surcharge	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25		
Spousal Surcharge	N/A	N/A	\$50	\$50	N/A	N/A	\$50	\$50		

- Includes administrative fee
- Rounded to the nearest dollar
- State-Registered Domestic Partner (SRDP)

# UMP Plus Service Area

## Effective January 1, 2024

### ▶ **UW Medicine (UWM) Accountable Care Network (ACN):**

- ▶ Leaving Kitsap County
  - Impacted UWM ACN members ≈ 268
- ▶ Entering Benton and Franklin counties
- ▶ 2024 service area will be: Benton, Franklin, King, Pierce, Skagit, Snohomish, Spokane, and Thurston counties

### ▶ **Puget Sound High Value Network (PSHVN):**

- ▶ No changes to service area
- ▶ Remains available in Kitsap County with substantially similar coverage to UWM ACN; largest difference are the Core providers available through PSHVN's network
- ▶ 2024 service area will be: Chelan, Douglas, King, Kitsap, Pierce, Snohomish, and Yakima counties

# Resolution Feedback

---

- ▶ At the July 12 Board meeting, the Board provided feedback on use of the word “endorses” in the resolutions
- ▶ HCA recommends using the word “authorizes” as more neutral language that also aligns with language in state law about the Board’s authority
- ▶ Board members are always able to provide context on their vote when acting on any resolution
- ▶ Changes in resolutions since last meeting in red



# Resolution PEBB 2023-12

## Kaiser Foundation Health Plan of the Northwest (KPNW) Non-Medicare 2024 Premiums

---

**Resolved that**, the PEB Board **authorizes** the Kaiser Foundation Health Plan of the Northwest employee and Non-Medicare retiree premiums **as presented on July 19**.

Resolution as presented on July 12 included in appendix.

# Resolution PEBB 2023-13

## Kaiser Foundation Health Plan of WA (KPWA) Non-Medicare 2024 Premiums

---

**Resolved that**, the PEB Board **authorizes** the Kaiser Foundation Health Plan of Washington employee and Non-Medicare retiree premiums.

Resolution as presented on July 12 included in appendix.

# Resolution PEBB 2023-14

## Uniform Medical Plan (UMP) Non-Medicare 2024 Premiums

---

**Resolved that**, the PEB Board **authorizes** the Uniform Medical Plan (UMP) employee and Non-Medicare retiree premiums.

Resolution as presented on July 12 included in appendix.

# Questions?

Tanya Deuel  
ERB Finance Manager  
Financial Services Division  
[Tanya.Deuel@hca.wa.gov](mailto:Tanya.Deuel@hca.wa.gov)

# Appendix

As presented July 12, 2023

# Proposed 2024 Employee Premiums & Employer Contribution

## As of July 12, 2023

	Proposed 2024 Employee Premium (Single Subscriber)	Proposed 2024 Employer Contribution (aka Employer Medical Contribution)	Proposed 2024 Bid Rate
Kaiser NW Classic	\$347	\$702	\$1,049
Kaiser NW CDHP	\$207	\$702	\$909
Kaiser WA Classic	\$226	\$702	\$928
Kaiser WA Value	\$211	\$702	\$913
Kaiser WA SoundChoice	\$69	\$702	\$771
Kaiser WA CDHP	\$26	\$702	\$728
UMP Classic	\$124	\$702	\$826
UMP Plus	\$109	\$702	\$811
UMP Select	\$59	\$702	\$761
UMP CDHP	\$35	\$702	\$737

- Consumer Directed Health Plans' (CDHP) composites include Health Savings Account (HSA) deposits
- Bid rate includes Wellness administrative fee
- Include the state active reduction of \$1.00 Per Adult Unit Per Member (PAUPM) for the employer group surcharge
- Rounded to the nearest dollar

# Proposed Employee 2024 Premiums

## As of July 12, 2023

	Subscriber		2023 to 2024 Change in Subscriber Rate		Enrollment (PEBB Actives)	
	2023	Proposed 2024	%	\$	Subscribers	% of Total Enrollment
Kaiser NW Classic	\$172	\$347	101.7%	+ \$175	1,498	1.1%
Kaiser NW CDHP	\$25	\$207	728.0%	+ \$182	340	0.2%
Kaiser WA Classic	\$167	\$226	35.3%	+ \$59	10,994	7.8%
Kaiser WA Value	\$94	\$211	124.5%	+ \$117	11,092	7.9%
Kaiser WA SoundChoice	\$46	\$69	50.0%	+ \$23	6,191	4.4%
Kaiser WA CDHP	\$24	\$26	8.3%	+ \$2	2,736	1.9%
UMP Classic	\$135	\$124	-8.1%	- \$11	73,896	52.3%
UMP Plus	\$97	\$109	12.4%	+ \$12	15,826	11.2%
UMP Select	\$59	\$59	0.0%	+ \$0	6,062	4.3%
UMP CDHP	\$29	\$35	20.7%	+ \$6	12,604	8.9%

- Rounded to the nearest dollar
- Composites include the state active reduction of \$1.00 PAUPM for the employer group surcharge

# Proposed Employee 2024 Premiums by Tier As of July 12, 2023

	Subscriber	Subscriber & Spouse/SRDP*	Subscriber & Child(ren)	Subscriber, Spouse/SRDP*, and Child(ren)
Kaiser NW Classic	\$347	\$694	\$607	\$954
Kaiser NW CDHP	\$207	\$414	\$362	\$569
Kaiser WA Classic	\$226	\$452	\$396	\$622
Kaiser WA Value	\$211	\$422	\$369	\$580
Kaiser WA SoundChoice	\$69	\$138	\$121	\$190
Kaiser WA CDHP	\$26	\$52	\$46	\$72
UMP Classic	\$124	\$248	\$217	\$341
UMP Plus	\$109	\$218	\$191	\$300
UMP Select	\$59	\$118	\$103	\$162
UMP CDHP	\$35	\$70	\$61	\$96
<b>Subscribers may be subject to the following surcharges</b>				
Tobacco Surcharge	\$25	\$25	\$25	\$25
Spousal Surcharge	N/A	\$50	N/A	\$50

- Rounded to the nearest dollar
- Composites include the state active reduction of \$1.00 PAUPM for the employer group surcharge



# Proposed Non-Medicare Retiree 2024 Premiums by Tier As of July 12, 2023

	Subscriber		Subscriber & Spouse/SRDP*		Subscriber & Child(ren)		Subscriber, Spouse/SRDP*, and Child(ren)		2023 to 2024 Change in Subscriber Rate	
	2023	Proposed 2024	2023	Proposed 2024	2023	Proposed 2024	2023	Proposed 2024	%	\$
Kaiser NW Classic	\$842	\$1,055	\$1,679	\$2,104	\$1,469	\$1,842	\$2,306	\$2,891	25.3%	\$213
Kaiser NW CDHP	\$700	\$921	\$1,394	\$1,834	\$1,235	\$1,620	\$1,871	\$2,475	31.4%	\$220
Kaiser WA Classic	\$837	\$934	\$1,668	\$1,861	\$1,460	\$1,629	\$2,292	\$2,557	11.6%	\$97
Kaiser WA Value	\$764	\$919	\$1,523	\$1,833	\$1,333	\$1,604	\$2,093	\$2,518	20.3%	\$155
Kaiser WA SoundChoice	\$716	\$777	\$1,426	\$1,549	\$1,249	\$1,356	\$1,959	\$2,127	8.6%	\$62
Kaiser WA CDHP	\$700	\$739	\$1,393	\$1,471	\$1,234	\$1,302	\$1,869	\$1,976	5.6%	\$39
UMP Classic	\$805	\$832	\$1,606	\$1,657	\$1,406	\$1,451	\$2,206	\$2,277	3.3%	\$26
UMP Plus	\$767	\$817	\$1,529	\$1,627	\$1,338	\$1,424	\$2,100	\$2,235	6.5%	\$50
UMP Select	\$729	\$767	\$1,453	\$1,527	\$1,272	\$1,337	\$1,996	\$2,098	5.1%	\$37
UMP CDHP	\$704	\$748	\$1,402	\$1,488	\$1,242	\$1,318	\$1,882	\$2,000	6.2%	\$43
<b>Subscribers may be subject to the following surcharges</b>										
Tobacco Surcharge	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25		
Spousal Surcharge	N/A	N/A	\$50	\$50	N/A	N/A	\$50	\$50		

- Includes administrative fee
- Rounded to the nearest dollar
- State-Registered Domestic Partner (SRDP)

# Kaiser Foundation Health Plan of the Northwest (KPNW) Benefit Changes

# KPNW Non-Medicare Benefit Changes

---

- ▶ State legislative mandated changes:
  - ▶ House Bill 1222 - Hearing instruments
    - ▶ Providing coverage at no less than \$3,000 per ear every 36 months
  - ▶ Senate Bill 5242 - Prohibiting cost sharing for abortion
  - ▶ Senate Bill 5396 - Diagnostic and supplemental breast exams cost sharing
- ▶ Federal mandated changes:
  - ▶ Increase to deductible for KPNW Consumer Directed Health Plan (CDHP)

# Kaiser Foundation Health Plan of Washington (KPWA) Benefit Changes

# KPWA Non-Medicare Benefit Changes

---

- ▶ State legislative mandated changes:
  - ▶ House Bill 1222 - Hearing instruments
    - ▶ Providing coverage at no less than \$3,000 per ear every 36 months
  - ▶ Senate Bill 5242 - Prohibiting cost sharing for abortion
  - ▶ Senate Bill 5396 - Diagnostic and supplemental breast exams cost sharing
- ▶ Federal mandated changes:
  - ▶ Increase to deductible for KPWA CDHP

# KPWA Non-Medicare Benefit Changes (*cont.*)

---

- ▶ Proposed benefit changes:
  - ▶ Chiropractic/manipulative, acupuncture, massage therapy
    - ▶ Increase to 24 visits per year per service category
  - ▶ Remove first fill program
  - ▶ Add \$10 co-pay for telehealth
  - ▶ Add \$20 primary care office visit copay for SoundChoice

# Uniform Medical Plan (Regence BlueShield) Benefit Changes

# UMP 2024 Benefit Changes

---

- ▶ State legislative mandated changes:
  - ▶ House Bill 1222 - Hearing instruments
    - ▶ Providing coverage at no less than \$3,000 per ear every 36 months
    - ▶ PEB Board Resolution: 2023-03
  - ▶ Senate Bill 5242 - Prohibiting cost sharing for abortion
- ▶ Federal mandated changes:
  - ▶ Increase to deductible for UMP CDHP
    - ▶ PEB Board Resolution: 2023-04



# Dental Plans

---

- ▶ No Benefit Changes
  - ▶ DeltaCare
  - ▶ Uniform Dental Plan (UDP)
  - ▶ Willamette Dental Plan

# Proposed Resolutions

## As Presented July 12, 2023

# Proposed Resolution PEBB 2023-12

## Kaiser Foundation Health Plan of the Northwest (KPNW) Non-Medicare 2024 Premiums

*As presented July 12, 2023*

---

The PEB Board endorses the Kaiser Foundation Health Plan of the Northwest employee and Non-Medicare retiree premiums.

# Proposed Resolution PEBB 2023-13

## Kaiser Foundation Health Plan of WA (KPWA)

### Non-Medicare 2024 Premiums

*As presented July 12, 2023*

---

The PEB Board endorses the Kaiser Foundation Health Plan of Washington employee and Non-Medicare retiree premiums.

# Proposed Resolution PEBB 2023-14

## Uniform Medical Plan (UMP) Non-Medicare 2024 Premiums

*As presented July 12, 2023*

---

The PEB Board endorses the Uniform Medical Plan (UMP) employee and Non-Medicare retiree premiums.

**TAB 5**

# Medicare Update

---

Ellen Wolfhagen  
Senior Account Manager  
Employees and Retirees Benefits Division  
July 19, 2023

# Presentation Topics

---

- ▶ Preparing for Open Enrollment



# Preparing for Open Enrollment

---

- ▶ Board presentation links will be included on Retiree Engagement webpage\*
- ▶ Forms are being re-formatted to make it easier to skip pages
- ▶ Benefits fairs presentations
- ▶ Tools for comparing Medicare plan coverage

\*<https://www.hca.wa.gov/about-hca/programs-and-initiatives/public-employees-benefits-board-pebb-program/retiree-engagement>

# Questions?

Ellen Wolfhagen, Senior Account Manager  
Employees and Retirees Benefits Division

[HCAPEBBMedicare@hca.wa.gov](mailto:HCAPEBBMedicare@hca.wa.gov)

**TAB 6**

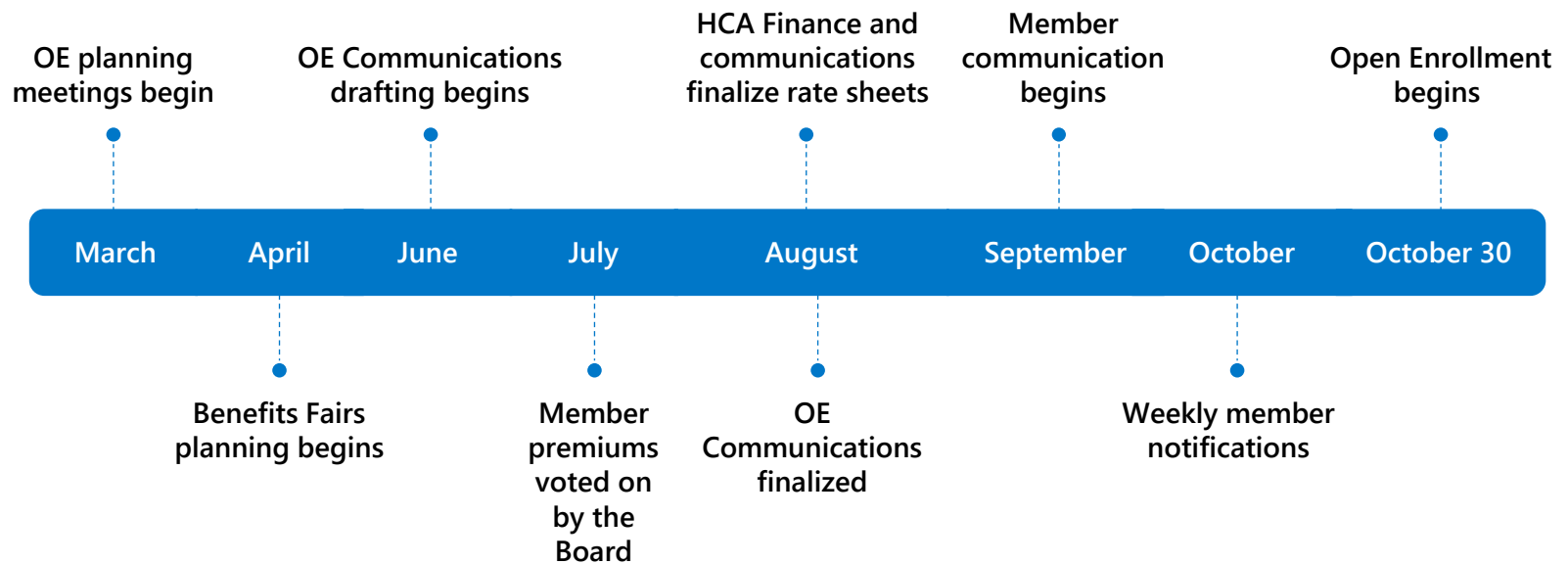
# Open Enrollment Preview

---

Alisa Richards  
Benefits Accounts Section Manager  
Employees and Retirees Benefits Division  
July 19, 2023

# Open Enrollment Timeline

## PEBB Program Open Enrollment 11/1/2023-11/30/2023



# Outreach and Training

---

- ▶ Supports over 700 PEBB agencies and SEBB organizations
- ▶ Provides training to organizations regarding program plan options, covered benefits, eligibility, rules, and enrollment processes
  - ▶ In turn, organizations act as the first line of customer services for their employees
- ▶ Assists benefits administrators when they reach out to the Outreach and Training unit for support
- ▶ Works on open enrollment year-round for strategies and process improvements

# Customer Service

---

- ▶ Customer Service unit is the first line of contact for retirees and continuation coverage enrollees
- ▶ Staff performs three primary functions:
  - ▶ Answers calls via a toll-free line and responds to HCA Support inquiries
  - ▶ Provides in-person lobby services for walk-in members
  - ▶ Reviews members' retiree or continuation of coverage eligibility as they process enrollment forms
- ▶ 27 filled MAS3 positions
  - ▶ 20 will be fully trained by the start of open enrollment
  - ▶ 7 will be in some stage of training

# Benefits Administrators Readiness

---

- ▶ Webinars
- ▶ Forwardable email messages with important information
- ▶ HCA Support external portal updates



# Benefits Fairs

---

- ▶ Changes based on member feedback
  - ▶ More dates and locations
  - ▶ Printed materials available at earliest fair
  - ▶ Increased staffing
  
- ▶ Virtual Benefits Fairs (VBF)
  - ▶ Available 24/7
  - ▶ Virtual booths with information from all plans

# 2023 Benefits Fairs Schedule

Date	City	Time
11/1/2023	Vancouver	11:00-7:00
11/1/2023	Spokane	11:00-7:00
11/2/2023	Cheney	11:00-7:00
11/2/2023	Centralia	11:00-7:00
11/3/2023	Olympia	11:00-7:00
11/3/2023	Pullman	11:00-7:00
11/6/2023	Pasco	11:00-7:00
11/6/2023	Bellingham	11:00-7:00
11/7/2023	Everett	11:00-7:00
11/7/2023	Yakima	11:00-7:00
11/8/2023	Ellensburg	11:00-7:00
11/8/2023	Seattle	11:00-7:00
11/9/2023	Tacoma	11:00-7:00
11/14/2023	Bremerton	11:00-7:00
11/14/2023	Port Angeles	11:00-7:00

# Communications Strategy

---

- ▶ Weekly notifications to all members
- ▶ Social media posts
- ▶ Forwardable email messages to Benefits Administrators
- ▶ Banners in PEBB My Account
- ▶ Open enrollment webpage
- ▶ Website alert
- ▶ The October newsletter will provide essential information upfront
  - ▶ Front page will describe the steps to make enrollment changes and include prominent alerts about premium and benefit changes

# Open Enrollment Member Checklist

---

- ▶ Log in to PEBB My Account to ensure account information is current, such as home address
- ▶ Consider signing up for email communications
- ▶ Prepare a list of questions to ask plans
- ▶ Make a list of prescriptions to research coverage for potential plan changes
- ▶ Review the significant changes this year in premiums and benefits for many plans
- ▶ Read open enrollment materials (newsletters and website)

# Open Enrollment Member Checklist (cont.)

---

- ▶ Change plans (or waive coverage) if applicable
- ▶ Add or drop dependents
- ▶ Attest to surcharges
- ▶ Elect Flexible Spending Account (FSA) or Limited Purpose FSA/Dependent Care Assistance Program (DCAP)
- ▶ Complete SmartHealth incentive
- ▶ Review Life and Long-Term Disability (LTD) coverage
- ▶ Designate beneficiaries

# Questions?

Alisa Richards, Benefits Accounts Section Manager  
Employees and Retirees Benefits Division

[Alisa.Richards@hca.wa.gov](mailto:Alisa.Richards@hca.wa.gov)

**TAB 7**

# SmartHealth: WebMD Implementation

---

Kristen Stoimenoff  
Washington Wellness Manager  
Employees and Retirees Benefits Division  
July 19, 2023



# Presentation Overview

---

- ▶ April meeting follow-up
- ▶ SmartHealth transition to WebMD

# April Meeting Follow-Up

---

- ▶ 2022 SmartHealth Participation
  - ▶ Lower overall participation and incentive qualification
  - ▶ Challenging transitions

# April Meeting Follow-Up (*cont.*)

---

## ▶ 2023 Strategies:

- ▶ Incentive reminder in May For Your Benefit newsletter
- ▶ Well-Being Assessment “nudge” on SmartHealth home page
- ▶ June 28 email to registered SmartHealth users
  - ▶ Incentive deadline reminder
  - ▶ SAW reminder
  - ▶ Accessing SmartHealth guide
- ▶ Business Resource Group collaborations
- ▶ OFM collaboration discussions
- ▶ Giving campaign
- ▶ Benefit fairs final push

# WebMD Transition

---

- ▶ WebMD will be the SmartHealth vendor effective January 1, 2024
- ▶ What's **not** changing
  - ▶ Incentive eligibility, value, requirements, deadlines
  - ▶ SmartHealth activities/challenges
  - ▶ SmartHealth name and branding
- ▶ What **is** changing
  - ▶ Shift from Limeade to WebMD web-based platform
  - ▶ Shift from Limeade to WebMD mobile app
  - ▶ New features



## Welcome

Username \*

WADemoUser01

Password \*

●●●●●●●●●●



**SIGN IN**

[Forgot username or password?](#)

Language: English

Don't have an account yet?

**CREATE ACCOUNT**

## What is WebMD ONE?

WebMD ONE is a partnership between your sponsor and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.


# New SmartHealth Features

---

- ▶ Daily Habits
- ▶ Health Tracker
- ▶ Mental Health Podcasts
- ▶ Wellness Videos
- ▶ Curated WebMD Articles

## Daily Habits



 Today's Status

Today's Status

 Balance Your Diet

 Keep Stress In Check

+ Add A New Plan



MISSED



TODAY




UPCOMING

## Health Trackers



 Diet  
Today

**A Little Off**

 Exercise  
a hour ago

**45 mins**

 Hours of Sleep/Day  
a day ago

**7 hours**

 Mindfulness Minutes  
a hour ago

**5 mins**

 Steps  
2 days ago

**7,969 steps**

# EXPLORE & LEARN

Our well-being learn center will help you discover your favorite ways to live healthier

## PODCASTS

### BEYOND WELL PODCASTS

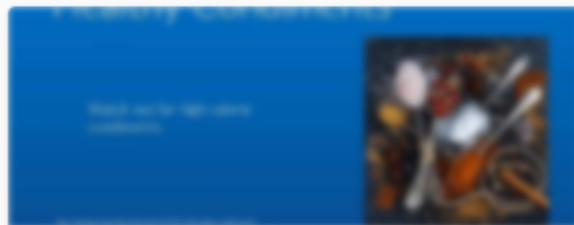
#### Mental Health Podcasts

These short podcasts help reduce stress, prevent burnout, and increase your mental health literacy.


 LISTEN

## VIDEOS

[EXPLORE ALL VIDEOS >](#)




#### Healthy Condiments


 1:16

 PLAY



#### Core Exercises for Obliques

 1:08

 PLAY



#### Healthy Snacks

 1:27

 PLAY



## ARTICLES



### Heart Disease and Diabetes

Diabetes greatly increases the risk of heart disease. Learn about the risk factors and how to lower them.

 4 min  13

[READ MORE](#)



### How Secure Is Your Health or Fitness App?

Researchers have a warning for those who use health and fitness apps -- your privacy and personal information may be at ...

 2 min  40

[READ MORE](#)



### Stress and Cholesterol: Is There a Link?

Could long-term stress lead to high cholesterol?

 4 min  23

[READ MORE](#)



### The Complex Link Between Depression and Weight

Does depression cause weight gain or weight loss? Does weight gain or weight loss cause depression? WebMD helps to unrav...

 3 min  122

[READ MORE](#)



### RA: Exercises That Are Easy On Your Joints

Strengthen muscle and improve joint pain with these arthritis-friendly exercises.

 4 min  28

[READ MORE](#)



### Understanding Heart Attack: Diagnosis and Treatmen...

Learn more from WebMD about heart attacks, from diagnosis and treatment to long-term recovery.

 5 min  3

[READ MORE](#)

# WebMD Health Services to Acquire Limeade

---

- ▶ June 8 announcement
- ▶ Expected during this quarter
- ▶ No anticipated changes to current transition process

# Questions?

Kristen Stoimenoff, Washington Wellness Program Manager  
Employees and Retirees Benefits Division

[Kristen.Stoimenoff@hca.wa.gov](mailto:Kristen.Stoimenoff@hca.wa.gov)

**TAB 8**



STATE OF WASHINGTON  
**HEALTH CARE AUTHORITY**  
626 8th Avenue SE • PO Box 45502 • Olympia, Washington 98504-5502

## **PEB BOARD MEETING SCHEDULE**

### **2024 Public Employees Benefits (PEB) Board Meeting Schedule**

The PEB Board meetings will be held at the Health Care Authority, Sue Crystal Rooms A & B, 626 8<sup>th</sup> Avenue SE, Olympia, WA 98501.

February 1, 2024 (Board Retreat) - starting at 9:00 a.m.\*

March 21, 2024 - starting at 9:00 a.m.

April 11, 2024 - starting at 9:00 a.m.

May 9, 2024 - starting at 9:00 a.m.

June 13, 2024 - starting at 9:00 a.m.

June 27, 2024 – starting at 9:00 a.m.

July 11, 2024 - starting at 9:00 a.m.

July 18, 2024 - starting at 9:00 a.m.

July 25, 2024 - starting at 9:00 a.m.

August 1, 2024 - starting at 9:00 a.m.

\*Meeting times are tentative

If you are a person with a disability and need a special accommodation, please contact the Employees and Retirees Benefits (ERB) Board Operations Manager at 360-725-9400.