HUMAN RESOURCES
EMPLOYEE BENEFITS AND WELLNESS

• PEBB HEALTH INSURANCE BENEFITS
• GRADUATE EMPLOYEE HEALTH INSURANCE BENEFITS
• PROTECTED LEAVE
• RETIREMENT AND PENSION PROGRAMS
• WORK LIFE
• EMPLOYEE WELLNESS
Demonstrating a **Culture of Care** through **Systems of Support**
EMPLOYER-CARE AND SELF-CARE RESOURCES
Cascade Employee Assistance Program (EAP):

- Connect with trained professionals through telehealth, text, e-mail or telephone sessions
- Counseling Support
- Stress Management
- Life Coaching
- Financial Coaching and resources for financial needs
- Parenting Support - Figuring out the new normal and balancing new roles at home as teacher and employee
- Webinars – Ongoing and Pre-recorded/YouTube Channel

Call: 1-800-433-2320
Text: 503-850-7721
E-mail: info@cascadecenters.com
EAP WEBSITE  https://www.cascadecenters.com/

YOUTUBE Channel - Webinars

Orientation Video
Health Insurance Provider Resources

All Insurance Providers - No cost share for testing or treatment related to COVID-19

- Emotional health resources and Physical health resources
- Free mobile apps to support wellness/mindfulness/stress reduction
- Upcoming webinars and recordings of past webinars

PEBB Changes Related to COVID-19
- FSA changes allowed for Dependent Care and Commuter Accounts
- Loss of coverage provisions for eligible dependents losing coverage mid-month

Telemedicine Available to All members
- Kaiser - E-mail, Telephone or Video Chat visits
- Moda – eDoc, Nurse Advice Line or OHSU Virtual Urgent Care Visit
- Providence – Express Care Virtual

PacificSource Health Plan – Telemedicine options and early prescription refills
HEALTHY CAMPUS COALITION

Drawing upon national models, the Healthy Campus Coalition will facilitate building a culture of health at OSU that ensures all members of the OSU community have a fair and just opportunity for health that will enable them to reach their full potential and thrive. As the bedrock of both student and employee success, the HCC will embed health within all aspects of OSU, achieving a key component of Strategic Plan 4.0.
HEALTHY CAMPUS COALITION WEBSITE

http://healthycampus.oregonstate.edu
WORKING AT HOME
SURVIVING AND THRIVING

- Get dressed
- Set aside a designated work area
- Acknowledge the challenges
- Keep a calendar or to-do list
- Eat a healthy lunch or snack
- Open virtual meetings with a community builder question
- Connect purposefully with your team throughout the week
- Set and keep regular office hours/take regular breaks
- Build movement into your day/Schedule walking meetings
- Pick a definitive finishing time each day
PARENTING AND WORKING AT HOME

- Communicate Expectations/Create Routines
- Evaluate Childcare Resources - (Including virtual visits with family)
- Schedule activities that don’t require close supervision during your meetings or busy times
- Create visual cues for times you cannot be interrupted
- Consider shift work or splitting your day
- Consider rewards
- Get creative with your space
- Create activity boxes or jars to draw ideas out of
- Take Breaks – dance party/walk/meals
- Let go of the normal and stress less about screen time. Balance this out with non-digital entertainment when all together during non-working hours.
OSU FAMILY RESOURCE CENTER

https://familyresources.oregonstate.edu/

Resources page specific to COVID-19:
https://familyresources.oregonstate.edu/COVID-19FamilyResources

- Educational Resources
- Food Resources
- Entertainment Ideas
- Coping Tips
CARE.COM WORKSHOP

COUPLES THAT WORK: AT HOME SURVIVAL GUIDE
How dual-career couples can successfully work from home during COVID-19
Webinar • May 5, 2020 • 12:30-1 pm EDT

Brought to you by Care@Work by Care.com, this webinar will provide helpful and actionable tips about how to manage working from home with your partner – and maybe children, too!

REGISTER NOW:

Oregon State
University
MANAGING REMOTE TEAMS

- Acknowledge the current situation and the challenges.
- Check to see if employees have the equipment and resources they need.
- Establish multiple methods for team communication.
- Facilitate connection for your team members in your regular team meetings.
- Be explicit about priorities, goals and deadlines.
- Help with prioritizing work if employees are struggling.
- Check in regularly in a variety of ways – (frequency vs. duration).
- Encourage sharing of progress on tasks/goals.
- Be available and responsive when employees reach out.
- Model the way. Stay positive but also be human.
- Assume positive intent. Show kindness and empathy.

Resources for Supervisors:
https://hr.oregonstate.edu/covid-19-resources/covid-19-resources-supervisors
EMPLOYEE BENEFITS
CONTACTS AND RESOURCES

- Directory: https://hr.oregonstate.edu/about-us/hr-staff-directory#benefits
- Webpage: https://hr.oregonstate.edu/benefits
- E-mail: Employee.benefits@oregonstate.edu
- Phone: 541-737-2508
- Resource Links:
  - Cascade EAP
  - Health Insurance Resources
  - Benefits Resources Related to COVID-19