Webinar Information for the Virtual Benefits Fair

Schedule for Thursday, October 8, 2020

9:00 a.m. – “Ask Fidelity”
**Description:** Stop in to ask a question, listen to the discussion or just say Hi. This is a group session.
**Webinar Link:** [https://fmr.zoom.us/webinar/register/WN_Tkn8F93dRwaN6jll4BpUUw](https://fmr.zoom.us/webinar/register/WN_Tkn8F93dRwaN6jll4BpUUw)
**Registration Required:** Yes
**Recorded for later viewing:** No

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#success](https://voyafa.zoom.us/j/94357637836#success)
**Registration Required?** No
**Recorded for viewing later?** No
11:00 a.m. to 2 p.m. - Oregon Public Universities Retirement Plans (OPURP)

**Description:** OPURP Retirement Plans Management team members will be available to answer your questions! Daily live sessions will be accessible by Internet or phone. Links and numbers for that day will be posted each morning at: [https://www.opurp.org/2020-benefits-fair](https://www.opurp.org/2020-benefits-fair).

11 a.m. to 12 noon – Virtual Office Hours with Faculty Staff Fitness

**Description:** Drop in and talk with FSF staff to learn about programs and ask questions.

**Zoom Link ID:** 91810191810  
**Password:** OSUFSF

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](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=NFNXUk9abmYyNHVlcEZUU4vQnpwUT09](https://oregonstate.zoom.us/j/98332619629?pwd=NFNXUk9abmYyNHVlcEZUU4vQnpwUT09)  
**Password:** 900336  
**Registration Required?** No  
**Recorded for viewing later?** Yes

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

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3:00 p.m. to 4:00 p.m. - Virtual Q&A with the Ombuds Office

**Description:** Visit with Shalece Rains to learn more about the Ombuds Office.

Drop in Zoom link: [https://oregonstate.zoom.us/j/96954103682?pwd=SXRNemhBSjE3bmZPZ1JOR3l5ZjhaZz09](https://oregonstate.zoom.us/j/96954103682?pwd=SXRNemhBSjE3bmZPZ1JOR3l5ZjhaZz09)

**Registration required?** No

**Recorded for later viewing?** No