Webinar Information for the Virtual Benefits Fair
October 5-9, 2020

Monday October 5, 2020

9:30 a.m. - Providence:
Description: Learn about what is new with Providence Health Plans for the 2021 Benefit year. Interact with Plan representatives and ask questions.
Webinar link: https://attendee.gotowebinar.com/register/4620494615572761101
Registration required? Yes
Recorded for later viewing? Yes
Other information: Door Prize drawing during the presentation

10 a.m. - Protected Leave for Supervisors
Description: Join OSU’s Protected Leave Officer Whitney Brown for a presentation regarding protected leave information for supervisors including information about expansions to both Federal (FMLA) and State (OFLA) protected leave programs related to COVID-19.
Register in advance for this webinar:
https://oregonstate.zoom.us/webinar/register/WN_UDW_wKhnS9ah9SjzMjo7pg
Registration required? Yes
Recorded for later viewing? Yes

11:00 a.m. - TIAA
Description: Join TIAA’s representative for a presentation about retirement savings.
The Starting Line: Why and how retirement saving should begin now.
• The real effect of time on money
• Why saving for your retirement is important and how to plan
• Understanding debt and how to manage it
• How budgeting can help you find and save money
Webinar Link:
https://event.on24.com/wcc/r/2616119/442D0CA669CE2002CC4670379BFDB5D
Recorded for later viewing? Yes
Registration required? Yes

1:00 p.m. – Moda and Delta Dental Plans
Description: Please join Moda Health and Delta Dental plan representatives as they present the open enrollment plan changes for the 2021 plan year and answer any questions members may have during these interactive sessions on Microsoft Teams.
Webinar link:
Join Microsoft Teams Meeting
+1 971-254-1897 United States, Portland (Toll)
Conference ID: 330 031 273#
Recorded for later viewing? No but offered on multiple days during this week
Registration required? No

3:00 p.m. – ASI Flex
Description: ASI Flex will walk through what a flexible spending account is, how it can benefit you, and the plan specifics.
Webinar Link:
https://us02web.zoom.us/j/85276157788?pwd=cjl5NFVrTDRDQ3psMnJrcHQyWS9XQT09
Meeting ID: 852 7615 7788
Passcode: 529395
Recorded for later viewing? Yes
Registration Required? No

3:00 p.m. PERS
Topic: Retirement Readiness
This presentation is ideal for Tier One/Tier Two members who are within three years of PERS retirement. Topics include a step-by-step review of a PERS estimate of retirement benefits, retirement options, and retirement timelines; guidelines on completing the retirement application; an explanation of working after retirement rules; detailed information regarding the Individual Account Program (IAP); and a list of available resources.
Register in advance for this webinar:
https://oregonstate.zoom.us/webinar/register/WN_NXjQw1CnSoG1MsWfC2oJyQ

Or an H.323/SIP room system:
H.323:
162.255.37.11 (US West)
162.255.36.11 (US East)
115.114.131.7 (India Mumbai)
115.114.115.7 (India Hyderabad)
213.19.144.110 (Amsterdam Netherlands)
213.244.140.110 (Germany)
103.122.166.55 (Australia)
149.137.40.110 (Singapore)
64.211.144.160 (Brazil)
69.174.57.160 (Canada)
207.226.132.110 (Japan)
Meeting ID: 989 1910 6516
SIP: 98919106516@zoomcrc.com

After registering, you will receive a confirmation email containing information about joining the webinar.
Tuesday October 6, 2020

9 a.m. - Introduction to PERS Retirement
This presentation is ideal for Tier One/Tier Two members with more than three years to PERS retirement. Topics include a look at available resources, information about Online Member Services estimates, a review of retirement timelines, an explanation of working after retirement rules, detailed information regarding the Individual Account Program (IAP), and other information you may find useful as you move toward retirement.

Register in advance for this webinar:  
https://oregonstate.zoom.us/webinar/register/WN_V5HD9XdlTUOy-AupOSSTAQ

Or an H.323/SIP room system:
H.323:
  162.255.37.11 (US West)
  162.255.36.11 (US East)
  115.114.131.7 (India Mumbai)
  115.114.115.7 (India Hyderabad)
  213.19.144.110 (Amsterdam Netherlands)
  213.244.140.110 (Germany)
  103.122.166.55 (Australia)
  149.137.40.110 (Singapore)
  64.211.144.160 (Brazil)
  69.174.57.160 (Canada)
  207.226.132.110 (Japan)
Meeting ID: 941 0036 1934
SIP: 94100361934@zoomcrc.com

After registering, you will receive a confirmation email containing information about joining the webinar.

9:30 a.m. – Kaiser Permanente
Description:
  o Why choose Kaiser Permanente
  o Getting care when and where you need it
  o Specialty care you can trust
  o Included in your membership
  o Plan benefits (Medical, Dental and Vision)

Webinar Link:
  • https://kponline.webex.com/kponline/k2/j.php?MTID=t98a9a440ead766db346542855f39e8f8
- Enter your name and email address. Enter the session password: PEBBU2020 and Click "Join Now". Follow the instructions that appear on your screen.

**Recorded for later viewing?** Yes  
**Registration Required?** No

**10:30 a.m. and 11:00 a.m. – Willamette Dental**  
**Description:** Please join us for a high level overview of Willamette Dental Group. During Open Enrollment, you have a chance to pick benefits that fit the needs of you and your family. Understanding those benefits is key to making an informed decision. This webinar will help you understand the benefits offered by one of your dental plan options, Willamette Dental Group. After the presentation, there will be an ample amount of time for Questions & Answers. **This webinar will repeat at 11:00 a.m.**  
**Webinar Link:** Join Zoom Meeting  
https://willamettedental.zoom.us/j/92160892388?pwd=d2JsVTM2a3J3bHZoTWJPbmJPUzU0QT09  
Meeting ID: 921 6089 2388  
Passcode: 947577  
**Recorded for viewing later?** Yes  
**Registration required?** No

**11:00 a.m. - Moda and Delta Dental Plans**  
**Description:** Please join Moda Health and Delta Dental plan representatives as they present the open enrollment plan changes for the 2021 plan year and answer any questions members may have during these interactive sessions on Microsoft Teams.  
**Webinar link:**  
Join Microsoft Teams Meeting  
+1 971-254-1897 United States, Portland (Toll)  
Conference ID: 121 579 743#  
**Recorded for later viewing?** No but offered on multiple days during this week  
**Registration required?** No

**1:00 p.m. – Graduate Health Plan**  
**Description:** Join OSU’s Graduate Health Plan Benefits Consultants as they discuss the PacifiSource Health plan in detail including changes in the plan cost this year for Postdoctoral scholars.  
**Webinar Link:**  
https://oregonstate.zoom.us/j/93855699495?pwd=bFlyU2REek9YV2N3OH2MzRybm9wQT09  
**Registration Required?** No  
**Recorded for later viewing?** Yes
1:30 p.m. - Care.com
Description: This webinar will highlight available family friendly benefits provided by Care@Work by Care.com to the OSU community. This will include how your benefits can help with distance learning, child care, and more.
Webinar
Link: https://caredotcom.zoom.us/webinar/register/WN_RZb3JvlQ9urcqOejfzL7A
Recorded for viewing later? Yes
Registration Required? Yes

2:00 p.m. – Protected Leave for Employees
Description: Join OSU’s Protected Leave Officer Lori Schmidt for a presentation regarding protected leave including information about expansions to both Federal (FMLA) and State (OFLA) protected leave programs related to COVID-19.
Register in advance for this webinar:
https://oregonstate.zoom.us/webinar/register/WN_UK_6tslRTDi97mnePxNIdg
Recorded for viewing later? Yes

3:00 p.m. – Providence Life Balance (Discounts)
Description: The LifeBalance Program is an online coupon book that’s designed to help you enjoy the activities that keep you feeling fit, happy, and fulfilled. In this webinar, we’ll cover what the program offers, how to set up your account, navigate the website, and redeem offers
Webinar Link:
https://alliant.webex.com/alliant/j.php?MTID=ma4dedf3e67ddae803420b246f3ebebab
Meeting password: 3ptY5bdFjq6
Meeting number (access code): 171 633 2202
Registration Required? No
Recorded for viewing later? Yes - pre-recorded version of the webinar is also available here: https://youtu.be/n_Pq1Z0E6vU

Wednesday October 7, 2020

9:00 a.m. – Moda and Delta Dental Plans
Description: Please join Moda Health and Delta Dental plan representatives as they present the open enrollment plan changes for the 2021 plan year and answer any questions members may have during these interactive sessions on Microsoft Teams.
Webinar link:
Join Microsoft Teams Meeting
+1 971-254-1897 United States, Portland (Toll)
9:00 a.m. - PEBB Carriers Webinar

Description: In this session PEBB and the Health Care Carriers will cover the core Medical, Dental, and Vision benefits for the new plan year 2021.
Register at: https://www.oregon.gov/oha/PEBB/Pages/PEBBWebinars.aspx
Recorded for viewing later? Yes

11:00 a.m. – Beyond Benefit EAP

Description: Come learn more about the resources that OSU’s new EAP Beyond Benefits provides. Beyond Benefits provides resources across life events and seeks to provide impactful, holistic solutions at times they are most needed. Areas of focus include family needs, financial needs, mental/emotional support needs and legal needs. Presentation and question and answer session.
Webinar Link: https://global.gotomeeting.com/join/721372685
You can also dial in using your phone.
United States: +1 (872) 240-3212
Access Code: 721-372-685
Registration Required? Yes
Recorded for viewing later? Yes

12:00 p.m. – Fitness over 50

Description: “Health For the 3rd Age 2.0”
- A holistic session on a number of “Health Protectants”
- We will talk about the “psycho-social-emotional aspects of aging and how it fits with our biological health.
- We will talk about some basic motivation strategies to make simple lifestyle changes in areas of health YOU want to improve in

Webinar Link: https://oregonstate.zoom.us/j/93332023332?pwd=SFVTNTCRzhtTSDFONVBaM0pUU2h6dz09
Password: 444661
Registration Required? No
Recorded for viewing later? No

2:30 p.m. – Weight Watchers
Description: During this webinar, a WW expert will take you on a guided tour of what's included when you join WW through OEBB, such as 1) An introduction to WW's customized program that matches you with a plan based on your preferences and lifestyle. 2) How WW's science-backed SmartPoints system allows you to eat what you love and still lose weight. 3) A look at WW's award-winning app, plus Coaching and community you can count on.

Webinar Link: https://weightwatchers.zoom.us/j/2573434523
Registration Required? No
Recorded for viewing later? Yes

3:00 p.m. - Topic: All About OPSRP
This presentation is ideal for members at any stage of their careers who began their PERS-covered career after August 28, 2003. Topics include membership and vesting requirements, information regarding Online Member Services and estimates, retirement eligibility, detailed information about the Individual Account Program (IAP), and member resources.

Register in advance for this webinar:
https://oregonstate.zoom.us/webinar/register/WN_SvWAHCQZSCmnRAd9ZQ2pBQ

Or an H.323/SIP room system:
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103.122.166.55 (Australia)
149.137.40.110 (Singapore)
64.211.144.160 (Brazil)
69.174.57.160 (Canada)
207.226.132.110 (Japan)
Meeting ID: 962 1694 1202
SIP: 96216941202@zoomcrc.com

After registering, you will receive a confirmation email containing information about joining the webinar.

3:30 p.m. – VSP
Description: Join VSP for a live webinar to learn more about the vision benefits available to you through PEBB. VSP is hosting a 30-minute video webinar via Microsoft Teams. VSP will present a brief presentation covering the benefits you will receive when you
enroll in a VSP vision plan through PEBB. VSP will be available during the webinar to answer your questions via the chat feature. If VSP reaches capacity for the 3:30pm webinar, they will host a second webinar starting at 4:00 pm at the same link.

Webinar Link: Please click [here](https://visioncare.vsp.com/vbf-State-of-Oregon) and register to attend
Registration Required? Yes
Recorded for viewing later? Yes
Other: The presentation can also be viewed on their Virtual Benefits Fair website here: [https://visioncare.vsp.com/vbf-State-of-Oregon](https://visioncare.vsp.com/vbf-State-of-Oregon)

**Thursday October 8, 2020**

**9:30 a.m. - Fidelity**

**Description:** Maximize Social Security in Your Retirement Strategy. Over the course of this presentation, we’ll focus on helping you understand how Social Security works, considerations for choosing when to start claiming your benefit, and the ways Fidelity Investments can help you decide how to make the most of your benefit.

Webinar Link: [https://fmr.zoom.us/webinar/register/WN_oT7C0XCVTF-ouoEdRf0d3w](https://fmr.zoom.us/webinar/register/WN_oT7C0XCVTF-ouoEdRf0d3w)
Registration Required? Yes
Recorded for viewing later? No but a pre-recorded version is available on their website at: [www.brainshark.com/fidelityemg/maximizesocialsecurity](http://www.brainshark.com/fidelityemg/maximizesocialsecurity)
Other: They have additional resources at: [https://www.fidelity.com/life-events/overview](https://www.fidelity.com/life-events/overview) and [https://www.coronavirusguide.netbenefits.fidelity.com/](https://www.coronavirusguide.netbenefits.fidelity.com/)

**10:00 a.m. – Moda and Delta Dental Plans**

**Description:** Please join Moda Health and Delta Dental plan representatives as they present the open enrollment plan changes for the 2021 plan year and answer any questions members may have during these interactive sessions on Microsoft Teams.

Webinar link: Join Microsoft Teams Meeting
+1 971-254-1897 United States, Portland (Toll)
Conference ID: 379 068 568#
Recorded for later viewing? No but offered on multiple days during this week
Registration required? No

**10:30 a.m. – Oregon Savings Growth Plan**

**Description:** Is your pension going to be enough?
- Learn how the State of Oregon’s deferred compensation plan can help increase your retirement income.
• Examine the time value of money, investment options and making your investment choices.
• Roth vs. pre-tax comparison and what option works for you.
Time is on your side. Don’t delay and join the conversation to learn more about OSGP.

Webinar Link: https://voyafa.zoom.us/j/94357637836
Registration Required? No
Recorded for viewing later? No

12 p.m. – Faculty Staff Fitness
Description: Get to know some of the Faculty Staff Fitness Instructors and have a sampler from each instructor. You will also have an opportunity to hear what FSF is doing to keep you moving and active.
Webinar Link: https://oregonstate.zoom.us/j/91485215185
Password: OSUFSF
Registration Required? No
Recorded for viewing later? No

1:00 p.m. – SHIBA – Medicare
Description: Medicare 101 – New to Medicare? Join this session as a SHIBA -Senior Health Insurance Benefits Assistance representative explains the basics of Medicare. This session will help you to:
✓ Understand coverage provided by basic Medicare (parts A and B)
✓ Recognize critical deadlines
✓ Understand actions to take to avoid penalties
✓ Understand the choices and trade-offs for supplemental insurance (Medigap plans and Advantage Plans) – includes details on PERS plans
✓ Understand prescription drug coverage with Medicare
✓ Understand when you can and cannot make changes
Webinar Link: https://oregonstate.zoom.us/j/98332619629?pwd=NFNXUk9abmYyNHVlcEZ3UU4vQnpwUT09
Password: 900336
Registration Required? No
Recorded for viewing later? Yes

3:00 p.m. – Healthy Team, Healthy U/Stay Well
**Description:** Healthy Team Healthy U (HTHU) is a wellness program that is provided by PEBB to PEBB members, spouses, and dependents who are at least 18 years old. There is no cost, no commitment requirements, and no penalties for not completing the program. HTHU provides resources to help you work towards and achieve your wellness goals. We have recipes, workout videos, a mental health podcast series, personal goal-tracking challenges, and provide education on topics such as sleep, portion control, energy, and stress management. Join the webinar to learn how to get started and how to get the most out of Healthy Team Healthy U!

**Webinar Link:** [https://attendee.gotowebinar.com/register/1325147216628596237](https://attendee.gotowebinar.com/register/1325147216628596237)

**Registration Required?** Yes

**Recorded for viewing later?** Yes

**Door Prize:** We will have a water bottle, reusable straw, and pop socket. There will be two winners who will be selected from the attendees of the webinar and the two winners will each be given the water bottle, reusable straw, and pop socket.

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**Friday October 9, 2020**

**9:30 a.m. - Parental Leave**

**Description:** – Join OSU’s Protected Leave Officer Whitney Brown for a session explaining Parental leave options at OSU.

Register in advance for this webinar: [https://oregonstate.zoom.us/webinar/register/WN_bwHMOoCrQNmYIS1OuICARw](https://oregonstate.zoom.us/webinar/register/WN_bwHMOoCrQNmYIS1OuICARw)

**Registration Required?** Yes

**Recorded for viewing later?** Yes

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**10:00 a.m. – Moda and Delta Dental Plans**

**Description:** Please join Moda Health and Delta Dental plan representatives as they present the open enrollment plan changes for the 2021 plan year and answer any questions members may have during these interactive sessions on Microsoft Teams.

**Webinar Link:**
[Join Microsoft Teams Meeting](tel:+1 971-254-1897 United States, Portland (Toll))

Conference ID: 901 287 729#

**Recorded for later viewing?** No

**Registration required?** No

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**11:00 a.m. - The Standard**

**Description:** Join Standard’s representatives for an informational webinar followed by a Q&A session regarding Short Term Disability (STD), Long Term Disability (LTD), Life Insurance (Basic & Additional), & Accidental Death & Dismemberment (AD&D).

**Webinar Link:** [https://zoom.us/webinar/register/WN_dFy45UbuRMW-2ivJffHMXg](https://zoom.us/webinar/register/WN_dFy45UbuRMW-2ivJffHMXg)

**Registration Required?** Yes
Recorded for viewing later? No