



Health Benefits

NWSDS offers robust medical and dental plans for both employees and immediate family as well as other health and wellness benefits



MEDICAL PLANS



Eligible employees have their choice of two medical insurance plans through Regence and Kaiser Permanente. This includes some alternative care such as massage, chiropractic, and acupuncture care as well as mental health care and vision coverage. The Agency pays 100% of the employee-only monthly premium and pays 90-98% for two-person and qualified family coverage. In-person office copays generally range from \$20-\$40 for most appointments.

DENTAL PLANS



Three dental plans are offered for eligible employees: Delta Dental, Kaiser Permanente, and Willamette Dental. You can have separate medical and dental. Orthodontia under one dental plan has a flat copay of \$2000 from start to finish.

EMPLOYEE ASSISTANCE PROGRAM



The EAP provides services to help people privately resolve problems that may interfere with work, family, and life including mental health and financial coaching.

BEYOND WELL



A comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. Earn up to \$150/year in Amazon gift cards just for taking charge with your health!

FLEX SAVINGS ACCOUNT



A Flexible Spending Plan is available to enable employees to pay for health/dental insurance premiums, dependent care, and un-reimbursed medical expenses with pre-tax dollars.