

Healthy Tomorrows: Beyond Picking your PCP

PEIA's Healthy Tomorrows initiative is a 3-year plan to encourage active employees and non-Medicare retirees in the PEIA PPB Plans to name and develop a relationship with a primary care physician (PCP), to know their numbers, and to get certain biometric numbers within the acceptable range. The Healthy Tomorrows requirements only apply to the policyholder, not to any enrolled dependents.

If you haven't named a PCP yet, you need to do that before May 15, 2015. Here are your two choices:

1. Go online to www.wvpeia.com, click on the green Manage My Benefits button, log in or register to use the site, when you're asked, make sure you designate that you're on the site for Open Enrollment. The Open Enrollment script will walk you through the process, and you'll designate your PCP.
2. If you don't have internet access, call the PEIA Open Enrollment Helpline at 877-676-5573 on or after April 2, 2015, and follow the prompts to order a "Pick a PCP" form. One will be mailed to your home address on the next business day.

If you've already named your PCP, it's time to move on to the next step:

- Sometime between now and then end of open enrollment in Spring 2016, you need to
 - see your chosen PCP,
 - have some basic bloodwork done, and
 - have your physician complete your Healthy Tomorrows reporting form in the back of this year's Shopper's Guide.

The bloodwork can be done as a part of your covered annual physical anytime between April 2, 2015 and May 15, 2016. There's another form in your Shopper's Guide that you can take to your physician. It explains what tests we cover in full, and gives the physician's office instructions for billing the testing and office visit so that it's covered at 100%. If billed properly, the bloodwork for Healthy Tomorrows will be covered in full.

You have to report your blood pressure, blood glucose, total cholesterol and waist circumference. You'll see those listed on the form in the Shopper's Guide. Your physician should complete and sign your form, then give it back to you so you can mail it to PEIA at the address printed on the form.

For the third year of the plan, you have to get your blood pressure, blood glucose, and total cholesterol within the acceptable range. Here are the numbers you'll have to meet by the end of open enrollment in Spring 2017:

- Blood Pressure less than 140/90
- Cholesterol less than or equal to 245
- Glucose less than or equal to 125

You still have to report waist circumference, but it doesn't have to be within the acceptable range of ≤ 40 inches for men or ≤ 35 inches for women. **Waist circumference not in the acceptable range will not trigger penalty deductible.**

That's the Healthy Tomorrows initiative. Please don't miss the deadline of May 15 for naming your PCP! Once that's done, move on to the other steps so you don't pay the penalty in the future.