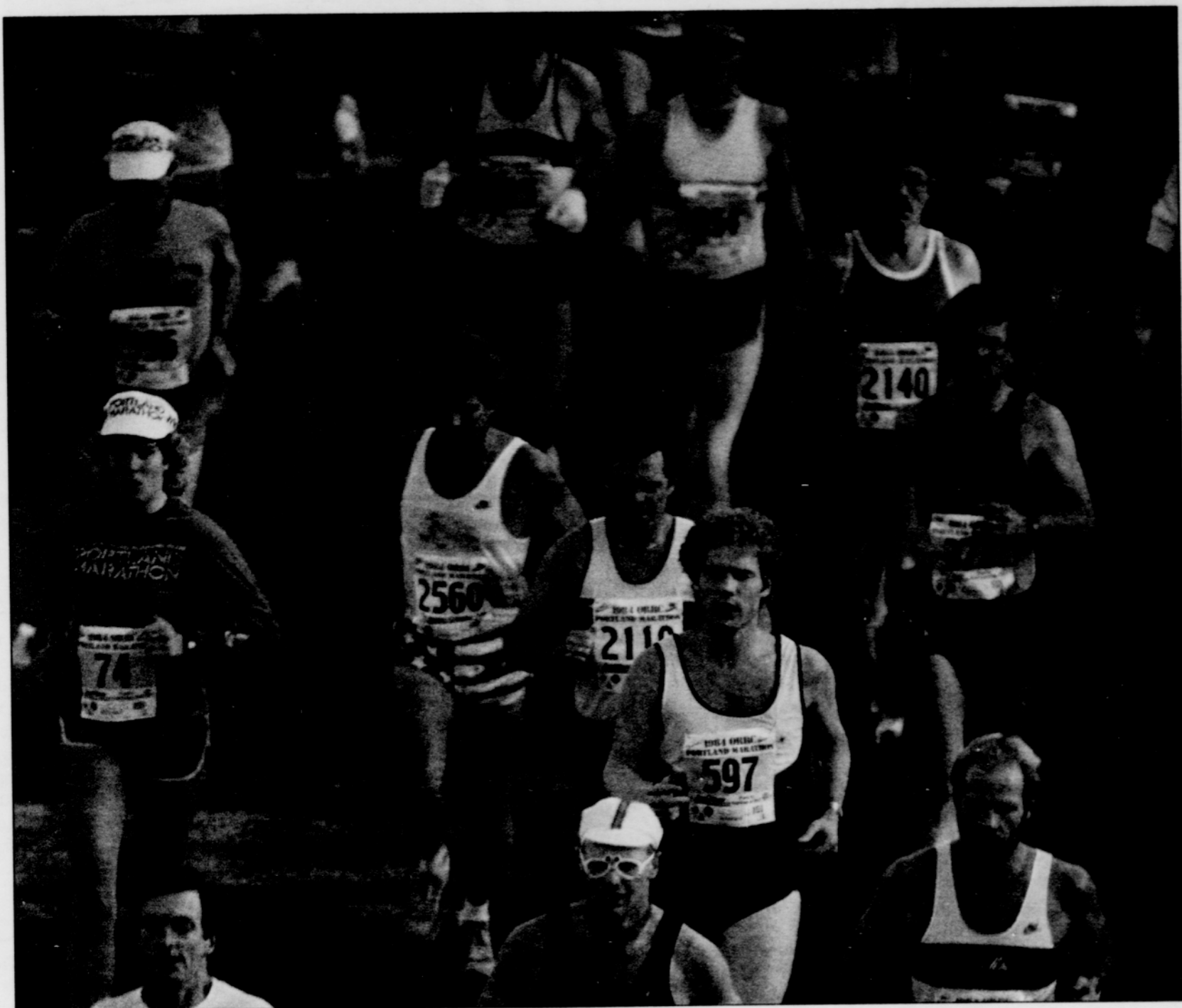




To be the best, you can't stand still.

In 1955, nobody was offering prepaid dental benefits. So we started. ODS was the first group dental health plan in the nation, and today serves over 600,000 Oregonians in over 1,400 employment groups, including our original member, the International Longshoremen's and Warehousemen's Union.

In 1985, we took another step ahead by adding comprehensive group medical coverage to our offerings. So now, with the ODS Health Plan, we're taking care of Oregonians from top to bottom with innovative programs and record-setting service.

We're also a forerunner with creative programs for our employees,

customers, and the entire Oregon community. Our commitment to wellness shows up in a variety of creative ways. We support a nationally recognized dental program for Portland's street people, fund the King Fluoride school mouthrinse program, and sponsor the prestigious Portland Marathon. And our employees volunteer for hospice and other worthy programs.

We have many goals, but no finish line. We're continually striving to make our outstanding service available to more people, to contain health care costs, and to set the pace for Oregon and the country.

ODS Health
Plan