



THE FEP CONNECTION

A Federal Employee Program Newsletter

Spring 2008

2007 OPEN SEASON FAIRS AND SEMINARS

Thank you to all the agency contacts who made an Open Season Health Fair possible at your agency. With your help and coordination, Washington State held more than 100 health fairs and NARFE meetings.

There were five Open Season Seminars and Group Meetings, with presentations by the various health plans. Awards of Excellence to Health Benefit Representatives were presented at the seminars in Tacoma, Seattle and Spokane. Recipients were recognized for the support they gave to their agency personnel, their work with health carriers on Assistance Days and their efforts to enhance participation at health fairs. Congratulations to the 2007 Awards of Excellence winners:

- Rebecca Ables, Puget Sound Naval Shipyard & IMF, Bremerton
- Marva Bright, Social Security Administration, Auburn
- Dorothy Stewart, Department of Veterans Affairs, Spokane
- Tracy Storey, Puget Sound Naval Shipyard & IMF, Bremerton
- Anne Tiernan, Federal Executive Board, Seattle

FEEA SCHOLARSHIPS

What's FEEA? FEEA is the Federal Employee Education & Assistance Fund. It is the agency that provides assistance to federal employees who have lost their homes in a natural disaster or are dealing with personal tragedies.

Blue Cross and Blue Shield is one of FEEA's strongest supporters, donating more than \$60,000 annually to scholarships. In 2007, more than \$75,000 in scholarships from the Blue Cross and Blue Shield Association and affiliates helped students across the country pay for college.

Visit FEEA's Web site to learn how the scholarship program works and find out what happens to an application after it arrives at FEEA. From Jan. 1 to March 28, 2008, the 2008-09 scholarship application is available for download at www.feea.org. Just click on "Download Applications," or follow the link on the site's "Scholarships" page. Check eligibility criteria and send make sure your completed application, with all supporting materials, is postmarked by March 28, 2008.

A faded, light blue background image of the American flag, showing the stars and stripes, is positioned in the top left corner of the page.

Build a Better Burger

From the American Institute for Cancer Research – www.aicr.org

Grilling season is just around the corner. If you're interested in serving delicious and healthy burgers, consider a grilled Portobello burger, which uses Portobello mushrooms instead of ground beef. Their meaty texture and great taste will satisfy burger-lovers. And they're free of saturated fat and low in calories. Portobellos are large, so they fill the average hamburger bun. They grill beautifully and go well with your regular fixings.

Grilled Portobello Burgers

- 2 large Portobello mushrooms, wiped clean, stems removed
- 3 Tbsp. low-fat Italian bottled dressing
- Canola oil spray
- 2 slices reduced-fat Swiss cheese (about 2 oz.)
- 2 whole-wheat hamburger buns or 1 whole-wheat pita cut in half
- ½ jar (7 oz.) roasted red peppers, drained
- Dijon mustard, if desired
- Low-fat mayonnaise, if desired

Marinate the mushrooms in the dressing for 30 minutes to 2 hours in the refrigerator. Prepare the grill by spraying it lightly with oil. On medium-high heat, grill the mushrooms with the lid down for 7 to 10 minutes, turning once midway through the cooking. Place one slice of cheese on top of each mushroom and allow it to melt. Remove them from the grill and place the roasted peppers and mushrooms on the buns or stuff them into a pita half. Add mustard and low-fat mayonnaise, if desired.

Makes 2 servings. Per serving: 230 calories, 5 g total fat (1 g saturated fat), 33 g carbohydrates, 14 g protein, 5 g dietary fiber, 533 mg sodium. Preparation time: 20 minutes.

Optional toppings: reduced-fat cheddar cheese, grilled onion slices, lettuce, tomato slices, low-fat feta cheese, chopped walnuts, Cajun hot sauce, fresh minced herbs, sunflower seeds, guacamole, salsa, reduced-fat sour cream, sliced avocado, or chopped raw onion.



Blue Distinction® Centers for Bariatric Surgery and Cardiac Care

Certain Preferred facilities have been selected to be Blue Distinction Centers for Bariatric Surgery and/or Blue Distinction Centers for Cardiac Care. These facilities meet stringent quality criteria established by expert physician panels, surgeons, and other medical professionals.

The Blue Distinction Centers for Bariatric Surgery provide a full range of bariatric surgical care services, including inpatient care, post-operative care, follow-up care, and patient education.

The Blue Distinction Centers for Cardiac Care provide a full range of cardiac care services, including inpatient cardiac care, cardiac rehabilitation, cardiac catheterization (including percutaneous coronary interventions), and cardiac surgery (including coronary artery bypass graft surgery).

Anyone considering covered bariatric surgery or cardiac procedures may want to consider receiving those at a Blue Distinction Center. Facilities are listed in the online provider directory available at www.fepblue.org, or can be obtained by calling customer service.

Washington State – Blue Distinction Centers for Bariatric Surgery

Franciscan Health System	Federal Way
Sacred Heart Medical Center	Spokane
Virginia Mason Medical Center	Seattle

Washington State – Blue Distinction Centers for Cardiac Care

Central Washington Hospital	Wenatchee
Deaconess Medical Center	Spokane
Overlake Hospital Medical Center	Bellevue
Providence Everett Medical Center	Everett
Providence St. Peter Hospital	Olympia
Sacred Heart Medical Center	Spokane
St. Joseph Hospital – Bellingham	Bellingham

Need to Reach Us?

Web Site

Federal Employee Program..... www.fepblue.org

24/7 Nurse Line

Blue Health Connection..... 888-258-3432

Customer Service

Physician Claims Western Washington..... 800-552-0733

Physician Claims Eastern Washington..... 800-562-1011

Hospital Claims..... 800-562-1011

Pharmacy

Retail..... 800-624-5060

Mail Service (Standard Option)..... 800-262-7890

Register for Mail Service (Standard Option) 24/7 online at www.fepblue.org

24/7 Overseas Assistance Center

Worldwide Assistance, call collect..... 804-673-1678

Or email the Center at FEPOverseas@worldaccess.com for assistance

Web site information at www.fepblue.org under the “Benefits” feature on the home page

U.S Assistance Before you leave..... 800-699-4337

Overseas Claims..... 888-999-9862

Field Service Representatives

Sylvia Stafford..... 800-552-0733, ext. 3227 or direct line 253-573-3227

Seattle (except the two federal buildings) to the Oregon border (except Clark County), as well as Kitsap, Yakima and Walla Walla counties

Gilda Gilbert.....425-918-4733 or 800-422-0032, ext. 4744

Seattle’s two federal buildings, North Seattle to Canadian border, Kitsap County, Eastern Washington (except Yakima and Walla Walla counties) and State of Alaska