

BUBB's new Health, Education, and Wellness Center

Innovative Center to increase health access, reduce cost

After years of planning and listening to the concerns of OPEU-represented state employees, the Bargaining Unit Benefits Board has pioneered another health care innovation that will increase accessibility and reduce cost.

In September of this year, BUBB will open its new Health, Education, and Wellness Center, a clinic owned and operated, not for the insurance company, the hospital, or the doctor, but for the consumer — the OPEU/BUBB member.

"This results in a new orientation to medical care," said OPEU Benefits Director **Chuck Mendenhall**. "Our members have expressed frustration and anxiety about access, information, diagnosis, outcomes, and personal attention. This will change in the new clinic. Employees and their families will come first."

Free, qualified, medical consultative services are just a phone call away.

Perhaps, your doctor has recommended you change your diet and increase your exercise. You can phone the BUBB Health, Education, and Wellness Center on an 800-number from anywhere in the state and the information you need — perhaps on a videotape — will be

mailed to your home.

If a family member has been diagnosed with a terminal disease, you may need more information about the disease, ideas about how to support and care for her at home, and counseling to help you deal with your own fears and worries. The BUBB Health, Education, and Wellness Center has anticipated your needs and will be set up to meet them — in cooperation with your family member's doctor — whether you are in Portland, Salem, Pendleton, Coos Bay, Medford, Ontario, or anywhere else OPEU-represented state employees live and work.

• **BASIC MEDICAL SERVICES** - The Center staff will provide such basic medical services as treatment of sore throats, respiratory infections, colds, coughs, and flu, vaginal infections and other women's health problems, rashes, urinary tract infections, headaches, depression, and ill-defined conditions such as dizziness and pain.

In addition, BUBB members and dependent family members can receive stitching of minor lacerations, evaluation of strains and



sprains, evaluation and treatment of other wounds and burns.

At the receptionist's desk, BUBB members can receive the results of a test of their health, sign up for a wellness class, or ask to visit one of the Center's nurse practitioners.

The BUBB member will meet with the Center's nurse practitioners in one of six exam rooms in the center for basic medical services.

• **PREVENTIVE CARE** - The Center will emphasize preventive care by offering annual pap and pelvic examinations, adult physical examinations, school and sport physical examinations, blood pressure monitoring, cholesterol monitoring, flu shots, adult immunizations, and exercise-related issues.

Other services will include evaluation of suspicious skin lesions, removal of small warts and moles, and evaluation and treatment of boils and cysts.

Ultimately, the Center will provide better access and service while helping to hold down insurance premium increases by promoting preventive care. Its success could result in other similar clinics being opened.

"The BUBB Health, Education, and Wellness Center will belong to the employees it serves," Mendenhall said. "The Center will contribute to health care access, quality, long-term cost con-

trol, and member satisfaction for state employees."

The 3,657-square-foot BUBB Health, Education, and Wellness Center is located at 775 Court Street NE in Salem. But, the services of the Center will be available to state employees statewide covered by the Bargaining Unit Benefits Board.

• **RESOURCE CENTER** - Members entering the building will find an array of health care information available to them at the Health Resource Center library. The library will have books, pamphlets, and audio and video tapes on keeping healthy our hearts, eyes, backs and every other part of the body, reducing stress, increasing fitness, changing our diet and improving our nutrition, on women's health and children's health. BUBB members will be able to take a computerized health risk analysis in the Center's library.

On another occasion, perhaps at noon, perhaps in the evening, the BUBB member will return to the Center for health and wellness classes or sessions on dealing with back pain in one of the Center's two conference rooms.

More information regarding the Center will be in worksite posters, flyers, and *The BUBB News*. If you would like more information about the Center, don't hesitate to call the OPEU Benefits Department at 503/399-8542 or BUBB at 503/373-1174.



The BUBB Health, Education, and Wellness Center opens in September in this building at 775 Court Street NE, Salem, just off the Capitol Mall.

