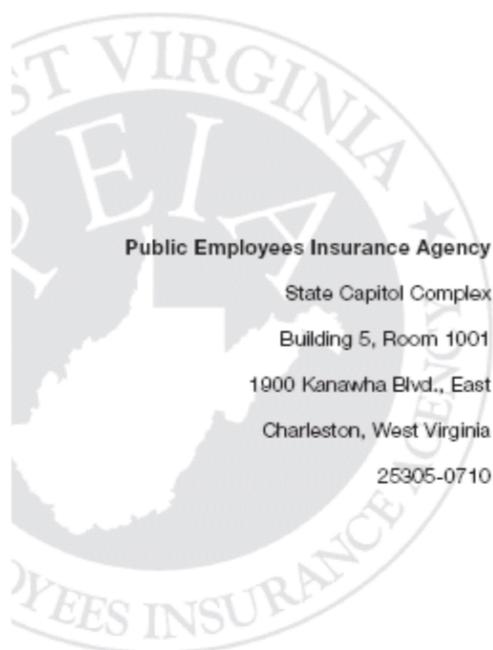


State of
WEST VIRGINIA



Public Employees Insurance Agency
State Capitol Complex
Building 5, Room 1001
1900 Kanawha Blvd., East
Charleston, West Virginia
25305-0710

PEIA TELEPHONE HOURS

Monday-Friday
8 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 News



OPEN ENROLLMENT PLAN YEAR 2006



It's that time again...Open Enrollment for PEIA's Plan Year 2006 begins April 4, and runs through May 6, 2005.

Open Enrollment is the period each year when you have the option to make changes in your health insurance plans and flexible benefits without a specific triggering eligibility event.

Active employees and non-Medicare retirees will receive the Shopper's Guide in early April, which will outline the various insurance plans and options. Benefit fairs will be held across the state to provide you an opportunity to meet face to face with PEIA representatives and get information about the health insurance plans PEIA offers. Mountaineer Flexible Benefits plan representatives will also be on hand to answer questions about those benefits. A complete list of Benefit Fairs times and locations are on page 5.

Open Enrollment is also the time to take advantage of the discount on health and life insurance premiums offered to members who do not use tobacco. Even if you are not making changes in your coverage, to receive the premium discount you must submit a Tobacco Affidavit before May 6,

2005, to qualify for discounts for Plan Year 2006, which begins July 1, 2005.

If you're doing your enrollment online, be sure to visit the website and complete the open enrollment process by May 6, 2005. (See related story below.)

If you're doing the traditional paper enrollment, once you've completed the form, keep the goldenrod copy for your records. Take the rest of your form to your benefit coordinator (whoever handles the health and life insurance where you work) by May 6, 2005. Non-Medicare retirees return their forms to CPRB. DO NOT mail the form directly to PEIA. The agency information at the bottom of the form must be completed by your benefits coordinator before it comes to PEIA.

Watch for your Tobacco Affidavit and Open Enrollment Transfer Form in the mail (unless you signed up for online enrollment), and make sure you complete and return it by May 6, 2005.

ONLINE open enrollment

For members who signed up for new online open enrollment, watch your mail in early April for your instructions. We'll tell you how to access the website and what information you'll need to have on hand when you log in.

When you receive your letter, please keep track of it until you get to the site and complete your enrollment.

The Open Enrollment website will be available beginning at 8 a.m. on Monday, April 4, 2005. It will shut down at 11:59 p.m. on Friday, May 6, 2005.

New, Old Toll-Free Customer Service Number for PEIA

The saying "everything old is new again" certainly holds true at PEIA. Beginning April 1, 2005, PEIA will revert to its old toll-free customer service number, 1-888-680-7342. If you have retirement questions, you can reach CPRB at 1-800-654-4406.

Medicare Retiree Tobacco Affidavits

PEIA members who are retired and on Medicare (Medicare retirees) need to report their tobacco status each year, just as active employees do. To do this, you will receive a Medicare Retiree Tobacco Affidavit in the mail in late March. You must fill out and submit this affidavit verifying your tobacco-free status if you want to receive the tobacco-free premium discount.

Tobacco affidavits for Plan Year 2006 (benefits beginning July 1, 2005) are due by May 6, 2005. The federal government requires that we collect them each year that we use tobacco status to determine premiums. Once again this year, the tobacco-free discounts apply on BOTH the PPB Plan health insurance premiums and the option life insurance premiums.

The tobacco-free discounts can mean big savings on your premiums. Being tobacco-free means that you and any enrolled family members do not smoke cigarettes, cigars or pipes, or use any other form of tobacco, including smokeless tobacco, such as snuff and chewing tobacco.

Tobacco-free members must submit an affidavit to qualify for the "Preferred" (tobacco-free) PPB Plan health insurance premium rates and tobacco-free optional life insurance premiums. All ENROLLED family members must have been tobacco-free by January 1, 2005 to qualify.

Even if you don't have health coverage through PEIA, members with optional life insurance from PEIA must submit an affidavit to get the tobacco-free premiums on their optional life insurance. The policyholder must have been tobacco-free by January 1, 2005 to qualify. There is no discount on basic or dependent life insurance premiums.

Once you've completed the Medicare Retiree Tobacco Affidavit, keep the back copy for your records, and mail the white copy to PEIA in the envelope provided.

U P D A T E

Ornish Program Benefit

Due to the high levels of heart disease and diabetes in West Virginia, PEIA offers a number of programs and benefits to address these significant health issues. One of the most effective programs offered is the Dr. Dean Ornish Program for Reversing Heart Disease.

The Ornish Program is a comprehensive lifestyle modification program designed to assist participants in the management of heart disease and how to address key risk factors associated with its onset and progression. Through lifestyle changes, the Ornish Program teaches participants how to improve their health. Conducted by teams of doctors, dieticians and health specialists at five West Virginia hospitals, the Ornish Program focuses on nutrition, stress management, exercise and group support.

For individuals suffering from heart disease, diabetes or other risk factors (high blood pressure, high cholesterol or strong family history), who have participated in the Ornish Program, the clinical results have

been outstanding. After the first 12 weeks of the program, participants not only lost an average of 14 pounds, but more importantly, significant improvements in blood pressure, cholesterol and diabetic measures were also noted.

Think you may be a candidate for the life changing Dr. Dean Ornish Program for Reversing Heart Disease? If so, call 1-800-879-2217 for more information, or contact one of the participating hospitals listed to the right. You can also attend a "Taste of Ornish" Open House that will allow you to learn first hand more about the program and the professionals who conduct it. The Taste of Ornish events are scheduled for the participating hospitals listed on the right.

HOSPITAL DATES AND LOCATIONS

April 6, 2005
Wheeling Hospital
Wheeling

April 7, 2005
Charleston Area Medical Center
Charleston

April 7, 2005
WVU Hospitals, Inc.
Morgantown

April 12, 2005
St. Mary's Hospital
Huntington

April 13, 2005
United Hospital Center
Clarksburg

To learn more about the Dr. Dean Ornish Program for Reversing Heart Disease you may also visit the PEIA website at www.wvpeia.com.

Ooops! Correction to Maintenance Pharmacy List

Fruth Pharmacies were inadvertently omitted from the chart listing pharmacies in PEIA's Retail Maintenance Network published in the last PEIA News.

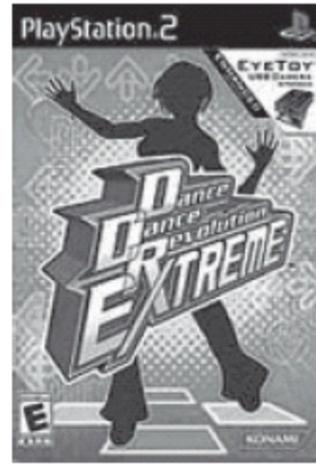
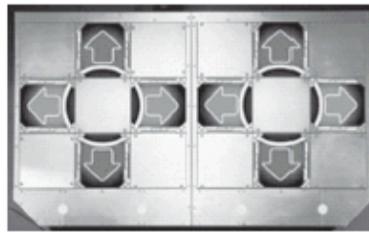
Fruth Pharmacies are members of the network, and PEIA members may use the maintenance medication discount plan at all 22 of Fruth's stores in West Virginia and Ohio.

Under the maintenance drug program, PEIA PPB Plan members can buy three months' worth of medicine on the Maintenance Drug List for the cost of two months' copay. That list is published on pages 77 and 78 of the Summary Plan Description as well as on the PEIA website at www.wvpeia.com.

Fitness Can Come in Many Forms

GAMES FOR HEALTH

PEIA's new Games for Health project is recruiting eligible members. Games for Health is a project designed for overweight children ages 7 to 12. The research is being conducted at West Virginia University and sponsored by PEIA. This program uses an interactive video game that makes physical activity FUN! The purpose of the project is to determine the effects of a home-based exercise program on cardiovascular risk factors in children.



Qualified children will be provided the training and software to participate, and must be willing to travel to the Human Performance Lab at West Virginia University in Morgantown for three evaluation sessions over a six month period. Children can play the game in the privacy of their own homes. Parents must provide consent and be willing to answer questionnaires about family history, demographics, and lifestyle issues.

There is no cost to the participants, other than time and minimal travel expenses.

Upon completion of the study, participants will keep the pedometer, video game software, and game pad.

This study is conducted by Linda Carson, EdD; Emily S. Murphy, MS; Rachel Yeater, PhD; Guyton Hornsby, PhD; William Neal, MD; Irma Ullrich, MD; and Dave Donley, MS.

For recruitment, PEIA is primarily focusing on the Northern part of the state since the families will have to travel to WVU three times during the course of the project;

however, we will accept anyone from anywhere in the state if they are willing to travel.

If your PEIA PPB Plan-insured child is interested in this program, please contact Ms. Emily Murphy at WVU at 293-0767 to enroll.

Mountaineer Flexible Benefits

Your new plan year is right around the corner. Now is the perfect time to start thinking about which benefits you will choose and why they are essential to you and your family.

The fastest way to save money on recurring medical and dependent care expenses is with a Flexible Spending Account (FSA). Keeping your hard-earned money has never been easier than it is right now with an FSA.

MEDICAL EXPENSE FSA

The IRS recently ruled that over-the-counter drugs, medicines, and other items are eligible for reimbursement through your Medical Expense FSA. This means more savings for you on even more items. Think about it. You can now purchase aspirin, ibuprofen, contact



lens cleaning solution, bandages and allergy relievers with tax-free money from your Medical Expense FSA. This can quickly add up to hundreds of dollars over the course of an entire plan year. Be sure to look for a complete list of eligible over-the-counter items at www.fbmc-benefits.com or in your open enrollment materials.

DEPENDENT CARE FSA

A Dependent Care FSA allows you to save taxes on money you spend to ensure your dependents (child, adult or elder dependent)

are taken care of while you or your spouse are working or actively looking for work. Day care fees, local day camp fees, and baby-sitting fees are all reimbursable for qualified dependents. Simply download a Reimbursement Request Form from www.fbmc-benefits.com and submit with your receipts.

You can also visit FBMC's tax savings calculator at www.fbmc-benefits.com/customer/taxanalysis.asp to get an approximation of how much money you could save with an FSA. We think you'll be surprised.

FSAs are available to active employees through the Mountaineer Flexible Benefits plan. The plan is administered by Fringe Benefits Management Company (FBMC) for PEIA, and the Open Enrollment period for this plan is the same as PEIA's — April 4 through May 6, 2005.

If you have any further questions about FSAs, send an e-mail to webcustomerservice@fbmc-benefits.com or call 1-800-342-8017.

An Ounce of Prevention is Worth...

With early detection and treatment of many of the diseases that drive up both the dollar and the human cost of illnesses can be mitigated or avoided.

Today there are tests that screen for breast cancer, colon cancer, heart disease and many other chronic diseases early, when they can be most effectively treated. Unfortunately, many people do not take advantage of these screenings.

According to a Centers for Disease Control brochure, "Improving the Health and Quality of Life of All People," published in March 2004 "Mammograms, colorectal cancer screening tests, and even simple blood pressure checks can save lives...."

"...with the percentage of Americans over the age of 65 expected to double over the next 30 years we cannot afford the escalating costs of health care. Many think that if we get better technology and more clinical care, we will solve these problems; however, past experience suggests we must balance our prevention and treatment efforts. If we are serious about improving the health and quality of life of all Americans and keeping our health care spending under control, we must commit to a national health agenda that supports prevention for every American."

To support our members in their prevention efforts, PEIA provides a wide range of preventive care benefits. Most of these benefits are covered at 100-percent with no deductible, so there should be little or no cost to use them. These benefits have been in place for years now, but our utilization is still relatively low.

PEIA is also developing a new method to remind members when it's time for recommended preventive care examinations. In the mean time, we encourage you to take advantage of the benefits listed in the chart below.

In-Network PPB Plan Preventive Care Benefits

Benefit	Benefit Description
Colorectal Cancer Screening	Fecal-occult blood test - 100% coverage in-network Flexible sigmoidoscopy - 100% coverage in-network Colonoscopy (high risk) - 100% coverage in-network Colonoscopy (not high risk) - 100% coverage in-network X-ray, barium enema (high risk) - 100% coverage in-network X-ray, barium enema (not high risk) - 100% coverage in-network
	1 every 12 mo/age 50+ 1 every 48 mo/age 50+ 1 every 24 mo/high risk* 1 every 10 years/age 50+ & not high risk* 1 every 24 mo/high risk* 1 every 48 mo/age 50+
High Risk Birth Score Program	100% coverage for 6 office visits between the age of 2 weeks and 24 months in addition to well child visits.
Immunizations (Adult)	100% coverage for immunizations recommended by the American Academy of Family Physicians for adults and children over age 16. Others covered at 80%.
Immunizations (Childhood)	100% coverage in- and out-of-network including associated office visit for children through age 16.
Mammogram Screening	100% coverage for one screening per year. Other mammograms are covered with a diagnosis other than screening, but will be subject to the normal coinsurance & deductibles. There is a \$10 copayment for the associated office visit.
Pap Smear Screening	100% coverage for one screening per year. Others covered with a diagnosis other than screening, but are subject to the normal coinsurance & deductibles. There is a \$10 copayment for the associated office visit.
Periodic Physicals (Adults)	\$10 copayment for a routine physical exam every 2 yrs. for adults age 18 & over & adolescents age 16 to 18.
Prostate Cancer Screening	100% coverage for the PSA blood test. This benefit is for men age 50 & over and is covered once per year. There is a \$10 copayment for the associated office visit.
Tobacco Cessation	PEIA has a tobacco cessation program that includes coverage for Zyban(r) and nicotine withdrawal drugs. The drugs are covered under the prescription drug program after the member calls the PEIA Quit Line: 1-877-966-8784. The program also includes phone coaching services and printed information. PEIA will cover prescription and over-the-counter (OTC) tobacco cessation products only if they are dispensed with a prescription. Coverage is limited to one twelve-week cycle per plan year, two cycles per lifetime. Zyban(r) is available for the brand-preferred copayment. Nicotine withdrawal therapy is available for the generic copayment of \$5 (clinically qualified members may receive nicotine withdrawal patches through the mail at no cost). Counseling: 100% coverage through PEIA "YNot Quit" helpline. Pregnant women will be offered 100% coverage during any pregnancy.
Well Child Care	100% coverage in and out-of-network for preventive care as recommended by the American Academy of Pediatricians.

*High risk is defined as a patient who faces a high risk for colorectal cancer because of:

- family history;
- prior experience of cancer or precursor neo-plastic polyps;
- history of chronic digestive disease condition (including inflammatory bowel disease, Crohn's disease, or ulcerative colitis); and
- presence of any appropriate recognized gene markers for colorectal cancer or other predisposing factors.

NOTE: If you are seen for a routine screening and a medical problem is diagnosed and treated, then only the wellness screening allowance is covered at 100%. Other services are covered at 80% after deductible.

Spring 2005 Benefit Fairs

Monday, April 11, 2005
1 Charleston (9:00-3:00)
 State Capitol Complex
 Building 7
 Conference Center Corridor

1 Charleston (3:00-7:00)
 Charleston Civic Center
 Parlor B
 200 Civic Center Drive

2 Morgantown (9:00-1:30)
 Jerry West Mountaineer Room
 WVU Coliseum

2 Morgantown (3:00-7:00)
 Ramada Inn
 I-79 Exit 148 &
 I-68 Exit 1, US 119 North

Tuesday April 12, 2005
3 Martinsburg (3:00-7:00)
 Holiday Inn
 301 Foxcroft Avenue

Wednesday April 13, 2005
4 Moorefield (3:00-7:00)
 South Branch Inn
 Route 220 North

5 Parkersburg (3:00-7:00)
 Holiday Inn
 U.S Rt 50 and I-77

Thursday, April 14, 2005
6 Elkins (3:00-7:00)
 Days Inn
 1200 Harrison Avenue

7 Flatwoods (3:00-7:00)
 Days Inn

Monday, April 18, 2005
8 Huntington (9:00-1:30)
 Marshall University
 Memorial Student Center
 Room 2E 11
 Fifth Avenue at
 John Marshall Drive

Monday, April 18, 2005
8 Huntington (3:00-7:00)
 Workforce West Virginia Center
 2699 Park Avenue
 2nd floor

9 Wheeling (3:00-7:00)
 Ramada Plaza City Center
 1200 Market Street

Tuesday, April 19, 2005
10 Ripley (3:00-7:00)
 Best Western-McCoy's Inn
 701 West Main Street

11 Beckley (3:00-7:00)
 Tamarack Conference Center
 Ballroom A
 One Tamarack Park

12 Weirton (3:00-7:00)
 Holiday Inn
 350 Three Springs Drive

Wednesday, April 20, 2005
13 Fairmont (9:00-2:00)
 Fairmont State College
 1201 Locust Avenue

Thursday, April 21, 2005
1 Charleston (9:00-3:00)
 State Capitol Complex
 Main Capitol
 Lower Rotunda

Tuesday, April 26, 2005
14 Logan (3:00-7:00)
 Earl Ray Tomblin
 Convention Center



Making the Best of a Bad Situation: End-Of-Life Advance Directives

It's difficult to prepare for death. When we're young we believe we're going to live forever. As we age, it's hard to think about because it's an unpleasant reality.

Dying is a scary and expensive fact of life. Still, it's important to do what we can to be ready; to make that ending as smooth and painless as possible for all concerned. Two practical things we can do are create and file a living will and a medical power of attorney.

A living will tells our doctors and family what medical care and life support we want or don't want if we become terminally ill or no longer can speak for ourselves.

The living will goes into effect when our doctor certifies in writing that we are in a persistent vegetative state. It's important to tell the people we ask to make those decisions for us what we're asking—tell them what kinds of treatment we'd want, or wouldn't want, so they know how to make the right decisions. Finally, the living will usually should specify that the medical power of attorney takes precedence over the living will—so that if there is a question as to our wishes, that person we trust can resolve it to our liking.

The medical power of attorney names someone to make decisions about our medical care we might not have anticipated, in the event we can no longer speak for ourselves.

Forms for making a living will and to assign a medical power of attorney are available free from a number of organizations and their web sites. We've listed a few below:

West Virginia Center for End-of Life Care
www.hsc.wvu.edu/chel/wvi

National Hospice & Palliative Care Organization
www.nhpco.org
(800) 658-8898

It's not easy to face the need to prepare for the end of life, but making these choices now may be the difference between dying and dying well.

SPRING 2005

PEIA NEWS
State Capitol Complex
Building 5, Room 1001
1900 Kanawha Blvd., East
Charleston, WV 25305-0710

Presorted Standard
U.S. Postage Paid
Charleston, WV
Permit No. 55



S P R I N G 2 0 0 5 I S S U E



PEIA NEWS

- 1 Open Enrollment *It's that time again.*
- 2 Retiree Tobacco Affidavits *Reporting tobacco status.*
- 3 Games for Health *Research recruitment.*
- 4 An Ounce of Prevention *Early detection and treatment.*
- 5 2005 Spring Benefit Fairs