



School Employees Benefits Board (SEBB) Program  
February 2023

## Protect your heart

Just the words “heart disease” can be scary. You can do a lot to protect your heart. According to the American Heart Association, cardiovascular disease is the leading cause of death for Americans each year, accounting for one in four U.S. deaths. The Centers for Disease Control and Prevention (CDC) reports that in the United States one person dies every 36 seconds from cardiovascular disease.

### Heart disease myths

Let's set the record straight on some common myths. Visit [heart.org](https://www.heart.org) for more.

**1. I'm too young to worry about heart disease.**

How you live now affects your risk for cardiovascular diseases later in life. One in three Americans has cardiovascular disease, but not all of them are senior citizens. A study found that, out of thousands of heart attack hospitalizations, 30 percent of the patients were 35 to 54 years old.

**2. I'd know if I had high blood pressure because there would be warning signs.**

High blood pressure is called the “silent killer” because you don't usually know you have it. You may never experience symptoms, so don't wait for your body to alert you there is a problem. Check your numbers with a blood pressure test.

**3. I'll know when I'm having a heart attack because I'll have chest pain.**

Not necessarily. We all know the classic heart attack symptoms: shortness of breath and pain or discomfort in one or both arms, the jaw, neck, or back. But you could have a heart attack and not feel any of those symptoms. Even if you're not sure it's a heart attack, call 911 immediately.

**4. Diabetes won't threaten my heart if I take my medication.**

Treating diabetes can help reduce your risk for or delay the development of cardiovascular diseases. But even when blood sugar levels are under control, you're still at increased risk for heart disease and stroke.

**5. Heart disease runs in my family, so there's nothing I can do to prevent it.**

Although people with a family history of heart disease are at higher risk, you can take steps to dramatically reduce your risk.

**6. I don't need to have my cholesterol checked until I'm middle-aged.**

The American Heart Association recommends you start getting your cholesterol checked every five years, starting at age 20.



# Heart support from your SEBB benefits

Your SEBB benefits include these wellness programs to help you take care of yourself and your heart.

## What is SmartHealth?

SmartHealth is a voluntary wellness program. As you progress on your wellness journey, you may also qualify for the \$125 SmartHealth wellness incentive. Learn more about SmartHealth and who's eligible on HCA's website at [hca.wa.gov/sebb-smarthealth](http://hca.wa.gov/sebb-smarthealth).

## What is the Diabetes Prevention Program?

This digital lifestyle change program helps you build healthy habits that last. It's personalized to help you reach your health goals. Learn more about the DPP and who's eligible on HCA's website at [hca.wa.gov/sebb-dpp](http://hca.wa.gov/sebb-dpp).

## Creamy chicken hot dish

### Heart healthy recipe

Who said comfort foods can't be healthy? This creamy chicken, quinoa, and broccoli hot dish is sure to warm you up all season long!

### Ingredients

- 2 cups low-sodium chicken broth
- 1 cup 2% milk, divided
- 1 teaspoon poultry seasoning
- ½ cup flour
- 2 cups water, divided
- 1 cup uncooked quinoa, rinsed
- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 2 teaspoons seasoning of your liking (all purpose, Cajun, etc.)
- ¼ cup shredded Monterey Jack cheese
- 3 cups fresh broccoli florets



### Instructions

1. Preheat the oven to 400 degrees Fahrenheit and generously grease a 9"x13" baking dish.
2. Bring the chicken broth and ½ cup milk to a low boil in a saucepan.
3. Whisk the other ½ cup milk with the poultry seasoning and flour. Add the mixture to the low-boiling liquid and whisk until a smooth, creamy sauce forms.
4. In a large bowl, mix the sauce with 1 cup water and the quinoa and stir to combine. Pour the mixture into the prepared baking dish.
5. Lay the chicken breast strips over the top of the mixture. Sprinkle with the seasoning. Bake uncovered for 30 minutes.
6. While the hot dish is baking, place the broccoli in boiling water for 1 minute until it turns bright green. Put the broccoli into a colander and run under cold water for about 30 seconds. Set aside.
7. Remove the hot dish from the oven, stir the mixture to ensure the quinoa and chicken are cooked and the sauce is thickened. The quinoa will be soft and appear as if it has popped open when cooked. If needed, bake for an additional 10 to 15 minutes. Then, add the broccoli to the mixture and pour in a little water (up to 1 cup) until the consistency is creamy and smooth and can be stirred easily.
8. Top with cheese and bake for 3 to 5 minutes to melt the cheese.



# Good news for managing your benefits!

This spring, SEBB My Account will become **Benefits 24/7**, with new features and expanded capabilities.

## We've made some improvements

School employees currently use SEBB My Account to change their health plans, remove or add dependents and upload documents to prove their eligibility, view their benefit choices, make premium surcharge attestations, and get their statement of insurance.

With the new **Benefits 24/7**, you'll do all that and be able to apply for PEBB retiree insurance coverage and SEBB Continuation Coverage (COBRA or Unpaid Leave).

The biggest change is for SEBB Continuation Coverage members, who will be able to use **Benefits 24/7** with all the features that employees enjoy.

To learn more about **Benefits 24/7**, see the HCA website at [hca.wa.gov/benefits247-newportal](https://hca.wa.gov/benefits247-newportal) for updates and watch for the May issue of *Intercom*.

## SEBB My Account security reminder

To enhance the security of your account information, SEBB My Account introduced multifactor authentication (MFA) to the login process last year. When you log in, the system will automatically prompt you through the steps to complete the MFA process. This process will also be used when SEBB My Account becomes Benefits 24/7 later this spring. Your login credentials won't change.

## Need help with benefits or have other questions?

**Contact your plan** for questions about benefits, ID cards, claims, checking if your provider is in your plan's network, choosing a provider, and making sure your prescriptions are covered.

### To find plan contact information

Visit HCA's website at [hca.wa.gov/erb](https://hca.wa.gov/erb), select your member type (school employee or SEBB Continuation Coverage), and then select *Get help* and *Contact the plans*.

### To update your address or for questions

For questions about eligibility and enrollment, premium surcharges, finding forms, adding or removing dependents, and premium payments or deductions:

- **School employees:** Contact your employer's payroll or benefits office.
- **Continuation coverage subscribers:** Contact the SEBB Program by sending a secure message through HCA Support at [support.hca.wa.gov](https://support.hca.wa.gov) (a secure website where you can log in to your own account to communicate with us) or by calling 1-800-200-1004 (TRS: 711).



## Start 2023 with SmartHealth

Did you know that SmartHealth is included in your SEBB benefits and can help enhance your well-being? SmartHealth is a voluntary wellness program that supports you on your journey toward living well. It can help you lower stress, be more active, improve relationships, and more. Visit the HCA website at [hca.wa.gov/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth) to learn about SmartHealth and get started.

### Logging in to SmartHealth now includes extra security

Last year, SmartHealth added enhanced security measures to keep your private information safe. You now need to have a SecureAccess Washington (SAW) account to log in to SmartHealth. Once you have created a SAW account, which you may already have from logging in to other Washington State applications, you will be prompted to log in to your SAW account as part of logging in to SmartHealth at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov).



**SmartHealth can help with your financial well-being, too. Learn how to improve your financial well-being and earn SmartHealth points by completing activities like the Working Families Tax Credit.**



## Get the low-down on FSAs and DCAP

HCA partners with Navia Benefit Solutions to provide a Medical Flexible Spending Arrangement (FSA), a Limited Purpose FSA, and a Dependent Care Assistance Program (DCAP). FSAs and the DCAP allow employees to set aside funds from each paycheck — pre-tax — to use toward eligible expenses. To learn more, visit Navia Benefit Solutions' website at [sebb.naviabenefits.com](http://sebb.naviabenefits.com).



### FSA members: Last call to submit claims for 2022!

You have until **March 31, 2023**, to submit any claims for reimbursement to Navia Benefit Solutions for health care costs you had in 2022.

### Do you qualify for carryover?

If you were enrolled in an FSA during 2022 and enrolled for 2023, you can carry over remaining funds up to \$570. If you did not enroll for 2023 and have at least \$120 remaining, you can still carry over funds up to \$570. You will see the carryover funds added to your account after February 2023.

If you enrolled in UMP High Deductible with a health savings account (HSA) for 2023, and you were previously enrolled in a Medical FSA and eligible for carryover, your carryover funds will be deposited into a Limited Purpose FSA.

### FSA limits increased for 2023

For 2023, the maximum contribution limit increased from \$2,750 to \$2,850. Also, the maximum carryover limit will increase from \$570 to \$610 dollars. This means that any funds up to \$610 could be eligible for carryover in the 2024 plan year if you choose to continue your enrollment in an FSA or have at least \$120 remaining.

## Share Your Story Spotlight

For this edition of the Share Your Story Spotlight, we wanted to shine a light on wellness for the new year. These stories are from subscribers just like you — school employees and continuation coverage subscribers. Would you like to share your story and inspire others? Visit [hca.wa.gov/share-your-story](http://hca.wa.gov/share-your-story) to get started.



“As a yoga instructor for over 11 years, I tend to seek more holistic healing options. Luckily, my PCP knows and understands that. Although, this past winter, I found myself sitting in her office with tears running down my cheeks. I had been diagnosed with anxiety and I was crushed. How could a person like me, with so many tools to deal with depression, anxiety, stress, etc., need a drug? I did not want to take an antidepressant. I did not want to admit defeat. My doctor reminded me that I cannot do all things and that this medication could be used for a short time to help me till I got back in my groove.

“I begrudgingly agreed. Even though the medication gave me headaches, I began taking a small dose on a regular basis. I stopped having heart palpitations. I got back on my feet in a few months, and I slowly took myself off the medication, though I did have to endure another week or two of headaches.

“The moral of the story is that I am blessed to have health care that offers service where an amazing doctor works. One who listens to me as a human, not just a patient number or statistic. I feel like she truly cares.”

—Krista Wright, SEBB member



# White winter, blue mood

Winter is upon us, and along with hot drinks to keep us warm and falling snow to dazzle us, the season can also bring low moods. Often referred to as winter blues, many people find themselves feeling sad, moody, more tired than usual, or generally run-down during dark winter months. Some also have less interest or motivation, or struggle to concentrate. It is normal for all of us to have ups and downs, but when the blues last for longer than two weeks or seem to occur each winter, it could be a type of depression known as Seasonal Affective Disorder (SAD).

“I had never experienced this, and I didn’t realize it wasn’t normal,” says Dr. Emily Transue, the associate medical director for the Health Care Authority’s Employees

and Retirees Benefits Division. She shared her own experience with SAD, adding, “I wish I had gotten help for it sooner.”

While you might be aware of how you are feeling, it is easy to discount. Fortunately, symptoms can often be treated with changes in your daily routine, such as getting more light by using a UV therapy light or taking a walk during lunch. But it is important to remember that SAD, as Dr. Transue says, “is real and can be serious.”

If you are taking steps towards self-care and still have symptoms, talk to a health care professional. As Dr. Transue encourages, “Everyone has dark days in the winter, but if it is more than that, it is important to get help.”

To learn more about SAD, please visit the National Institute of Mental Health website at [nimh.nih.gov](http://nimh.nih.gov).

## Self-care tips for winter

### Get plenty of vitamin D

During winter, we have fewer hours of daylight, which means less vitamin D. You can increase your daily intake by eating foods such as leafy greens, citrus fruit, and dairy.

### Get up and move

It’s tempting to stay nestled under a warm blanket, but exercise helps you to produce endorphins, your body’s natural mood booster.

### Catch some rays ...

According to Dr. Transue, “our bodies are really responsive to light.” Using a UV therapy light within an hour of waking for 20 minutes can help to kick-start your day.

### ... and some Zs

Prioritize getting enough sleep each night.

### Reduce your caffeine and sugar

This can be a difficult task, but once their effects wear off, caffeine and sugar will leave you feeling more tired than before. Instead, reach for some water, caffeine-free tea, or a healthy snack (avocado toast, anyone?) for a quick pick-me-up.

### Make time for self-care

Whether self-care means reading a good book, taking a yoga class with a friend, or talking to a healthcare professional, remember to show yourself some care.

### Ask for help

If you need help finding a provider for mental health or substance use treatment, start by checking your plan’s provider directory or calling the plan’s customer service number. You can find plan information on the HCA website at [hca.wa.gov/bh-sebb](http://hca.wa.gov/bh-sebb).



### Dial 988

**If you or a loved one are in crisis, help is just three numbers away. Dial 988 to text, call, or chat with a compassionate volunteer who is ready to listen. This service is available by cell, landline, or voice over internet devices.**



### Native and Strong Lifeline

**Washington now provides the Native and Strong Lifeline – dedicated to serving American Indian and Alaska Native people. Calls are answered by Native crisis counselors who are tribal members and descendants closely tied to their communities. Counselors are fully trained in crisis intervention and support, with special emphasis on cultural and traditional practices related to healing.**

# SEBB Program Nondiscrimination Notice and Language Access Services

The SEBB Program and its contracted health plans comply with applicable federal civil rights laws and do not discriminate (exclude people or treat them differently) on the basis of race, color, national origin, age, disability, or sex.

The SEBB Program complies with applicable state civil rights laws and does not discriminate on the basis of creed, gender, gender expression or identity, sexual orientation, marital status, religion, honorably discharged veteran or military status, or the use of a trained guide dog or service animal by a person with a disability.

The SEBB Program provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

**If you believe this organization has failed to provide language access services or discriminated in another way, you can file a grievance with:**

## SEBB PROGRAM

### Health Care Authority Enterprise Risk Management Office

**Attn: ADA/Nondiscrimination Coordinator**

PO Box 42704

Olympia, WA 98504-2704

☎ 1-855-682-0787 (☎ 711)

☎ 360-507-9234

✉ [compliance@hca.wa.gov](mailto:compliance@hca.wa.gov)

🌐 [hca.wa.gov/about-hca/non-discrimination-statement](http://hca.wa.gov/about-hca/non-discrimination-statement)

## SEBB MEDICAL PLANS

### Kaiser Foundation Health Plan of the Northwest

**Attn: Member Relations Department**

500 NE Multnomah Street, Suite 100

Portland, OR 97232

☎ 1-800-813-2000 (☎ 711)

☎ 855-347-7239

### Kaiser Foundation Health Plan of Washington

**Civil Rights Coordinator**

☎ 206-630-4636

1-888-901-4636

☎ 1-800-833-6388 or 711)

🌐 [kp.org/wa/feedback](http://kp.org/wa/feedback)

### Kaiser Foundation Health Plan of Washington Options, Inc.

**Civil Rights Coordinator**

☎ 206-630-4636

☎ 1-888-901-4636

☎ 1-800-833-6388 or 711)

🌐 [kp.org/wa/feedback](http://kp.org/wa/feedback)

### Premera Blue Cross

*(For discrimination concerns about any Premera Blue Cross plan or the Centers of Excellence Program for Uniform Medical Plan [UMP] Achieve 1, UMP Achieve 2, and UMP High Deductible)*

**Attn: Appeals Coordinator**

PO Box 91102

Seattle, WA 98111-9202

☎ 1-855-332-4535 (☎ 711)

☎ 425-918-5592

✉ [appealsdepartmentinquiries@premera.com](mailto:appealsdepartmentinquiries@premera.com)

### Regence BlueShield

*(For discrimination concerns about any UMP plan)*

**Civil Rights Coordinator**

MS: CS B32B, PO Box 1271

Portland, OR 97207-1271

☎ 1-888-344-6347 (☎ 711)

✉ [CS@regence.com](mailto:CS@regence.com)

### Washington State Rx Services

*(For discrimination concerns about prescription drug benefits for any UMP plan)*

**Attn: Appeal Unit**

PO Box 40168

Portland, OR 97240-0168

☎ 1-888-361-1611 (☎ 711)

☎ 1-866-923-0412

✉ [compliance@modahealth.com](mailto:compliance@modahealth.com)

## SEBB DENTAL PLANS

### Delta Dental of Washington

*(For discrimination concerns about DeltaCare and Uniform Dental Plan)*

**Attn: Compliance/Privacy Officer**

PO Box 75983

Seattle, WA 98175

☎ 1-800-554-1907 (☎ 1-800-833-6384)

☎ 206-729-5512

✉ [Compliance@DeltaDentalWA.com](mailto:Compliance@DeltaDentalWA.com)

### Willamette Dental of Washington, Inc.

**Attn: Member Services Department**

6950 NE Campus Way

Hillsboro, OR 97124

☎ 1-855-433-6825 (☎ 711)

☎ 503-952-2684

✉ [memberservices@willametedental.com](mailto:memberservices@willametedental.com)

## SEBB VISION PLANS

### Davis Vision, Inc.

**Davis Vision Complaints and Appeals Department**

PO Box 791

Latham, NY 12110

☎ 1-888-343-3470 (☎ 1-800-523-2847)

☎ 1-888-343-3475

### EyeMed Vision Care

*FAA/EyeMed Vision Care*

**Attn: Quality Assurance Department**

4000 Luxottica Place

Mason, OH 45040

☎ 1-800-699-0993 (☎ 1-844-230-6498)

☎ 513-492-3259

### Metropolitan Life Insurance Company

*(For discrimination concerns about MetLife vision plan)*

**Complaint & Grievance Unit**

PO Box 997100

Sacramento, CA 95899-7100

☎ 1-855-638-3931 (☎ 711)

You can also file a civil rights complaint with:

**U.S. Department of Health and Human Services  
 Office for Civil Rights**

200 Independence Avenue, SW Room 509F, HHH Building,  
 Washington, D.C. 20201

☎ 1-800-368-1019 (☎ 1-800-537-7697)

🌐 [ocrportal.hhs.gov/ocr/portal/lobby.jsf](http://ocrportal.hhs.gov/ocr/portal/lobby.jsf)

*(to submit complaints electronically)*

🌐 [hhs.gov/ocr/office/file/index.html](http://hhs.gov/ocr/office/file/index.html) *(to find complaint forms online)*



[English] Language assistance services, including interpreters and translation of printed materials, are available free of charge. Employees: Contact your payroll or benefits office. PEBB Retirees, PEBB and SEBB Continuation Coverage members: Call the Health Care Authority at 1-800-200-1004 (TRS: 711).

[Amharic] የድምጽ እገዛ አገልግሎት፣ ተርጓሚዎችን እና የተተረጎሙ የታተሙ ጽሁፎችን ጨምሮ፣ በነጻ እዚህ ይገኛል። ሰራተኞች፡ የደመወዝዎን ወይም የጥቅም ጥቅሞን ጽ/ቤትን ያነጋግሩ። የመንግሥት ሠራተኞች ጥቅሞች በርድ ጠረጎሞች (PEBB), የመንግሥት ሠራተኞች ጥቅሞች በርድ እና የትምህርት ቤት ሰራተኞች ጥቅሞች በርድ (SEBB) ቀጣይነት ሽፋን አባላት፡ የHealth Care Authority በ 1-800-200-1004 (TRS: 711) ይደውሉ።

[Arabic] تتوفر خدمات المساعدة اللغوية، بما فيها المترجمون الفوريون وترجمة المواد المطبوعة، مجانًا. الموظفون: اتصلوا بمكتب كشوف المرتبات أو المستحقات الخاص بكم. متقاعدو مجلس استحقاقات الموظفين العموميين (PEBB)، وأعضاء PEBB ومجلس استحقاقات موظفي المدارس (SEBB) المشاركين في التغطية المستمرة: اتصلوا بـ Health Care Authority على الرقم 1-800-200-1004 (خدمة ترحيل الاتصالات (TRS: 711).

[Burmese] စကားပြန်များ၊ ပုံနှိပ်ထားသည့် စာရွက်စာတမ်းများကို ဘာသာပြန်ဆွဲပေးမှုများ အပါအဝင် ဘာသာစကား အထောက်အကူပြု ဝန်ဆောင်မှုများကို အခမဲ့ စီစဉ်ဆောင်ရွက်ပေးနေပါသည်။ ဝန်ထမ်းများ- မိမိအား လစာထုတ်ပေးသည့် ရုံး သို့မဟုတ် အကျိုးခံစားခွင့်များ စီစဉ်ပေးသည့်ရုံးကို ဆက်သွယ်ပါ။ အစိုးရဝန်ထမ်းများ အကျိုးခံစားခွင့် ဘွဲ့အဖွဲ့ (PEBB) PEBB နှင့် ကျောင်းဝန်ထမ်းများ အကျိုးခံစားခွင့် ဘွဲ့အဖွဲ့ (SEBB) အား ဆက်လက်ခံစားရေး အဖွဲ့ဝင်များ- Health Care Authority ထံ 1-800-200-1004 (TRS: 711) တွင် ဆက်သွယ်ပါ။

[Cambodian] សេវាជំនួយផ្នែកភាសា រួមទាំងអ្នកបកស្រាយ និងការបកប្រែឯកសារដែលបានបោះពុម្ព មានផ្តល់ជូនដោយឥតគិតថ្លៃ។ និយោជិត៖ ទាក់ទងការិយាល័យបើកប្រាក់ខែ ឬអគ្គប្រយោជន៍របស់អ្នក។ អ្នកចូលនិវត្តន៍នៃក្រុមប្រឹក្សាភិបាលអគ្គប្រយោជន៍របស់និយោជិតសាធារណៈ (PEBB), សមាជិកសេវារ៉ាប់រងបន្តពីក្រុមប្រឹក្សាភិបាលអគ្គប្រយោជន៍របស់និយោជិតសាធារណៈ (PEBB) និងក្រុមប្រឹក្សាភិបាលផ្តល់អគ្គប្រយោជន៍ដល់និយោជិតរបស់សាលា (SEBB)៖ ទូរស័ព្ទទៅ Health Care Authority តាមរយៈលេខ 1-800-200-1004 (TRS: 711)។

[Chinese] 可免費提供語言援助服務，包括口譯服務和列印資料翻譯服務。僱員：請聯絡薪資部或福利辦公室。公職人員福利委員會 (PEBB) 退休人員、PEBB 及學校職工福利委員會 (SEBB) 續保會員：請致電 1-800-200-1004 (TRS : 711) 聯絡 Health Care Authority。

[Korean] 통역 및 인쇄물 번역을 포함한 언어 지원 서비스를 무료로 제공해 드리고 있습니다. 직원: 경리과 또는 복리후생과에 문의하십시오. 공무원 복지 혜택 위원회(PEBB) 은퇴자 및 PEBB 와 교직원 복지 혜택 위원회(SEBB) 연속 보장 회원: Health Care Authority 1-800-200-1004 (TRS: 711)로 전화하십시오.

[Laotian] ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ລວມທັງນາຍພາສາ ແລະ ການແປເອກະສານທີ່ພິມແມ່ນມີໄວ້ໃຫ້ໂດຍບໍ່ເສຍຄ່າ. ພະນັກງານ: ດິດຕໍ່ຫ້ອງການເງິນເດືອນ ຫຼື ຫ້ອງການຊ່ວຍເຫຼືອຂອງທ່ານ. ສະມາຊິກບໍານານຂອງຄະນະກຳມະການດ້ານສິດທິຜົນປະໂຫຍດຂອງພະນັກງານສາທາລະນະ (PEBB), PEBB ແລະ ຄະນະກຳມະການດ້ານສິດທິຜົນປະໂຫຍດຂອງພະນັກງານໃນໂຮງຮຽນ (SEBB) ສືບຕໍ່ການຄຸ້ມຄອງ: Health Care Authority ຢູ່ 1-800-200-1004 (TRS: 711).

[Oromo] Tajaajila deeggarsa afaanii, afaan hiikuu fi waraqawwan afaan barbaachisetti hiikuu, kaffaltii kamiyu malee ni jiru. Qaccaramtoota: Kutaa kaffaltii keessan yookiin biiroo deeggarsa keessan qunnaama. Gabatee faayidaa hojjetoota hawaasa (PEBB) Sooramaa ba'aan, Gabatee faayidaa hojjetoota hawaasa (PEBB) fi Gabatee Faayidaa hojjetoota mana barumsa (School employees benefit board SEBB) miseensota hirmaatan walitti aansun: Garaa Health care Authority bilbilaa karaa 1-800-200-1004 (TRS: 711).

[Persian] خدمات کمک زبانی، شامل مترجم شفاهی و ترجمه مطالب چاپی، به صورت رایگان ارائه می‌شود. کارمندان: با دفتر حسابداری یا مزایای خود تماس بگیرید. بازنشستگان هیئت عمومی مزایای کارمندان (PEBB)، اعضای پوشش مستمر PEBB و هیئت مزایای کارمندان مدرسه (SEBB): Health Care Authority به شماره 1-800-200-1004 (TRS: 711) تماس بگیرید.

[Punjabi] ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਦੁਆਬਾਏ ਅਤੇ ਪ੍ਰਿੰਟ ਕੀਤੀ ਹੋਈ ਸਮੱਗਰੀ ਦਾ ਅਨੁਵਾਦ ਕਰਨਾ ਸ਼ਾਮਲ ਹੈ, ਮੁਫ਼ਤ ਉਪਲੱਬਧ ਹਨ। ਕਰਮਚਾਰੀ: ਆਪਣੇ ਤਨਖ਼ਾਹ ਜਾਂ ਫ਼ਾਇਦੀਆਂ ਦੇ ਦਫ਼ਤਰ ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਜਨਤਕ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (PEBB) ਤੋਂ ਰਿਟਾਇਰ ਹੋ ਚੁੱਕੇ ਕਰਮਚਾਰੀ, ਜਨਤਕ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (PEBB) ਅਤੇ ਸਕੂਲ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (SEBB) ਜਾਰੀ ਰੱਖਣ ਵਾਲੇ ਕਵਰੇਜ ਸਦੱਸ: ਹੈਲਥ ਕੇਅਰ ਅਥਾਰਿਟੀ (Health Care Authority) ਨੂੰ 1-800-200-1004 (TRS: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

[Romanian] Sunt disponibile în mod gratuit servicii de asistență lingvistică, inclusiv interpretii și traducerea materialelor tipărite. Angajați: contactați-vă biroul de plată a salariilor sau de beneficii. Pensionari ai Comisiei de beneficii pentru angajați publici (PEBB), membri ai Comisiei de beneficii pentru angajați publici (PEBB) și ai Comisiei de beneficii pentru angajați ai școlilor (SEBB) acoperiți în continuare: apelați Health Care Authority la numărul de telefon 1-800-200-1004 (TRS: 711).

[Russian] Услуги языковой поддержки, включая устных переводчиков и перевод печатных материалов, предоставляются бесплатно. Сотрудникам: свяжитесь с вашим отделом выплаты заработной платы или выплаты льгот и пособий. Пенсионеры, продление договора страхования для членов Совета по выплате льгот и помощи для государственных служащих (PEBB) и Совета по выплате льгот и помощи работникам школ (SEBB): свяжитесь с Health Care Authority по номеру 1-800-200-1004 (TRS: 711).

[Somali] Adeegyada kaalmada luuqada, waxaa kamid ah turjumaad iyo turjubaan xixii daabacan, waxaana lagu heli karaa bilaash. Shaqaalaha: La xidhiidha wixii mushaharka ama gunooyinka. Hawlgabka Gaudida Gunooyinka Shaqaalaha Shacabka (PEBB), Xubnaha Bixinta Sii Socota ee PEBB iyo Gudida Gunooyinka Shaqaalaha Dugsiga (SEBB): Kala Hadal Health Care Authority 1-800-200-1004 (TRS: 711).

[Spanish] Los servicios de asistencia lingüística, incluidos los intérpretes y la traducción de los materiales impresos, están disponibles de forma gratuita. Empleados: Comuníquense con su oficina de nómina o de beneficios. Jubilados de la Junta de Beneficios para Empleados Públicos (PEBB), miembros de la Cobertura de Continuación de la PEBB y de la Junta de Beneficios para Empleados Escolares (SEBB): Llamen a Health Care Authority al 1-800-200-1004 (TRS: 711).

[Swahili] Huduma za usaidizi wa lugha, ikiwemo wakalimani na tafsiri ya nyenzo zilizochapishwa, zinapatikana bila malipo. Wafanyakazi: Wasiliana na ofisi yako ya malipo au manufaa. Wastaafu wa Halmashauri ya Manufaa ya Wafanyakazi wa Umma (PEBB), Wanachama wa Halmashauri ya Manufaa ya Wafanyakazi wa Umma (PEBB) na Bima Endelevu ya Halmashauri ya Manufaa ya Wafanyakazi wa Shule (SEBB): Wasiliana na Health Care Authority kwa nambari 1-800-200-1004 (TRS: 711).

[Tagalog] Makakakuha ng walang bayad na mga serbisyo ng tulong sa wika, kasama ang mga interpreter at pagsasalín-wika ng mga naka-print na materyal. Mga Empleyado: Makipag-ugnayan sa opisina ng inyong payroll o mga benepisyo. Para sa mga Retirado ng Lupon para sa Mga Benepisyo ng Mga Pamublikong Empleyado (PEBB), mga miyembro ng PEBB at Lupon para sa Mga Benepisyo ng mga Empleyado ng Paaralan (SEBB): Sawagan ang Health Care Authority sa 1-800-200-1004 (Mga Serbisyo sa Telepono para sa May Kapansanan (TRS: 711).

[Tigrigna] ናይ ቋንቋ ሓገዝ አገልግሎት፣ ተርጓሚቲን ናይ ስትሎት ናይ-ት ስርጉምን ሓዊሱ፣ ካብ ክፍሊት ነጻ ዝርከቡ እዮም። ሰራተኛታት፡ ናይ ሰርዓት ክፍሊት ወይ ናይ ረብሓታት ቢድ ኣዘራርቡ። ናይ ህዝቢ ሰራተኛታት ረብሓታት ቢድ (PEBB) ጠረጎሞታት፡ ናይ ናይ ህዝቢ ሰራተኛታት ረብሓታት ቢድ (PEBB)ን ናይ ቤት ትምህርት ሰራተኛታት ረብሓታት ቢድ (SEBB)ን ምጽልታ ሽፋን ኣባላት፡ ናብ Health Care Authority ኣብ 1-800-200-1004 (TRS: 711) ይደውሉ።

[Ukrainian] Послуги мовної підтримки, включаючи усних перекладачів і переклад друкованих матеріалів, надаються безкоштовно. Співробітникам: зв'яжіться з вашим відділом виплати заробітної плати або виплати пільг і допомог. Пенсіонери, продовження договору страхування для членів Ради з виплати пільг та допомоги для державних службовців (PEBB) і Ради з виплати пільг та допомоги шкільним працівникам (SEBB): зв'яжіться з Health Care Authority за номером 1-800-200-1004 (TRS: 711).

[Vietnamese] Chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ, bao gồm thông dịch và biên dịch các tài liệu in. Nhân viên: Liên hệ với văn phòng phụ trách trả lương hoặc phúc lợi cho bạn. Người về hưu, hội viên hưởng Quyền Lợi Liên Tục của Ủy Ban Phúc Lợi Viên Chức (PEBB) và Ủy Ban Phúc Lợi Nhân Viên Giáo Dục (SEBB): Xin gọi đến Health Care Authority theo số 1-800-200-1004 (TRS: 711).

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A close-up photograph of two hands, one in a red knitted glove and one in a grey woolly glove, holding a heart shape. The background is a bright, hazy outdoor scene.

**iINTERCOM**

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