



Quick Links to Insurance Information

Links	Where will this link direct me?
School Employees Benefits	Direct Link to main SEBB page of SEBB benefits
SEBB My Account	Direct Link to SEBB My Account
Medical Plans	SEBB'S webpage of all medical plans available
Medical Benefits Comparison	PDF Document of comparison of all medical plans
Medical Benefits Comparison Tool	Tool to Compare up to 3 Medical plans
UMP Medical Plans	Direct Link to UMP's website
Kaiser Permanente Plans	Direct Link to Kaiser Website
Premera Plans (Cowlitz County Only)	Direct Link to Premera Website
Dental Plans	SEBB's Webpage of all dental plans
Dental Benefits Comparison	PDF Document of comparison of all dental plans
Uniform Dental Plan (PPO Plan)	Direct Link to Delta Dental Website
DeltaCare (Managed Care Plan)	Direct Link to Delta Dental Website
Willamette Dental	Direct Link to Willamette Dental Website
Vision Plans	SEBB'S Webpage of all vision plans
Vision Benefits Comparison	PDF Document of comparison of all vision plans
Davis Vision	Direct Link to Davis Vision Website
EyeMed	Direct Link to EyeMed Website
MetLife Vision	Direct Link to MetLife Vision Website
Find a Provider (Med, Dental, Vision)	SEBB's webpage to find a provider for medical, dental or vision.
Navia – Flexible Spending Accounts	Direct Link to Navia's Website
Flexible Spending Account (Medical, Limited Purpose)	SEBB'S Webpage on Flexible Spending Account information (Medical and Limited Purpose)
Dependent Care Assistance Program	SEBB'S Webpage on Flexible Spending Account information (Dependent Care)
The Standard - Long Term Disability	Direct Link to The Standard's website
Long Term Disability	SEBB's webpage on Long Term Disability
MetLife Insurance – Life Insurance	Direct Link to Metlife's Website
Life Insurance	SEBB'S Webpage on Life Insurance
SEBB Open Enrollment Web Page	Direct Link to SEBB's main open enrollment webpage. Only available through 11.21.22
Virtual Benefits Fair (Available 24/7)	Direct Link to SEBB's Virtual Benefits Fair
2023 Medical Plan Employee Premiums	PDF Document – 2023 Medical premium rates
Contact the Plans	Direct Links to SEBB'S Contact the Plan Page