

# Stateline

A Newsletter For West Virginia State Government Employees

October 2009

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## Several Wellness Programs Available to PEIA Members

Contributed by Diane Holley-Brown of the Department of Administration.

The West Virginia Public Employees Insurance Agency (PEIA) offers a variety of programs promoting healthy living initiatives for its more than 200,000 members and dependents. These programs include disease management programs, from the Face-to-Face Diabetes program, to programs targeting awareness of modifiable health risk factors such as Improve Your Score, which offers monetary rewards for healthy lifestyles and provides valuable information on identified health risks.

The following is a brief summary of PEIA's health promotion, wellness, and disease management programs to assist its members:

The PEIA **Pathways to Wellness Program** is now operating in more than 860 worksites across the State. This program provides participants with health screens for heart disease, diabetes, hypertension, and osteoporosis. Pathways also offers lifestyle change and grant programs addressing physical activity and nutrition. Detailed information can be found on PEIA's health promotion website at [www.peiapathways.com](http://www.peiapathways.com).

The **Improve Your Score Program (IYS)** is an outgrowth of the Pathways to Wellness health screens and provides participants with color-coded report cards which clearly define the participants' risk scores using a color-coded report. Members scoring green (healthy range) receive a \$50 check, those in the yellow (moderate risk) receive a \$25 check, and those in the red do not receive a check

but like those scoring "yellow" are referred to appropriate disease management programs.

The participant's report is shared with the primary care physician for appropriate follow up/intervention. IYS has been very popular with the members and increased participation in Pathways by the thousands. IYS shows participants their changes over time so that they become more aware of their modifiable health risk factors and the measures they can take to improve their risk scores. IYS currently ranks them on blood pressure, Body Mass Index (BMI), glucose, and cholesterol.

The **Face-to-Face Diabetes Program** is a disease management program developed by PEIA which provides enrollees with diabetes with health education, regular visits with a provider certified in diabetes self management and waives co-payments on diabetes-related drugs and some lab tests. With more than 4,000 participants, both process and clinical outcomes for these members have improved ensuring that they are receiving the appropriate services when they should, and providing them with the necessary lifestyle skills to improve their health.

The **PEIA Weight Management Program** provides PEIA members with a BMI of 30 or greater, or 25 or greater with a related condition, with the services of a dietitian, exercise physiologist, and personal trainer at



*There's no more beautiful fall scenery in the world than right here in West Virginia. This fabulous view of Charleston looking west along the Kanawha River is courtesy of Tom Williams from the Division of Personnel.*

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# PEIA to Hold Plan Year 2011 Hearings Across the State

Each year, the Public Employees Insurance Agency (PEIA) Finance Board conducts public hearings across the State to receive comments on the upcoming year's proposed financial plan.

This is **YOUR** chance to have a voice. The proposed finance plan is posted on PEIA's website ([www.wvpeia.com](http://www.wvpeia.com)) for your convenience. You may review the plan and submit comments by either

speaking at one of the statewide hearings or in writing to:

**PEIA Finance Board**  
601 57th Street, SE  
Charleston, WV 25304  
Email: [peia.help@wv.gov](mailto:peia.help@wv.gov)

Each hearing will begin at 6 P.M., with registration at 5:30 P.M. You must indicate that you wish to speak at the time you register.

Customer service sessions will be held from 4-6 P.M. prior to each public hearing. This is a great opportunity to get answers from PEIA staff about questions on medical, prescription, or life insurance benefits.

Below are the dates/locations for the public hearings:

**November 9 - Charleston**

Civic Center Little Theater  
200 Civic Center Drive

**November 10 - Beckley**

Tamarack Theatre  
One Tamarack Park

**November 16 - Martinsburg**

Holiday Inn  
301 Fox Croft Avenue

**November 17 - Morgantown**

Ramada Inn  
20 Scott Avenue

**November 18 - Wheeling**

WV Northern Community College  
1704 Market Street

**November 19 - Huntington**

Marshall University Medical School  
Harless Auditorium  
1600 Medical Center Drive

## BECOME A HUMAN FIREWALL

In case you couldn't attend the Office of Technology's Cyber Security Awareness event held on October 19, here's your chance to view it. The web address is too long to print here, but click on the computer icon at the right and it will take you to the page. Although the video is long, you can view part of it and finish watching at a later date. For questions, contact Robert Dixon at 304-957-8161.



## EASE YOUR FINANCIAL WOES FOR HOLIDAY SHOPPING

The holiday shopping season is gearing up. Are you one of the many who find themselves saying, "I sure could use some extra cash.?"

Plan for next year by opening a Christmas Club account with the Public Employees Credit Union. The 2010 program will begin November 13, 2009. Assistant CEO Chris Mallory says, "It's not too early to start saving."

**NOTE:** Current Christmas Club members are asked to make any changes to their accounts between November 1 and November 13.

**Christmas loans are available now through December 31 in amounts from \$500-2,000.**

- No Application Fee
- Great Rates
- Payroll Deduction
- Generous Payment Terms

**Contact the State Credit Union at 304-558-0566**

## Is the Contractor You Hired Licensed?

Remodeling is fun; repairing isn't. Either way, you want to be sure that the person you hire to do the job is licensed. A quick check on the West Virginia Division of Labor's website is a good starting point:

[www.wvlabor.com/newwebsite/Pages/contractor\\_searchNEW.cfm](http://www.wvlabor.com/newwebsite/Pages/contractor_searchNEW.cfm).



## CAPITOL FOOD COURT OFFERS DAILY SPECIALS



*Now serving Daily Specials: Hot Sandwiches &/or Soups*

The Capitol Food Court is pleased to announce daily hot sandwich specials in the Panhandle Station along with daily soups.

Enjoy specialty sandwiches such as a gyro or meatball sub, or sink your teeth into a tasty riblette sandwich with a choice of chips, potato salad, or cole slaw.

**Call the Menu Line for daily specials: 304-558-1086, ext. 4**

## Energy Star Sales Tax Holiday Ends November 30

*Edited from information provided by Matt Turner of the Governor's Office.*

Gov. Joe Manchin is reminding everyone that the last day to take advantage of the State's second ENERGY STAR® Sales Tax Holiday is November 30, 2009.

Until the deadline, West Virginians won't pay sales and use tax on certain ENERGY STAR® qualified

products valued at \$5,000 or less. (Tangible personal property for use in a trade or business is not subject to this sales tax holiday.)

"This has been a great opportunity to save money right now on the purchase of energy efficient products, but it is also about long-term savings on energy consumption," Manchin said. "I encourage all West Virginians to take advantage of this tax free time and get the appliances and other energy star products that they need."

All West Virginia retailers of ENERGY STAR® qualified products are participating in the sales tax holiday. West Virginia retailers who sell ENERGY STAR® qualified products have been asked to display a sign in the store's windows, on the doors, or in the aisles, noting their participation through November 30, 2009.

Purchases qualify for the sales and use tax holiday if the purchase is for a product that:

- Has earned the ENERGY STAR® label.
- Costs no more than \$5,000.
- Is for non-commercial home or personal use.

Gov. Manchin introduced the holiday legislation in 2008 and the West Virginia Legislature supported the idea by funding consumer initiatives like this. Attorney General Darrell McGraw's Office successfully litigated against two credit card companies on behalf of West Virginia consumers. The results will fund future consumer initiatives.

Learn more about the sales tax holiday and the qualified products at [www.wvtax.gov/energyStarSalesTaxHoliday.html](http://www.wvtax.gov/energyStarSalesTaxHoliday.html).



## Nurses Honored by WVCN

*Contributed by Christopher Ross of the West Virginia Center for Nursing.*

On October 17, 50 nurses from across the State were presented with 2009 Celebrating Nursing Excellence Awards by the West Virginia Center for Nursing (WVCN).

The Center's Board of Directors established criteria for the awards, representing achievement in four areas: Advanced Practice, Clinical Care, Education, and Leadership.

Nominations were open and received from anyone, and selection was made by community and civic leaders. The WVCN received more than 200 nominations, and both RNs and LPNs were eligible.

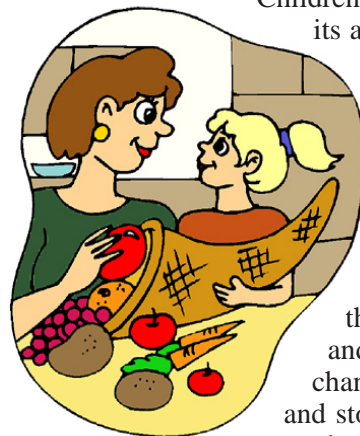
Winners were located statewide and included employees from the Brooke County Health Department, Shepherd University, West Virginia University Hospitals, and the West Virginia University School of Nursing, along with winners several public sector hospitals.

The WVCN was created by the legislature in 2004 to enhance and strengthen nursing excellence in order to optimize the health/healthcare for all West Virginians. The Center looks at strategic workforce planning, education, research, and nurse practice development.



## Improvements Made to WIC Program

Effective October 1, 2009, the West Virginia Women's, Infants and Children's (WIC) Program implemented changes to its approved food menu. These changes result in



monetary savings by re-emphasizing lower-priced alternatives to higher-priced brands, and encouraging healthier choices by adding fresh fruits/vegetables, soy beverages, and whole grain foods to list.

The changes that affect the approximately 52,000 citizens who receive WIC benefits were prompted by dietary recommendations that advise fewer sweetened drinks, less fat, and increased fiber. To notify participants of the changes, the WIC Office will distribute a DVD and storybook (featuring the Muppets), along with an updated guide.

*Even those who aren't WIC participants can benefit from the information the program provides.* Log on to the WIC Program website ([www.ons.wvdhhr.org](http://www.ons.wvdhhr.org)) and browse through the various topics. You'll find helpful information on food choices, breastfeeding, and even techniques for getting family members to try new foods.

## WELLNESS – Continued from Page 1

approved fitness centers. PEIA now has a network of 50 participating facilities statewide. This is the first program of its kind in West Virginia and one of the few in the nation.

**Tobacco cessation services** provide PEIA members with physician services and pharmaceutical support with coverage for one attempt per year, three times per lifetime. Pregnant women have unlimited access.

**Healthy Tomorrows** is the most recent offering from PEIA through ActiveHealth utilizing the CareEngine which reviews claims information and identifies opportunities to improve care. Members with cardiovascular, lung, diabetes, low back pain, or depression are provided with nurse counseling on a one on one basis.

**PEIA's Renal Care Management Program** helps members understand their kidney disease. Staffed by a registered nurse, participants receive consultative and support services.

**Dr. Dean Ornish Program for Reversing Heart Disease** is available to persons diagnosed with heart disease, diabetes, or those who are at high risk for either condition. This hospital-based program addresses exercise, stress management, nutrition, and group support.

To learn more about any of these programs, visit [www.wvpeia.com](http://www.wvpeia.com) or call PEIA at 1-888-680-7342.

### USE HAND SANITIZER PROPERLY

We're all washing our hands and using hand sanitizer more frequently these days, but it won't help if you don't do it right.

Old-fashioned soap and water is still the most effective method to rid yourself of germs. When washing, use warm water and soap, and wash for at least 20 seconds, making sure to scrub all over. Rinse and dry well.

To be effective, hand sanitizer must contain at least 60% alcohol. Don't be fooled by the words, "kills 99.99% of germs." Look at the active ingredients. If it's less than 60% alcohol, choose another brand.



When using hand sanitizer, apply a liberal palm-full and distribute vigorously on all sides of the hands, including between fingers, under nails, and around wrists. Do not rinse the product from your hands. This essentially renders it ineffective. Also, if your hands are actually dirty and/or grimy, skip the sanitizer and use the tried-and-true soap and water routine.

## Nov. is National Diabetes Awareness Month

In the United States, 20.8 million people (about 7% of the total population) live with diabetes. The frightening fact is that of those 20.8 million, 6.2 million are unaware they have it!

Do any of these symptoms sound familiar to you?

- |                                   |   |
|-----------------------------------|---|
| <b>Extreme thirst</b>             | <b>Loss of feeling or tingling in feet/toes</b> |
| <b>Frequent urination</b>         | <b>Chronic Tiredness/Exhaustion</b>             |
| <b>Feeling very hungry</b>        | <b>Difficulty healing from cuts and sores</b>   |
| <b>Weight loss without trying</b> | <b>Dry, itchy skin</b>                          |
| <b>Blurry vision</b>              |   |

If you experience these symptoms regularly and/or continually, in any combination, call your doctor as soon as possible. They could be nothing or from another cause, but they could also be indicators of diabetes. The sooner you are diagnosed, the sooner you can begin treatment, and the sooner you'll feel better and begin to stave off future complications.

## Pencil In ...



Tickets for **WV Public Broadcasting's 17th annual Joy to the World holiday concert** with Bob Thompson are on sale now. The annual live concert (featuring guest vocalist Diane Marino) is a holiday jazz program hosted by Thompson and produced by WV Public Broadcasting. The show will be at the Culture Center Theater in Charleston on December 10 at 8 P.M. - doors open at 7:30. Advance tickets are \$22.50 plus a service charge; \$25.00 at the door. For more : Call 1-800-594-8499 or go to [www.mountainstage.musictoday.com/MountainStageRadio/calendar.aspx](http://www.mountainstage.musictoday.com/MountainStageRadio/calendar.aspx).



Fall means football! The **highest scoring football game** ever took place on October 7, 1916, when Georgia Tech bested Cumberland University 222-0. Read the New York Times account of it at [www.nytimes.com/2006/10/07/sports/ncaaf/football/07tech.html](http://www.nytimes.com/2006/10/07/sports/ncaaf/football/07tech.html).



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