

Government Account Representatives

Contact your Government Account Representative with any questions.

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For Health Benefit Officers and Federal Employees

FEDERAL FACTS

Fall 2008
www.fepblue.org

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**Federal
Executive Boards**

Federal Executive Boards

In 1961, the Federal Executive Boards (FEBs) were established by a presidential directive to improve coordination among federal activities and programs outside of Washington. Since approximately 88 percent of all federal employees work outside the national capital, there was, and is, a need for effective coordination among field activities of federal departments.

There are currently 28 FEBs located in cities that have a major federal presence. They operate under the direction of the Office of Personnel Management. Examples of their activities are:

- distribution of critical information on initiatives and processes;
- sharing of technical knowledge and resources in procurement, human

- resource management and information technology;
- implementation of the local Combined Federal Campaign;
- pooling of resources for common services like training courses;
- encouragement of employee performance through special recognition and incentive programs; and
- facilitation of emergency operations during natural and man-made disasters, responding to blood donation needs and communication of related leave policies.

For 45 years, the Federal Executive Board network has been a major unifying force within the federal government. It serves as an effective communications link between all levels of government.



"Although each executive agency and its field organization have a special mission, there are many matters on which the work of the departments converge. There are opportunities to pool experience and resources, and to accomplish savings."

- President John F. Kennedy

Pre-Open Season Seminars

Don't miss a 2008 Pre-Open Season Seminar in your area. Take this opportunity to visit with your Government Account Representative about what's new for 2009. Our 2008 seminar presents:

- Updates on FEHBP benefits and rates
- Information on the Dental Program
- Updates on FEP BlueVisionSM benefits and rates
- Guest speakers on Health and Wellness topics
- Complimentary breakfast and/or lunch

PLEASE RSVP
FAX (405) 359-8757 – Oklahoma City Seminar
FAX (918) 242-3975 – Tulsa Seminar

FAX RSVP FORM BY
Wednesday, October 16, 2008
OR REGISTER ONLINE: www.bcbsok.com/fep/hbo
Please RSVP only if you plan to attend.

Oklahoma City – Monday, October 27
 Tulsa – Tuesday, October 28

Name of Person(s) Attending: _____
Agency Name: _____
Agency Address: _____
Agency Phone: _____
Agency Fax: _____
Business Email Address: _____

In addition to gathering Open Season information, come prepared for lots of fun. There's still time to sign up. Register online at www.bcbsok.com/fep/hbo.

Oklahoma 2008 Pre-Open Season Seminars

Monday, **October 27, 2008** – Oklahoma City

Tuesday, **October 28, 2008** – Tulsa

Other FEHBP carriers will be attending.



Four Pillars of Health

The Office of Personnel Management's Healthier Feds initiative is an effort to improve the lives of federal employees and prevent and reduce the costs of disease. Blue Cross and Blue Shield also reinforced its corporate commitment to wellness earlier this year with the introduction of the theme: Experience. Wellness. Everywhere.SM While wellness incorporates mental and physical health in every facet of life, OPM's initiative focuses on pursuing personal health and wellness through Four Pillars: **physical activity, nutrition, prevention and healthy choices.**

1 Physical Activity — Walk Your Way to Better Health

Starting a fitness program may be as simple as lacing up a pair of tennis shoes. Walking is one of the easiest and best exercises. You can go at your own pace, for the amount of time that is comfortable for you. Greater endurance will quickly follow and the long-term health benefits are impressive.

- Walking is an effective way to **manage your weight.**
- Walking strengthens your heart and lungs to give you **more energy.**
- Walking helps lower blood pressure and cholesterol levels to **reduce your risk of heart attack.**
- Walking is a super way to **reduce stress** and boost your spirits.
- Walking **improves your sleep** at night for better concentration and productivity during the day.

Sources: Substance Abuse and Mental Health Services Administration (SAMHSA); Mayo Clinic; Johns Hopkins University

2 Nutrition — Eat out, Eat Healthy

When your schedule is overloaded, you may not have time to cook at home. The good news is you can eat out and eat healthy, too.

Follow these healthy tips when eating away from home:

- Fried, au gratin, crispy, scalloped, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods.
- Request that your meal be prepared with vegetable oil instead of butter.
- If you are trying to lower the sodium in your foods, remember that foods containing the most sodium include those that are pickled, in cocktail sauce, smoked, in broth, or in soy or teriyaki sauce.
- Have gravy, sauces and dressings served on the side, so you can manage the amount you eat.
- Ask for fat-free or one percent milk instead of whole milk.
- Finish off your meal with fruit or sherbet instead of high-fat pastries and ice cream.

Source: U.S. Department of Health and Human Services

3 Prevention — Hand Washing to Avoid Infectious Disease

Washing your hands only takes a few minutes and some very basic tools, but it makes a huge difference in taming infectious germs.

Especially as we enter the season of the year when illnesses like flu tend to be passed around, take precautions to protect yourself.

Here's how to wash your hands the right way:

- Use soap and warm, running water.
- Wash all parts of your hands and wrists thoroughly, including under your fingernails.
- Rub your hands together for at least 10 to 15 seconds.
- Hold under running water to rinse for another 15 seconds.
- Pat them dry using a clean or disposable towel.

Source: American Society for Microbiology



4 Healthy Choices — Laugh it Off

Laughter is a great antidote to the harsh physical effects of stress you may be feeling this time of year. It eases mental fatigue and stimulates the brain to improve memory. During laughter, chemicals are released that boost your immune system and make you less vulnerable to infections. Laughter not only takes your mind off the pain that stress can cause in your neck and shoulders, it also triggers the production of endorphins, the body's natural painkillers.

You can even count laughter as a workout. Laughter exercises the diaphragm and shoulders, contracts the abs and leaves muscles more relaxed. Best of all, it tones the face muscles to make you look younger.

Try these hints:

- Don't take yourself too seriously. Laugh at yourself – out loud – and invite others to join in.
- Seek out people who laugh. It's contagious!

- Be like a child. Children laugh 400 times per day on average, while adults laugh about 17 times a day.

Choose the healthy habit of laughter and see how much better you feel throughout Open Season.

Sources: American Psychological Association; Humor and Health Journal; Mayo Clinic



Helpful Information

Blue Health Connection

Available 24 hours a day, seven days a week (888) 258-3432

Customer Service

Monday through Friday, 9 a.m. – 5 p.m. Central Time (800) 722-3130

Precertification

(800) 443-2744

Preferred Provider Directory

www.fepblue.org

Prescription Mail Order Service

(800) 262-7890 [TDD 1(800) 216-5343]

Retail Pharmacy Program

(800) 624-5060 [TDD 1(800) 624-5077]

Health and Wellness Products

(877) 258-7283

FEP BlueVision

(888) 550-BLUE (2583)

Affinity Discount Vision Care Program

(800) 551-3337

Contact Lens Replacement

(800) LENS-123 [(800) 536-7123]

For more information on Blue Cross and Blue Shield of Oklahoma, Customer Service, or to order materials online, visit www.bcsok.com. To find a provider or learn more about the Service Benefit Plan, go to www.fepblue.org.

Letters to the Editor

We welcome your story ideas and suggestions. Mail materials to: Federal Facts editor, Blue Cross and Blue Shield of Oklahoma, 1400 S. Boston, 1st Floor, Tulsa, OK 74119.

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