

Future

- PEIA's Healthy Tomorrows Initiative – Year Three April 2, 2016 - May 15, 2017
 - ✓ PEIA PPB plan policyholders must continue to have a PCP named, see the PCP and have blood pressure, blood glucose and cholesterol tests completed again for Year Three.
 - ✓ The results must be within an acceptable range or have a physician's certification that those numbers cannot be met.
 - ✓ The Healthy Tomorrow Reporting Form for Year Three may be completed by any physician. Policyholders do not have to see the named PCP for the screening.
 - ✓ If the policyholder does not comply with the requirements for Year Three by the end of the plan year 2018 Open Enrollment, their deductible will be increased by \$500.

- 2017 PEIA Plan Changes Effective July 1, 2016
 - ✓ The Living Will Discount will be discontinued.
 - ✓ New Pharmacy Benefit Manager – CVS Caremark
 - ✓ Premiums for most life insurance plans have decreased.
 - ✓ Deductibles and Out-Of-Pocket Maximum amounts are increasing for all plans.
 - ✓ Medical Home office visit copayment increased to \$20 per visit for PEIA PPB Plan A, B and D.
 - ✓ Urgent Care copay increases to \$50 for PEIA PPB Plan A, B and D.
 - ✓ PEIA PPB Plan B benefits reduced to 70/30 for all services that require coinsurance.
 - ✓ Out-of-state, non-network services are no longer covered in any of the PEIA PPB Plans.

- Face to Face Diabetes Program
 - ✓ Program will now be a two year program. After two successful years, members will graduate. They will not be allowed to reenter the program.
 - ✓ Beginning July 1, participants enrolled prior to 8/1/15 will be given 2 years of participation and then graduate.

- Summer Steps Challenge
 - ✓ Help your county win the designation of a "Live Well West Virginia Community" by participating in the Summer Steps challenge.
 - ✓ Summer Steps is a walking program to motivate West Virginians to get active.
 - ✓ Individuals can track their personal mileage through WVU Extension's free online tracker.
 - ✓ Track your mileage between June 1st and August 31st.

- ✓ The winning county will be announced in September.
- ✓ The winning county will receive a community sign and designation as a “Live Well West Virginia Community”.
- ✓ The winning county will also receive a free walkability study provided by WVU Extension Service’s Community, Economic and Workforce Development Program.

COMING SOON!

- ✓ Flu Shots

Current

- PEIA’s Divorce Eligibility Audit
 - ✓ All state employee PEIA and Health Plan policyholders should be advised that the West Virginia Public Employees Insurance Agency is in the process of a dependent eligibility audit.
 - ✓ PEIA is comparing records from the Social Security Administration to their records, court records, and information from the Bureau for Vital Statistics.
 - ✓ If these audits find that an employee policyholder is divorced but has not removed their ex-spouse (or step-children) from the policy, the employee may face criminal charges and/or civil penalties on both the State and/or Federal level.
 - ✓ Employees with ineligible dependents may be responsible for reimbursing West Virginia University for the difference in premiums that the employer paid.
 - ✓ Divorces MUST be reported immediately. Policyholders DO NOT have the month of the event and next two months to self-report.

- PEIA Lifestyle Coaching
 - ✓ PEIA’s lifestyle coaching is designed to assist individuals in making healthy choices by focusing on specific goals and identifying/addressing possible barriers to achievement.
 - ✓ These confidential, FREE services are available to all PEIA PPB Plan or Health Plan members, age 18 and older. Participants may receive one coaching session every three months for up to four sessions per year.
 - ✓ The session may include:
 - baseline biometric assessment (based upon risk factors)
 - lifestyle inventory
 - goal planning
 - ✓ To schedule an appointment, contact PEIA Health Promotions Consultant, Charity Duvert at 304.638.7457.

- New Discount Opportunities Offered to Employees
 - ✓ Employees can receive a 25 percent discount on phones and service with U.S. Cellular.
 - ✓ Enterprise Rent-A-Car and National Car Rental offers a 10 percent discount for vehicles rented for personal use. Use the code WVUPERS when booking your personal use rental.
 - ✓ The WVU Bookstores offer a 10% discount at all of their stores. Simply identify yourself to the cashiers BEFORE they ring you up, and flash your WVU ID.

- WVU Extension Service – Classes
 - ✓ Most classes are offered to everyone.
 - ✓ Contact the WVU Extension for additional information on costs and exact locations.
 - ✓ Classes include:
 - BodyWorks – Designed to help parents and caregivers of adolescents improve family eating and activity habits.
 - Cooking Matters at the Store for Adults – Guided grocery store tour that teaches participants how to read food labels, compare unit prices and identify healthy foods.
 - Dining with Diabetes – Program that helps people with diabetes and their families learn to prepare meals through learning, demonstrations and food tastings.
 - Eating Smart, Being Active – Teaches participants how to move more; how to save money on groceries by making a meal plan; the importance of eating more fruits and vegetables, whole grains and lean protein; and how to build stronger bones.
 - Stress Less with Mindfulness – An introduction to the practice of mindfulness to reduce stress, depression and anxiety.

- Faculty and Staff Assistance Program
 - ✓ A free service offered to employees and their dependents.
 - ✓ A confidential resource that provides professional staff and a safe place to sort through problems and determine the best resources available to address them.
 - ✓ The program offers three free counseling sessions per year.
 - ✓ They are located at 1085 Van Voorhis Road.
 - ✓ Phone Number (304) 293.5590

- Weight Watchers at Work – Beyond the Scale
 - ✓ May 2016 – Weight Watchers Better Together Sweepstakes!

- ✓ Between now and 10/13/16, current Weight Watchers members are invited to refer co-workers to join them on their Weight Watchers journey.
- ✓ For every co-workers each member refers, the greater the chances of winning.
- ✓ Both the referring member and the new member who signs up will receive a \$20 credit to spend in the Weight Watchers online shop.
- ✓ To earn a sweepstakes entry, bring a co-worker to your At Work Meeting and complete the Refer a Co-Worker Card.
- ✓ What can members win through the Sweepstakes?
 - Grand Prize: 8 lucky winners and their guests will win a fabulous trip to attend a 5-day, 4-night Weight Watchers retreat with special appearances by Oprah Winfrey.
 - First Prize: 50 winners will be chosen at random for all entries received each month of the Sweepstakes and will each get 2 boxes of amazing gifts inspired by Oprah.
 - Note: only the current member who referred a new member will receive an entry into the sweepstakes for a chance to win a monthly First Prize and a Grand Prize.
 - In order to be eligible for the \$20 credit, the new joining member must have an active membership for at least 2 weeks.

Past

- Women Employees of WVU Financial Workshops – April 13, 2016
 - ✓ Every woman regardless of age, profession or education should gain the confidence to make the decisions necessary to achieve financial peace of mind. For most women, financial planning is not an end in itself; it is a means of reaching life and family goals.
 - ✓ Workshops included:
 - “Get Smart in Every Area of Life Impacted By Money...In Other Words. All of Them!”
 - “Charting Your Course: A Financial Guide for Women”
 - “Protect Your Identity: Bank How and When You Want”
 - “Investment Challenges Women Need to Confront:
 - “Social Security and Recent Changes”
 - “When a Loved One Dies, What Do You Do Now? A Survivor’s Guide.”
 - ✓ Resource Information Tables Present:
 - Benefits Administration
 - Empower Retirement (GreatWest)
 - PNC Bank
 - Securian Financial Group (Minnesota Life Insurance Company)
 - Social Security Administration
 - TIAA Financial Services
 - WV 529 College Savings Plan/The Hartford

- WVU Employees' Federal Credit Union

- Walk 100 Miles in 100 Days to a state of better health!
 - ✓ March 21 – June 28, 2016
 - ✓ Program encourages participants to develop the habit of walking at least one mile a day as a form of exercise.
 - ✓ Last year, the average participant completed 125 miles, and more than 97 percent reached the goal of 100 miles.
 - ✓ Registration deadline was on March 18th.
- Healthy Tomorrow Screenings!
 - ✓ 13% of main campus employees participated at Student Health offering (approximately 600 employees)