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Public Employees Insurance Agency

601 57th St., SE

Suite 2

Charleston, West Virginia

25304-2345

PEIA News



Public Hearings for Plan Year 2014

Each year the PEIA Finance Board holds public hearings to take comments on the proposed financial plan for the coming plan year. This year the finance board has proposed changes to the Preferred Provider Benefit (PPB) Plans.

Details of the plan will be available on the Web at www.wvpeia.com before the hearings and will be distributed at the hearings. Registration begins at 5 p.m. and the hearing will start at 6 p.m. If you wish to speak at the hearing, you must indicate that at registration. The hearings will be held as follows:

Monday, Nov. 12, 2012

Martinsburg
Holiday Inn
Foxcroft Ballroom
301 Fox Croft Avenue

Tuesday, Nov. 13, 2012

Morgantown
Ramada Inn
Grand Ballroom
20 Scott Avenue

Wednesday, Nov. 14, 2012

Wheeling
WV Northern Community College
1704 Market Street

Thursday, Nov. 15, 2012

Huntington
Marshall University Medical School
Harless Auditorium

Monday, Nov. 19, 2012

Beckley
Tamarack Ballroom A
One Tamarack Park

Tuesday, Nov. 20, 2012

Charleston
Charleston Civic Center
Little Theater
200 Civic Center Drive

If you can't attend a hearing in person, please submit comments in writing to 601 57th St., SE, Suite 2, Charleston, WV 25304-2345 or by e-mail to: peia.help@wv.gov.

Customer Service -- PEIA will provide customer service in each location from 5-6 p.m. If you have questions about medical, prescription or life insurance benefits, come early and get answers.

PEIA TELEPHONE HOURS

Monday - Friday
8:30 a.m. to 5 p.m.

Visit PEIA anytime online at
www.wvpeia.com
or call PEIA toll-free at
1-888-680-7342

PEIA Offers Prizes for 'Liking' Facebook Page

If you "like" the PEIA Facebook page between now and the end of 2012, you'll be entered in a monthly drawing for one of four prizes. Stay up to date about your insurance plan and you could win:

- Your Shape Fitness Program with Jenny McCarthy for Wii
- AquaBells Travel Weights
- Yoga Kit
- "You Staying Young" Book with Calorie Counter and Pedometer

"Facebook, Twitter and other social media are a great way to stay informed about your health insurance," PEIA Director Ted Cheatham said. "The nice thing is there's no direct cost to the plan.

"In many cases, our members can manage their benefits on-line through the 'Manage My Benefits' system on the Web site. They also can receive information about their benefits through the

Web site and social media. The more we can do on-line the better for our members."

To find PEIA on Facebook, log on to Facebook and type "PEIA - West Virginia Public Employees Insurance Agency" in the search function. When you "like" the PEIA page, you'll be entered in the contest through the end of the year. You only can win once, and PEIA employees are not eligible.

APS Healthcare Takes over PEIA Wellness Program

To provide better services to members, PEIA contracted with APS Healthcare to serve as the agency's wellness vendor, effective July 1, 2012.

APS helps administer the agency's Improve Your Score (IYS) program and currently is scheduling health screens across the state. If you participate in Improve Your Score, you can receive a \$10 a month premium discount. The program tracks blood cholesterol, glucose and blood pressure levels, and waist circumference. To find a health screen near you, go to www.peiaphathways.com, "Register for a Health Screening" (Health Screen box on right).

Worksite health screens don't charge the cost sharing you incur when you go to your physician. Only active employee policyholders who are enrolled in a PEIA PPB plan are eligible to receive the IYS premium discount.

Dependents over 18 are eligible for screening and other services but not additional discounts. Members of the Health Plan HMO and retired employees are not eligible for the screenings or the discounts.

Improve Your Score participants must be screened every 24 months and receive a green, yellow or red score based on their screening results. Screening results can be sent to your physician or your home.

If your overall score is green, congratulations and keep up the great work! You will maintain your premium discount as long as you get screened at least every 24 months and maintain your green overall score.

If your overall score is yellow or red, you must take some action every twelve months to improve your modifiable risk factors. The following activities will count as "engagement" to maintain your discount:

- See your medical home or primary care physician
- Participate in PEIA's Face to Face Diabetes Program
- Participate in the PEIA Weight Management Program
- Participate in the Dr. Dean Ornish Program for Reversing Heart Disease
- Participate in the Ornish Spectrum education program
- Worksite fitness and lifestyle coaching

With new wellness vendor APS, you

can engage by contacting an APS health promotion consultant, who will coach you about options for improving your health.

To talk to a consultant in your area, go to www.peiaphathways.com, "Health Screens" (top) and "HPC Regional Map" (left column). Roll your mouse over the various regions to see the consultant in your area.

APS also provides a huge health library and a broad array of wellness/fitness information at www.peiaphathways.com

Hope Health Newsletter

Because of the change in wellness vendors, PEIA will no longer send the Hope Health newsletter to members.

In the future, the agency will use other means – PEIA News, letters and social media, for example – to communicate about important changes and updates to the Preferred Provider Benefit Plans and other services offered.

Now is the perfect time to "like" PEIA on Facebook. The agency is running a contest until the end of 2012 for anyone who "likes" PEIA during that time period. (See story on page one.)



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PEIA NEWS is published by the West Virginia Public Employees Insurance Agency for active employees and retirees.

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