Office of Group Benefits Vision Mission

OGB envisions itself as a leader in improving and preserving quality of life. OGB will offer an employee benefits system that meets or exceeds industry standards and/or benchmarks.









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This document was published at a total cost of \$63,244.14 for 141,000 copies. This document was printed by LSU Graphic Services, under authority of the Division of Administration, to inform state employees about their benefits. This information was printed in accordance with the standards for printing by state agencies established pursuant to R.S. 43:31.



Office of Group Benefits State of Louisiana P. O. Box 44036 Baton Rouge, LA 70804 I-800-215-1093 www.groupbenefits.org Pre-Sorted Standard US Postage Paid Baton Rouge, LA Permit 266

ANNUAL ENROLLMENT ISSUE



Decision 2005: Be Prepared From the Desk of A. Kip Wall, CEO

You have a decision to make and it's not an easy one. You must choose your health care coverage option for the 2005-2006 plan year. OGB is offering multiple plan options, and we care that you make the right decision for yourself and your family. This is one of the most important choices you'll make this year, even if you are fortunate enough to be healthy.

You need to familiarize yourself with all of your options to make an informed decision. Please do not wait until you or your loved ones are sick or injured before you learn about your health care plan.

Your colleagues at the Office of Group Benefits are using every tool in our box to give you the information you need to make the best decision for you and your family. Here are some of the ways you can get information:

- Attend an annual enrollment meeting. OGB is holding more than 375 meetings across the state, including special meetings for retirees. All these meetings are listed starting on page eight of this newsletter.
- Check with your HR office. We are holding seven special training sessions for our agency HR teammates in mid-March so they can help you with your questions.
- Go to our Web site www.groupbenefits.org. You can find text material, slide shows and videos, all of which are stuffed with useful information. You can even sit at your desk and attend an annual enrollment meeting by participating in a live webinar!
- Review an OGB publication. Our Interim Provider Directory, Helpful Information Book, Plan Comparison Brochure are available on our Website, in your HR office, at an



annual enrollment meeting and at our Customer Service field offices.

• Call your local Customer Service field office. You can obtain OGB publications and ask for help when choosing your health care plan.

We are reaching out to you to give you the information you need and welcome your suggestions to improve our efforts. You may e-mail your comments suggestions@ogb.state.la.us.

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DECISION 2005



Destination: The Right Decision in 2005

The Office of Group Benefits is proud to announce that there will be no change in benefits or in plans offered for the 2005-2006 plan year. Because the health care industry across the country is undergoing significant benefit reductions and plan cancellations, you will be pleased that OGB will still have the stability of PPO, EPO, MCO and HMO options.

The only changes you might notice is that UnitedHealthcare will administer our EPO statewide and the MCO will have a more limited list of approved drugs, known as a formulary. Keep in mind, though, that formularies often change during the year.

It falls on your shoulders to decide which plan is best for you and your family. To help you with this decision, we have loaded this edition of *For Your Benefit* with easy-to-understand information to help you. As you page through this issue, you'll see our special *Decision 2005* emblem – a road map, if you will, to help you find the right choice.

Picking your plan during April Annual Enrollment is even more important, because you cannot switch plans during the plan year, which begins on July 1, 2005. Please remember that OGB did away with the "wild card" option last year. We suggest you examine the plan comparison chart on pages six and seven to help you determine which plan best meets your needs. We have also compiled a list of questions and answers that might help guide you in making your decision.

You must complete an Annual Enrollment form only if you are changing plans.

One of the best stops you can make on your road to your decision is at one of the more than 375 Annual Enrollment meetings we are having across the state in April.

Best wishes for your Decision 2005!



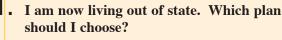






Got A Question? Here's An Answer!

These commonly asked questions may help you understand how to choose the best health care option for you and your family. The answers given here are general in nature, and specific exceptions may apply. Please see official plan documents – which are available on the OGB website – for details.



The only plan that offers a nationwide provider network is the EPO.

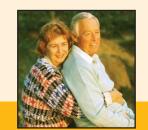
If I choose the PPO and I visit my cousin in Atlanta, what will my plan pay if I have to see a doctor about an ear ache?

Because this is not a life-threatening illness, your benefits are restricted to 70 percent of a limited pre-set fee schedule. You will be responsible for paying 30 percent of the pre-set fee plus 100 percent of the difference between that limited fee schedule and whatever the provider actually bills you for. This can be a significant crunch to your pocketbook. We have seen plan members having to pay \$50,000 or more for a serious, but not life threatening illness.

My spouse takes five prescription drugs and I take six. Which plan should we select?

When making your selection, keep in mind that the MCO has the most limited formulary, or list of approved drugs. Also, the MCO plan requires you to use generic drugs when available.





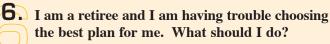


My family is relatively healthy and we hardly ever meet the deductible. Which selection should we make?

The PPO and EPO have deductibles. The HMOs and MCO do not.

• Where can I find the most up-to-date listing of providers in the PPO?

The OGB Web site, www.groupbenefits.org, is updated daily and is the best source to check for providers. You can also access other plans through links on the OGB site.



You should plan to attend one of the special Annual Enrollment for retirees listed in this newsletter. We will distribute a special book and has a comparison chart dedicated solely to retirees with Medicare.

I have been in the PPO and I would like to transfer to an HMO or the MCO. Will I lose any years of participation for my vesting?

No. The years you accumulate for vesting can come from any OGB plan or combination of OGB plans. The EPO, PPO, HMOs and MCO are all considered OGB plans.





Annual Enrollment News



MCO Announces Formulary Changes for 2005-2006 Plan Year

In order for OGB to continue offering the MCO plan, we are implementing several changes to the MCO formulary. The changes will be effective July 1, 2005, and will apply only to the MCO plan of benefits.

Currently, the MCO's drug plan includes a formulary and mandatory generics. Many drugs that are allowed in the 2004-2005 MCO plan will not be covered in the 2005-2006 MCO plan.

Next to this article, you will find a list of drugs currently covered that will not be covered effective July 1, 2005. In the right column is a list of alternatives. If you are currently taking a medication that will no longer be covered, you may want to discuss these changes with your doctor prior to the new plan year.

MCO members: Please note that you may continue to receive these medications provided that you pay the full cost of the drugs. In addition to this list, other drugs may require prior authorization.

(A printable "pocket formulary" will be available prior to July 1 and posted on the CatalystRx Web site, www.catalystrx.com.)



All of the brand-name drugs in these charts will NOT be covered in the MCO after June 30, 2005.

Brand Name	Preferred Alternatives and Over-the-counter Options
NEXIUM, ACIPHEX	*OTC Prilosec, Generic Prilosec, Generic Axid, Generic Pepcid, Generic Tagamet, Generic Zantac, Protonix
ZOLOFT, WELLBUTRIN XL, SARAFEM	Vivactil, Tofranil-PM, Generic Luvox, Generic Paxil, Generic Prozac, Generic Remeron, Generic Wellbutrin SR, Effexor, Effexor XR, Lexapro, Paxil CR, Surmontil
ALLEGRA, CLARINEX, ALLEGRA-D	*OTC Alavert, *OTC Alavert-D, *OTC Claritin, *OTC Claritin-D, Generic Claritin
AMBIEN, SONATA	Generic Dalmane, Generic Halcion, Generic Restoril, Restoril 7.5
HYZAAR, COZAAR, TARKA	Generic Accuretic, Generic Accupril, Generic Capoten, Generic Lotensin/HCT, Generic Monopril, Generic Prinivil, Generic Prinzide, Generic Vasotec, Generic Zestoretic, Generic Zestril, Altace, Avalide, Avapro, Benicar/HCT, Cardizem LA, Norvasc, Lotrel, Verelan PM, Coreg, Catapress-TTS
CELEBREX, BEXTRA	Generic Clinoril, Generic Daypro, Generic Lodine/XL, Generic Motrin, Generic Naprosyn, Generic Relafen, Generic Voltaren/XR
CRESTOR, PRAVIGARD PAC	Generic Mevacor, Lipitor, Pravachol, Colestid,Vytorin, Zetia, Advicor, Welchol, Tricor, Niaspan
LEVAQUIN, BIAXIN/XL	Generic Amoxil, Generic Augmentin, Generic Ceclor/CD, Generic Ceftin, Generic Cipro, Generic Duricef, Generic E-Mycin, Generic Floxin, Generic Keflex, Avelox, Cefzil, Omnicef, Zithromax, Tequin, Ketek, Augmentin XR
NASACORT AQ	Generic Atrovent, Nasonex, Flonase, Rhinocort Aqua, Astelin
ACTIVELLA, ESTRADERM, COMBIPATCH	Cenestin, Climara, Estratab, FemHRT, Menest, Premarin, Prempro, Premphase, Vivelle/DOT, Estratest/HS

*While over-the-counter (OTC) alternatives provide savings to members, OGB plans (including the MCO) do not pay for OTC drugs.

MCO DRUG EXCLUSIONS & CERTIFICATIONS & ALTERNATIVES



Brand Name	Preferred Alternatives and Over-the-counter Options
BENZACLIN	Generic Sulfacet R, Generic Benzoyl, Generic Cleocin T, Generic Erycette, Generic Benzac
TERAZOL	*OTC Monistat, *OTC Gyne- Lotrimin, *OTC Mycelex, Generic Terazol 3-day cream, Generic Diflucan
MAXALT, MLT, RELPAX	Imitrex, Zomig
ACCOLATE	Singulair
MENTAX, LOPROX, OXISTAT	*OTC Lamisil, Generic Nizoral, Generic Spectazole
ULTRAVATE	Generic Diprolene, Generic Diprolene AF, Generic Temovate
OXYTROL	Generic Ditropan, Detrol/LA
VISICOL	*OTC Fleets enema, *OTC Dulcolax
MAXAIR, AUTOHALER	Generic Albuterol, Xopenex
ZYMAR	Generic Garamycin, Vigamox, Ciloxan, Ocuflox, Generic Cipro
AVODART	Generic Cardura, Generic Hytrin, Flomax, Proscar
ACLOVATE, LOCOID, CORDRAN	Generic Synalar, Generic Temovate, Generic Topicort, Generic Westcort, Generic Hytone, Generic Diprosone, Dermatop, Cortane
ALREX	Aloril, Patanol, Zaditor
STALEVO	Generic Sinemet and Comtan in combination
DOSTINEX	Generic Parlodel, Generic Cogentin, Generic Eldepryl, Generic Sinemet
MYOBLOC	None

Brand Name	Preferred Alternatives and Over-the-counter Options
DUAC, AZELEX	Generic Retin-A, Generic Sulfacet-R, Generic Cleocin-T, Generic Benzagel, Generic Erycette
ANTABUSE	Generic Valium, Generic Ativan
TAMIFLU	None
DIPENTUM	Generic Azulfidine, Asacol, Pentasa, Colazol
ACCUNEB	Generic Proventil, Generic Alupent, Generic Albuterol
ALAMAST, OPTIVAR, ALOMIDE	Alocril, Zaditor, Patanol, Livostin, Generic Mydriacyl
HELIDAC	Prevpac, *OTC Bismuth, Generic Metronidazole, Generic Tetracycline (in combination)
KYTRIL, ANZEMET	Zofran, Generic Antivert, Generic Compazine, Generic Phenergan, Generic Tigan
MALARONE	Generic Vermox, Pyrazinamide, Dapsone, Mepron, Mintezol, Albenza
VALCYTE	Generic Cytovene, Generic Zovirax, Generic Flumadine, Generic Symmetrel, Valtrex



How Do I Choose?

COVERED BENEFIT: IN NETWORK

Lifetime Maximum Benefit Plan Year Deductible Employees and dependents

Maximum Out-Pocket Expense in Network Hospital Services (inpatient) in network Surgeon, Anesthesia, Lab, & X-rays Hospital Emergency Room (facility only)

Ambulatory Surgical Facilities Physician Visits Maternity (physician only) MRI/Cat Scan Sonograms Chemical/Radiation Therapy Pre-admission Testing Dialvsis Cardiac Rehabilitation Therapy Physical and Occupational Therapy Speech Therapy² Oral Surgery (impacted tooth removal only) Routine PAP Test Routine Mammogram Routine PSA Screening Ambulance (transportation only) ground Licensed Air Ambulance

Durable Medical Equipment \$50,000 Lifetime Maximum per person Home Health Care² Limited to 150 visits year Hospice Care²

Wellness Program Baby/Child Routine exams, scheduled immunizations Adult Physical exam, lab, x-ray Eye Exam/Annual Prescription Drug Benefit

In Network

OGB PPO Plan

All Regions \$1 million per person \$500/active; \$300 retired Family Unit Maximum: 3 individual deductibles \$1000 per person Plan covers 90% of Contracted Rate^{1, 2} \$50 per day/Max \$250 per admission Plan covers 90% of Contracted Rate¹ \$150 separate deductible/waived if admitted Plan covers 90% of Contracted Rate¹ (within 6 mos.) Plan covers 90% of Contracted Rate¹ Plan covers 90% of Contracted Rate¹ Plan covers 100% of Fee Schedule Plan covers 90% of Contracted Rate Plan covers 90% of Contracted Rate⁴ Plan covers 90% of Contracted Rate⁴ Plan considers a maximum to \$350³ less a \$50 co-payment Plan considers a maximum to \$1500³ less a \$250 co-payment Plan covers 90% of Contracted Rate

Case Management Required Plan covers 70% of negotiated rate¹ Case Management Required Plan covers 80% of negotiated rate

Plan covers 90% of Contracted Rate¹

100% of eligible expenses to \$2004

N/A

Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0

 Mail Order Drug Program
 same as above

 Mental Health & Substance Abuse/Inpatient²
 Plan covers at 80%

 Max. 45 inpatient days person/plan year
 Separate \$200 deductible (in & out patient)

 Inpatient-\$50 per day-Max. 5 days
 Plan covers at 80%

Mental Health & Substance Abuse/Outpatient Max. 52 visits/year

COVERED BENEFIT: OUT-OF-NETWORK Member resides in Louisiana

Member resides outside of Louisiana

² Pre-authorization required

³ Medical Supplies are subject to deductibles and co-insurance ⁴ Age and/or time restrictions apply

Plan covers 70% of fee schedule¹

Plan covers 90% of fee schedule¹

Medical Benefits

EPO Plan (Administered by UHC)

Na	ationwide
	2 million per person
\$3	300/active & retired; non-Co-pay services
	imily Unit Maximum:
	individual deductibles
N/	
	100 per day ²
M	ax of \$300 per admission
	an Covers at 100% ¹
	00 Co-pay/waived if admitted
	lospital Co-pay applies) ² 100 Co-pay
	15 PCP/\$25 Specialist (no referral required)
	00 Co-pay
	50 Co-pay
	25 Co-pay
	an covers at 100% ¹
	an covers at 100% ¹
	an covers at 100% ¹
	5 Co-pay (within 6 mos.)
	5 Co-pay
	15 Co-pay
	an covers 100% of Fee Schedule
	an covers at 100%; one every 12 months an covers at 100% ⁴
	an covers at 100% ⁴ ; one every 12 months
PI	an considers a maximum to \$350 ³
	ss a \$50 co-payment
	an considers a maximum to \$1500
	ss a \$250 co-payment
	an covers 80% of Contracted Rate ¹
	ase Management Required
	15 Co-pay
Ca	ase Management Required
PI	an pays 80% of negotiated rate ²
¢1	15 Co-pay for PCP Visits ¹
φ	15 GO-pay IOI FOF VISILS
10	00% of eligible expenses to \$200⁴
N/	Ά
	fetime maximum: \$250,000 per person
Μ	ember pays 50%; max. \$50 per 34 day fill
Af	ter \$1200 per person per plan year
Сс	o-pay Brand - \$15, Generic - \$0
	and the shares
	ime as above
	an covers at 80% eparate \$200 deductible (in & out patient)
	patient-\$50 per day-Max. 5 days
	an covers at 80%
Se	enarate \$300 deductible

Separate \$300 deductible Plan covers 70% of fee schedule¹ Separate \$300 deductible Plan covers 70% of fee schedule¹

Medical Benefit Comparison



Comparison/Active

Humana HMO

Regions 1-8 None None

Vantage HMO

Region 9 **\$2 million per person** None

MCO Plan (Administered by FARA)

All Regions **\$1** million per person None

¢1000 per person/\$2000 Femily	N1/A	NI/A
\$1000 per person/\$3000 Family	N/A	N/A
\$100 per day	\$100 per day ²	\$100 per day ²
Max of \$300 per admission	Max of \$300 per admission	Max of \$300 per admission
Plan Covers at 100%	Plan Covers at 100%	Plan covers at 100%
\$100 Co-pay/waived if admitted	\$100 Co-pay/waived if admitted	\$100 Co-pay/waived if admitted
(Hospital Co-pay applies) ²	(Hospital Co-pay applies) ²	(Hospital Co-pay applies) ²
\$100 Co-pay	\$100 Co-pay	\$100 Co-pay
\$15 PCP/ \$25 Specialist (no referral required)	\$15 PCP/\$25 Specialist (referral required)	\$15 PCP/\$25 Specialist (no referral required)
\$90 Co-pay	Plan covers at 100% ²	\$90 Co-pay
\$50 Co-pay	Plan covers at 100% ²	\$50 Co-pay ²
\$25 Co-pay	Plan covers at 100% ²	\$25 Co-pay
\$15 Co-pay		Plan covers at 100% ²
	Plan covers at 100% ²	
Plan covers at 100%	Plan covers at 100% ²	Plan covers at 100% ²
Plan covers at 100%	Plan covers at 100% ²	Plan covers at 100% ²
\$15 Co-pay	Plan covers at 80% (18 visits) ²	\$15 Co-pay
\$15 Co-pay	Plan covers at 80% (20 visits) ²	\$15 Co-pay ²
\$15 Co-pay	Plan covers at 80% (20 visits) ²	\$15 Co-pay ²
Plan covers at 100%≤	Plan covers at 80% ²	Plan covers at 100%
Plan covers at 100% after Co-pay	Plan covers at 100%	Plan covers at 100%
Plan covers at 100%	Plan covers at 100%	Plan covers at 100% ⁴
Plan covers at 100%	Plan covers at 100%	Plan covers at 100% ⁴
Plan considers a maximum to \$350	Plan pays 80%	Plan considers a maximum to \$350
less a \$50 co-payment	interfacility transfers 100%	less a \$50 co-payment
Plan considers a maximum to \$1500		Plan considers a maximum to \$1500
less a \$250 co-payment		less a \$250 co-payment
Plan covers 80% of Contracted Rate	Plan covers 80% of Contracted Rate ²	Plan covers 80% of Contracted Rate ²
Plan Covers at 100%	Plan covers at 100%	Plan covers at 100%
Plan Covers at 100% Plan Covers at 100%	Plan covers at 100% Plan covers at 100%	Plan covers at 100% Plan covers at 100%
Plan Covers at 100%	Plan covers at 100%	Plan covers at 100%
Plan Covers at 100% \$15 Co-pay	Plan covers at 100% \$15 Co-pay	Plan covers at 100% \$15 Co-pay⁴
Plan Covers at 100%	Plan covers at 100%	Plan covers at 100%
Plan Covers at 100% \$15 Co-pay	Plan covers at 100% \$15 Co-pay	Plan covers at 100% \$15 Co-pay⁴
Plan Covers at 100% \$15 Co-pay \$15 Co-pay \$15 Co-pay	Plan covers at 100% \$15 Co-pay \$15 Co-pay	Plan covers at 100% \$15 Co-pay ^₄ \$15 Co-pay ^₄ ; \$200 maximum N/A
Plan Covers at 100% \$15 Co-pay \$15 Co-pay \$15 Co-pay Lifetime maximum: \$250,000 per person	Plan covers at 100% \$15 Co-pay \$15 Co-pay N/A	Plan covers at 100% \$15 Co-pay ^₄ \$15 Co-pay ^₄ ; \$200 maximum N/A Lifetime maximum: \$250,000 per person
Plan Covers at 100% \$15 Co-pay \$15 Co-pay \$15 Co-pay Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 30 day fill	Plan covers at 100% \$15 Co-pay \$15 Co-pay N/A Generic - \$10 Co-pay	Plan covers at 100% \$15 Co-pay ⁴ \$15 Co-pay ⁴ ; \$200 maximum N/A Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill
Plan Covers at 100% \$15 Co-pay \$15 Co-pay \$15 Co-pay Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 30 day fill After \$1200 per person per plan year	Plan covers at 100% \$15 Co-pay \$15 Co-pay N/A Generic - \$10 Co-pay Preferred - \$25 Co-pay	Plan covers at 100% \$15 Co-pay⁴ \$15 Co-pay⁴; \$200 maximum N/A Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year
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Plan Covers at 100% \$15 Co-pay \$15 Co-pay \$15 Co-pay Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 30 day fill After \$1200 per person per plan year	Plan covers at 100% \$15 Co-pay \$15 Co-pay N/A Generic - \$10 Co-pay Preferred - \$25 Co-pay Non-preferred - \$40 Co-pay Formulary applies	Plan covers at 100% \$15 Co-pay⁴ \$15 Co-pay⁴; \$200 maximum N/A Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0 Formulary applies
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This comparison chart is a summary of Plan features, however, for full details of the plan refer to the official plan document.

Annual Enrollment Meetings

Acadia Parish

April 11 Monday 8:30 AM	LSU Rice Experiment Station Caffery Rd. (North off Hwy 90E) Crowley 70527 <i>Rice Station Employees Only</i>
April 11 Monday 11:00 AM* 1:30 PM	Acadia Parish Cooperative Extension LSU Agricultural Center 157 Cherokee Drive Hwy 13 Crowley/Eunice Exit Crowley 70527 *Special meeting for retirees with Medicare

Allen Parish

April 4	Allen Parish School Board
Monday	Oakdale High School Auditorium
10:00 AM	101 N.13th St.
	Oakdale 71463
April 4	Allen Parish School Board

Monday	Media Center
2:00 PM*	417 W. Court Street
4:30 PM	Oberlin 70655
	*Special meeting for retirees with Medicare

Ascension Parish

April 13	Holiday Inn–Gonzales
Wednesday	1500 Highway 30
8:30 AM*	Livingston Room
10:30 AM	Gonzales 70737
	*Special meeting for retirees with Medicare

Assumption Parish

April 13	Assumption Parish School Board
Wednesday	Napoleonville Middle School Auditorium
2:30 PM*	4847 Highway 1
5:00 PM	Napoleonville 70390
	*Special meeting for retirees with Medicare

Avoyelles Parish

April 4	Avoyelles Parish School Board
Monday	Board Room
10:00 AM*	221 Tunica Drive West
4:00 PM	Marksville 71351
	*Special meeting for retirees with Medicare

April 5 Tuesday 2:30 PM	Avoyelles Technical College 508 Choupique Street Cottonport 71327
April 6 Wednesday	Avoyelles Parish School Board Board Room
10:00 AM	221 Tunica Drive West Marksville 71351
A muil 6	
April 6	Avoyelles OFS
Wednesday	607 Tunica Drive West
1:30 PM	Marksville 71351
April 26	Avoyelles Correctional Center
Tuesday	1630 Prison Road
10:00 AM	Cottonport 71327
5:00 PM	Prison Employees Only
April 27 Wednesday 5:00 PM	Avoyelles Correctional Center 1630 Prison Road Cottonport 71327 Prison Employees Only

Beauregard Parish

April 11	Beauregard Parish School Board
Monday	Deridder High School
3:00 PM*	Cafeteria
5:00 PM	Deridder 70634
	*Special meeting for retirees with Medicare

- April 13DOC Phelps CorrectionalWednesdayDequincy 706335:45 AMB & D team
- 5:45 PM Facility Employees only
- April 15 DOC Phelps Correctional
- FridayDequincy 706335:45 AMA & C team
- 5:45 PM Facility Employees only

Bienville Parish

April 18	Bienville Parish School Board
Monday	Ringgold School Complex
3:30 PM	4044 Bienville Road (Hwy. 154)
	Ringgold 71068

April 19Bienville Parish School BoardTuesdayArcadia School Complex1:00 PM*967 Daniel Street3:30 PMArcadia 71001*Special meeting for retirees with Medicare



Bossier Parish

April 4 Monday 8:00 AM 10:00 AM	DOTD District 4 Headquarters 3365 Industrial Drive Conference Room Bossier City 71112
April 5 Tuesday 2:30 PM	Northwest Developmental Center & Special School District I Colwell Activity Center Theatre 5401 Shed Road Bossier City 71111
April 12 Tuesday 8:00 AM	Department of Agriculture Meeting Room 740 Covington Road Haughton 71037
April 20 Wednesday 8:00 AM 10:30 AM* 1:00 PM 3:00 PM	Bossier Civic Center Bodcau Room 620 Benton Road Bossier City 71111 *Special meeting for retirees with Medicare

Caddo Parish

April 4	Shreveport-Bossier Campus
Monday	Louisiana Technical College
3:00 PM	Building E Auditorium
	2010 N. Market
	Shreveport 71137
April 6	LSU – Shreveport

WednesdayUniversity Center Theatre9:00 AMOne University Place1:30 PMShreveport 711153:00 PM**Special meeting for retirees with Medicare

April 8Forcht Wade CorrectionalFriday7990 Caddo Dr.2:00 PMKeithville 71047Correctional employees only

April 11LSU Health Science CenterMonday1st Floor, Room #40010:00 AMMedical School Auditorium2:00 PM1501 Kings HighwayShreveport 71130Benefits Fair 9 a.m.-4:30 p.m.

April 11 Monday 7:00 PM	LSU Health Science Center Hospital Private Dining Rm # CG 17 1501 Kings Highway Shreveport 71130
April 13 Wednesday 8:30 AM	Disability Determinations Bldg. 2, 1st Floor Conference Room 2920 Knight Street Shreveport 71105
April 13 Wednesday 11:00 AM	State Office Bldg. 2nd Floor, Room #205 1525 Fairfield Avenue Shreveport 71101
April 22 Friday 9:00 AM	State Office Bldg. 2nd Floor, Room #205 1525 Fairfield Avenue Shreveport 71101
April 22 Friday 2:00 PM	Northwest Regional Center for Addictive Disorders 6005 Financial Plaza 1st Floor Training Room Shreveport 71129

Calcasieu Parish

April 6	Sowela Technical College
Wednesday	Cafeteria
9:00 AM	3822 J. Bennett Johnston Parkway
11:00 AM*	Lake Charles 70616
2:00 PM	*Special Meeting for retirees with Medicare

April 13	DHH – Region V
Wednesday	Room 39
9:00 AM	2300 Broad St.
11:00 AM*	Lake Charles 70601
2:00 PM	*Special meeting for retirees with Medicare

April 14	McNeese State University
Thursday	Baker Auditorium
10:00 AM*	Farrar Hall
1:00 PM	Lake Charles 70609
	*Special meeting for retirees with Medicare

Caldwell Parish

April 7	Caldwell Parish School Board
Thursday	Caldwell Parish H.S. Auditorium
9:30 AM*	163 Spartan Drive
1:00 PM	US 165 South
3:45 PM	Columbia 71418
	*Special meeting for retirees with Medicare

Cameron Parish

April 7	Rockefeller Wildlife Refuge
Thursday	5476 Hwy 82
10:00 AM	Grand Chenier 70643

April 7	Cameron Elementary Auditorium
Thursday	510 Marshall Street
2:00 PM*	Cameron 70631
4:30 PM	*Special meeting for retirees with Medicare

Catahoula Parish

April 21	Catahoula Parish School Board
Thursday	200 Bushley Street
10:00 AM*	Harrisonburg 71340
3:30 PM	*Special meeting for retirees with Medicare

April 21	Catahoula OFS
Thursday	1305 Fourth Street
1:00 PM	Jonesville 71343

Claiborne Parish

April 7	Wade Correctional Institute
Thursday	Administration Building
9:00 AM	Highway 520 North
	Homer 71040
	Correctional Employees Only
April 8	Wade Correctional Institute
Friday	Administration Building
9:00 AM	Highway 520 North
	Homer 71040
	Correctional Employees Only
April 21	LSU – Hillfarm Research Station
Thursday	11959 Highway 9
10:00 AM*	Homer 71040
10.00 Alvi	
	*Special meeting for retirees with Medicare

April 21	Claiborne Parish School Board
Thursday	Homer High School Auditorium
3:30 PM	1008 North Main Street
	Homer 71040

Concordia Parish

April 11	Concordia Parish School Board
Monday	Board Room
1:00 PM*	4358 Hwy 84 West
3:30 PM	Vidalia 71373
	*Special meeting for retirees with Medicare

DeSoto Parish

April 21	DeSoto Parish Library
Thursday	Meeting Room
9:00 AM*	109 Crosby Street
11:00 AM	Mansfield 71052
	*Special meeting for retirees with Medicare

East Baton Rouge Parish

Annil 1	Dublic Sefety
April 1	Public Safety
Friday	Training Academy Auditorium
8:30 AM*	7901 Independence Blvd.
10:00 AM*	Baton Rouge 70806
1:00 PM*	*Special meeting for retirees with Medicare
3:00 PM**	**Interpreter for hearing impaired
April 1	Jetson Correctional Center for Youth
Friday	Lilac Bldg Class Room #1
9:30 AM	15200 Old Scenic Hwy
	Baton Rouge 70874
	Facility Employees only
April 4	DOTD: District 45 – Traffic Services
Monday	Conference Room
8:30 AM	7686 Tom Drive
10:30 AM	Baton Rouge 70806
April 4	DHH: Greenwell Springs Facility
Monday	Gymnasium
9:30 AM	23260 Greenwell Springs Rd.
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Greenwell Springs 70739
April 4	DHH: CAHSD
Monday	2nd Floor Room 200
1:00 PM	4615 Government Street
	Baton Rouge 70802



April 5 Tuesday 8:30 AM** 10:30 AM	Public Safety Training Academy Auditorium 7901 Independence Blvd. Baton Rouge 70806 **Interpreter for hearing impaired	April 8 Friday 10:00 AM	La Senate, Office of Governor, Justice and House of Representatives Committee Room-5 (State Capitol) Baton Rouge, 70802
April 6 Wednesday 7:30 AM 9:00 AM 10:30 AM	DOTD: District 61 Headquarters Large Conference Room 8100 Airline Highway Baton Rouge 70815	April 11 Monday 8:30 AM** 10:30 AM 1:00 PM	Natural Resources / Department of Revenue LaSalle Building 1st Floor Labell Hearing Room 617 North 3rd Street Baton Rouge 70802 **Interpreter for the hearing impaired
April 6 Wednesday 1:00 PM	DSS: Headquarters 1st Floor Cafeteria 755 North 3rd Street Baton Rouge 70802	April 11 Monday 9:00 AM 10:30 AM 1:30 PM**	L A S E R S 4th Floor Auditorium 8401 United Plaza Blvd. Baton Rouge 70804 **Interpreter for hearing impaired
April 7 Thursday 8:30 AM 10:30 AM	Dept of Labor 1001 North 23rd Street Baton Rouge 70802	April 12 Tuesday 8:30 AM** 10:30 AM	Division of Administration Claiborne Building 1st Floor Auditorium – Room 100 (La Purchase Room)
April 7 Thursday 9:00 AM	LSU -Pennington Biomedical Conference Ctr. Main Auditorium 6400 Perkins Road Baton Rouge 70808	1:30 PM	1201 North 3rd Street Baton Rouge 70801 **Interpreter for hearing impaired
April 7 Thursday 1:00 PM	Pennington Employees Only LSU-Agriculture Center Efferson Hall Room 214 J.Norman Efferson Hall (Cormer of E. Derker Blud, & Highland Bd)	April 12 Tuesday 9:30 AM	Louisiana Public Broadcasting Auditorium 7733 Perkins Road Baton Rouge 70810 Facility Employees Only
April 8 Friday	(Corner of E. Parker Blvd & Highland Rd) Baton Rouge 70803 Department of Education Claiborne Building	April 12 Tuesday 1:30 PM**	Louisiana State University Vet. Med Auditorium So. Stadium Road/Skip Bertman Drive Baton Rouge 70803
8:30 AM 10:30 AM** 1:00 PM	1st Floor Auditorium – Rm. 100 (LA Purchase Bd. Room) 1201 North 3rd Street Baton Rouge 70801 **Interpreter for the hearing impaired	April 13 Wednesday 7:30 AM	**Interpreter for hearing impaired LSU-Facility Services Facility Service Building CEBA Lane, Room 132
April 8 Friday 8:30 AM	DOTD: Headquarters 1201 Capitol Access Road 1st Floor Auditorium	3:30 PM April 13	Baton Rouge 70802 LSU Facility Employees Only Department of Corrections
10:30 AM 1:00 PM 2:30 PM**	Baton Rouge 70802 **Interpreter for hearing impaired	Wednesday 8:30 AM 10:30 AM	Cafeteria Conference Room-B 504 Mayflower Street Baton Rouge 70804

ANNUAL ENROLLMENT MEETINGS

April 14 Thursday 8:30 AM 10:30 AM* 1:30 PM	La. Office of Student Financial Assistance 11th Floor Conference Room 1885 Wooddale Boulevard Baton Rouge 70806 * LOSFA Employees Only @ 10:30 AM	April 18 Monday 2:00 PM	La Senate, Office of Governor, Justice and House of Representatives Committee Room-5 (State Capitol) Baton Rouge, 70802
April 14 Thursday 10:30 AM**	Louisiana State University Union-Royal Cotillion Ballroom Baton Rouge 70803 **Interpreter for hearing impaired	April 19 Tuesday 7:30 AM	LSU-Facility Services Facility Service Building CEBA Lane, Room 132 Baton Rouge 70802 LSU Facility Employees Only
April 14 Thursday 2:30PM	Department of Insurance Poydras Building, Room101 A 1702 North Third Street Baton Rouge 70802	April 19 Tuesday 8:30 AM 10:30 AM 1:00 PM	Natural Resources / Department of Revenue LaSalle Building 1st Floor Labell Hearing Room 617 North 3rd Street Baton Rouge 70802
April 15 Friday 9:00 AM* 10:30 AM 1:30 PM	Southern University Student Union Blue & Gold Room Harding Blvd (SU Campus) Baton Rouge 70813 *Special meeting for retirees with Medicare	April 19 Tuesday 1:00 PM	LSU – Pennington Biomedical Conference Center – Main Auditorium 6400 Perkins Road Baton Rouge 70808
April 15 Friday 10:00 AM 3:00 PM	Louisiana State University Union-Royal Cotillion Ballroom Baton Rouge 70803 Benefits Fair 10AM to 3PM	April 20 Wednesday 8:00 AM	LSU Medical Center Earl K. Long Facility Family Practice Unit Building – Classroom 5825 Airline Highway Baton Rouge 70805
April 15 Friday 10:30 AM** 1:30 PM**	School for the Deaf Auditorium 2888 Brightside Lane Baton Rouge 70821 **Interpreter for hearing impaired	April 20 Wednesday 9:00 AM	Wildlife and Fisheries Louisiana Room 2000 Quail Drive Baton Rouge, 70808
April 18 Monday 8:00 AM 10:00 AM	DOTD: Materials and Lab Conference Room 5080 Florida Blvd. Baton Rouge 70806	April 20 Wednesday 10:30 AM** 1:00 PM April 20	Louisiana State University Union-Royal Cotillion Ballroom Baton Rouge 70803 ** <i>Interpreter for hearing impaired</i> Baton Rouge Housing Authority
April 18 Monday 8:30 AM	Department of Environmental Quality 602 N. Fifth Street Conference Room	Wednesday 2:00 PM	Conference Room 4731 North Blvd Baton Rouge 70805
10:30 AM** 1:00 PM April 18	Baton Rouge 70801 **Interpreter for the hearing impaired LSU-Agriculture Center	April 21 Thursday 8:00 AM 10:30 AM	Attorney General's Office Conference Room Livingston Building 1885 North 3rd Street
Monday 9:00 AM	Efferson Hall Room 214 J.Norman Efferson Hall (Corner of E. Parker Blvd & Highland Rd.) Baton Rouge 70803	2:00 PM	Baton Rouge 70802



April 21	Baton Rouge Community College
Thursday	1st Floor Conference Room
10:30 AM	Louisiana Building
10.00 1101	5310 Florida Blvd.
	Baton Rouge 70806
April 21	DSS: Office of Family Support
-	· · · ·
Thursday	North District
1:00 PM	2nd Floor Conference Room
	2751 Wooddale Blvd.
	Baton Rouge 70805
April 22	DOTD: Research and Development
Friday	Conference Room
9:00 AM	4101 Gourrier Drive
9:00 AM	
	Baton Rouge 70808
April 22	LSU Medical Ctr./Earl K. Long Facility
Friday	Family Practice Unit BldgClassroom
10:30 AM	
10:50 AM	5825 Airline Hwy
	Baton Rouge 70805
April 22	DHH: EBR Parish Health Unit
Friday	2nd Floor Waiting Room
1:30 PM	353 North 12th Street
1.30 F M	
	Baton Rouge 70802
April 25	LSU-Pennington Biomedical
Monday	Conference Ctr. Main Auditorium
9:30 AM*	6400 Perkins Road
2.5071101	Baton Rouge 70808
	*Special meeting for retirees with Medicare
	Special meeting for retirees with meatcure
April 25	DSS: EBR Office of Community Services
Monday	160 South Ardenwood
1:30 PM	OCS Training Room 319
11001111	Baton Rouge 70806
	Baton Rouge 10000
April 26	Department of Agriculture & Forestry
Tuesday	First Floor Auditorium
8:00 AM	5825 Florida Blvd.
10:00 AM	Baton Rouge 70806
2:00 PM	
April 26	DSS: Office of Family Support
Tuesday	South District
1:00 PM	Large Conference Room
	1919 North Blvd.
	Baton Rouge 70806
	0

April 27	Office of Group Benefits
Wednesday	1st Floor Auditorium
8:00 AM	5825 Florida Boulevard
10:30 AM**	Baton Rouge 70806
2:00 PM	OGB Employees Only
	**Interpreter for hearing impaired

April 27	First Circuit Court of Appeals
Wednesday	La Legislative Auditors
10:30 AM	2nd Floor, Courtroom #1
	1600 North 3rd Street
	Baton Rouge 70802

East Carroll Parish

April 11	LTC – Margaret Surles Branch
Monday	Highway 883-1 West
1:00 PM*	Lake Providence 71254
3:30 PM	*Special meeting for retirees with Medicare

East Feliciana Parish

April 1 Friday 9:00 AM	Eastern Louisiana Mental Health System Old Main Recreation Hall Highway 10 Jackson 70748
April 4	Villa Feliciana Medical Complex
Monday	Old Activity Building
2:00 PM	4980 Highway 10
	Jackson 70748
April 7	East Feliciana Parish School Board
Thursday	Central Office – Board Room
2:00 PM*	12732 Spillman Street
	Clinton 70722
	*Special meeting for retirees with Medicare
April 7	East Feliciana Parish School Board
Thursday	Clinton High School
4:00 PM	10410 Plank Road
	Clinton 70722
April 19	Dixon Correctional Institute
Tuesday	Highway 68
5:45 AM	Jackson 70748
6:45 AM	*Administrative Staff Only
8:30 AM*	
5:45 PM	

April 20	Dixon Correctional Institute
Wednesday	Highway 68
5:45 AM	Jackson 70748
5:45 PM	

Evangeline Parish

April 20DOTD-Maintenance & Project EngineersWednesdayLA Highway 3768:00 AMVidrine 70586

April 20DSS: OFS & OCSWednesday410 W. LaSalle Street1:00 PMVille Platte 70586

April 20Evangeline Parish School BoardWednesdayMamou High School Auditorium4:30 PM912 7th StreetMamou 70554

April 21Coriel Campus—LA Technical CollegeThursday1124 Vocational Drive1:30 PMVille Platte 70586

April 21Evangeline Parish School BoardThursdayVille Platte High School4:30 PM*Auditorium
210 W. Cotton
Ville Platte 70586
*Special meeting for retirees with Medicare

Franklin Parish

April 12	D.O.T.D – District 58 Headquarters
Tuesday	Conference Room
10:00 AM	6217 Highway 15
	Chase 71324
April 12	Franklin Parish School Board
Tuesday	Board Room

TuesdayBoard Room1:00 PM*7293 Prairie Street4:00 PMHighway 4 West
Winnsboro 71295
*Special meeting for retirees with Medicare

Grant Parish

April 11	Colfax Banking
Monday	Community Room
12:30 PM*	625 8th Street
2:30 PM	Colfax 71417
	*Special meeting for retirees with Medicare

April 11	Grant Parish School Board
Monday	Board Room
4:00 PM	512 Main Street
	Colfax 71417

Iberia Parish

April 6	Louisiana Technical College
Wednesday	Teche Area Campus
3:00 PM	609 Ember Dr. (Acadiana Regional Airport)
	New Iberia 70562
	LTC Employees Only
April 14	ULL- Iberia Research Center
Thursday	Auditorium
I HUI OUGV	

Thursday	Auditorium
9:00 AM*	4401 West Admiral Doyle
11:00 AM	New Iberia 70562
2:00 PM	*Special meeting for retirees with Medicare

Iberville Parish

8:00 AM

5:45 PM*

April 14 Thursday 5:45 AM 5:45 PM	Hunt Correctional Center K-Building Hwy. 74 St. Gabriel 70764
April 15 Friday 5:45 AM 6:45 AM 7:45 AM 8:30 AM 5:45 PM	Hunt Correctional Center Hwy. 74 <i>K-Building (Facility employees only)</i> Field House C-Building Administration Employees <i>K-Building (Facility employees only)</i> St. Gabriel 70764
April 18 Monday 9:30 AM	State of Louisiana Military Dept. 5445 Point Clair Road Building 9 (Theater Auditorium) Carville 70721
April 19 Tuesday 8:30 AM 10:00 AM*	DSS/OCS/OFS 24710 Plaza Drive (Medicaid Office) Plaquemine 70764 *Special meeting for retirees with Medicare
April 21 Thursday 5:45 AM*	LA Correctional Inst. for Women Hwy. 74 St. Gabriel 70764

Administration (Employees Only)

*Facility employees only



April 22	LA Correctional Inst. for Women
Friday	Hwy. 74
5:45 AM*	St. Gabriel 70764
5:45 PM*	*Facility employees only

Jackson Parish

April 14	Jackson Parish School Board
Thursday	Central Office Board Room
1:30 PM*	315 Pershing Hwy.
4:00 PM	Jonesboro 71251
	*Special meeting for retirees with Medicare

Jefferson Parish

April 1 Friday 9:00 AM	DOTD-District 2 Board Room 1440 Highway 90 Bridge City 70094
April 6 Wednesday 9:30 AM	Jefferson Parish School Board Bonnabel High School Board Room 2801 Bruin Drive Kenner 70065
April 6 Wednesday 3:00 PM	DHH-Office of Public Health Health Unit Auditorium 1855 Ames Blvd. Marrero 70072
April 6 Wednesday 5:30 PM	Jefferson Parish School Board Bonnabel High School Board Room 2801 Bruin Drive Kenner 70065
April 12 Tuesday 9:30 AM	Jefferson Parish School Board 2nd Floor Auditorium 501 Manhattan Blvd. Harvey 70058
April 12 Tuesday 5:30 PM	Jefferson Parish School Board 2nd Floor Auditorium 501 Manhattan Blvd. Harvey 70058
April 13 Wednesday 1:00 PM**	DSS/OFS – Disability Determinations 4th Floor Conference Room 3510 N. Causeway Blvd. Metairie 70002 **Interpreter for the hearing impaired

April 14	Harvey State Office Building
Thursday	3rd Floor Conference Room
9:00 AM	2150 Westbank Expressway
	Harvey 70058
April 15	Harvey State Office Building
Friday	3rd Floor Conference Room
8:30 AM*	2150 Westbank Expressway
	Harvey 70058
	*Special meeting for retirees with Medicare
April 19	DSS-Office of Community Services
Tuesday	5th Floor Conference Room
2:00 PM	800 W. Commerce Road
	Harahan 70123
April 21	Jefferson Parish East Bank Library
Thursday	Rooms A&B
12:30 PM*	4747 W. Napoleon Avenue
	Metairie 70001
	*Special meeting for retirees with Medicare
April 22	LA Technical College-District 1
Friday	Room 31
1:00 PM	5200 Blair Drive
	Metairie 70001
April 25	DOTD – District 2
Monday	Board Room
1:00 PM	1440 Highway 90
	Bridge City 70094
lofforc	on Dovie Donich

Jefferson Davis Parish

April 5	Louisiana Technical College-Jeff Davis
Tuesday	Morgan Smith Auditorium
10:00 AM*	1230 N. Main St.
1:30 PM	Jennings 70546
	*Special meeting for retirees with Medicare
April 5	Northside Jr. High School
Tuesday	Northside Cafeteria

Tuesday	Northside Cafeteria
4:00 PM	208 Shankland Ave.
	Jennings 70546

Annual Enrollment Meetings

Lafavette Parish

	te Parish
April 4	Holiday Inn Central Holidome
Monday	2032 NE Evangeline Thruway
9:00 AM*	Lafayette 70501
11:00 AM*	*Special meeting for retirees with Medicare
1:00 PM*	
April 7	LSU-University Medical Center
Thursday	Voohries Auditorium
8:00 AM	2390 West Congress Street
10:30 AM	Lafayette 70502
1:30 PM	
April 8	Tyler Mental Health Center
Friday	Auditorium
9:00 ÅM	302 Dulles Drive
	Lafayette 70506
April 12	DOTD-District 3 Headquarters
Tuesday	428 Hugh Wallis Road
9:00 AM	Lafayette 70506
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	DOTD Employees Only
	1 5 5
April 15	Clifton Chenier Community Service Center
Friday	220 W. Willow St.
10:00 AM	Town Hall Building 6
1:00 PM	P.O. Box 4017-C
	Lafayette 70502
April 20	University of Louisiana-Lafayette
Wednesday	Bayou Bijou Theatre
8:30 AM	Student Union
10:30 AM	600 McKinley Street
1:30 PM	Lafayette 70504
Lafourc	he Parish
April 14	Nichols State University
Thursday	Talbot Theatre
8:30 AM*	LA Highway 1
10:30 AM	Thibodaux 70301
	*Special meeting for retirees with Medicare
April 14	Peltier Lawless Developmental Center
Thursday	Annex Building
1:00 PM	690 E. First Street
	Thibodaux 70301
April 14	Nichols State University
April 14 Thursday	Nichols State University Powell Auditorium
3:00 PM	LA Highway 1
5.00 1 141	Thibodaux 70301
	TIIIOUdux /UJUI

LaSalla Daniah

LaSalle	Parish
April 19	Dept of Agriculture and Forestry
Tuesday	Hwy 165 North
9:00 AM	Olla 71465
April 19	La Cooperative Extension Service
Tuesday	Meeting Room—Downstairs
12:30 PM*	Courthouse
2:30 PM	Jena 71342
	*Special meeting for retirees with Medicare
April 19	LaSalle Parish School Board
Tuesday	Media Center
4:00 PM	1st and Elm Street
	Jena 71342
Lincoln	Parish
	Louisiana Tech University
Thursday	Wyly Tower Auditorium
9:30 AM	Railroad Avenue
	Ruston 71272
April 15	Louisiana Tech University
Friday	Hall of Fame Room
9:30 AM*	Thomas Assembly Center
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	1650 West Alabama
	Ruston 71272
	*Special meeting for retirees with Medicare
April 15	Louisiana Tech University
Friday	Wyly Tower Auditorium
1:30 PM	Railroad Avenue
	Ruston 71272
April 19	Grambling State University
Tuesday	Grambling Hall Auditorium
1:30 PM	100 Founder Street
	Grambling 71245
I is in sec.	on Donich
	on Parish
April 6 Wadnaaday	Livingston Parish School Board
Wednesday 3:00 PM*	Conference Room 13922 Florida Blvd
5:00 PM* 5:00 PM	Livingston, 70724
5.00 F WI	*Crasial mating for noting quith Madiana

*Special meeting for retirees with Medicare

Livingston Parish School Board

Conference Room

13922 Florida Blvd Livingston 70724

April 7 Thursday

5:00 PM



Madison Parish

April 8	Madison Parish School Board
Friday	Tallulah Elementary School
1:00 PM*	Auditorium
3:30 PM	1100 Johnson Street
	Tallulah 71284
	*Special meeting for retirees with Medicare

Morehouse Parish

April 5	LSU Agriculture Center
Tuesday	Auditorium
10:00 AM	9609 Marlett Street
1:00 PM*	Bastrop 71221
	*Special meeting for retirees with Medicare
April 5	Morehouse Parish School Board
Tuesday	Bastrop High School Cafeteria
4:00 PM	402 Highland Street
	Bastrop 71220
	School Board Employees Only

Natchitoches Parish

April 14	Martin Luther King Center
Thursday	660 Martin Luther King Drive
9:00 AM*	Natchitoches 71457
1:00 PM	*Special meeting for retirees with Medicare
April 19	Northwestern State University
Tuesday	Magale Recital Hall
10:00 AM	Creative & Performing Arts
1:00 PM	Central Avenue
	Natchitoches 71497
April 19	Natchitoches Parish School Board
Tuesday	Media Center
3:30 PM	310 Royal Street
	Natchitoches 71457
Orleans	Parish
April 1	Department of Revenue & Taxation
Friday	5th Floor Auditorium
1:00 PM	1515 Poydras Street
	New Orleans 70112
April 4	New Orleans State Office Building
Monday	Room 409
9:00 AM	325 Loyola Avenue
10:30 AM	New Orleans 70112
2:00 PM	

April 5 Tuesday 8:30 AM	University Hospital 4th Floor Auditorium 2021 Perdido Street New Orleans 70112
April 5 Tuesday 1:30 PM 3:00 PM	Medical Center of Louisiana 2nd Floor Auditorium 1532 Tulane Avenue New Orleans 70112
April 7 Thursday 8:30 AM 10:00 AM	Medical Center of Louisiana 2nd Floor Auditorium 1532 Tulane Avenue New Orleans 70112
April 7 Thursday 1:00 PM	University Hospital 4th Floor Auditorium 2021 Perdido Street New Orleans 70112
April 8 Friday 10:00 AM	LSU Dental School Auditorium C-Administration Building 1100 Florida Avenue New Orleans 70119
April 8 Friday 3:00 PM	Civil District Court Jury Pool Room 319 421 Loyola Avenue New Orleans 70112
April 11 Monday 1:00 PM	Housing Authority of New Orleans Board Room-Building B 4100 Touro Street New Orleans 70122
April 11 Monday 3:00 PM	University of New Orleans Ballroom 203 University Center-Lakefront Campus New Orleans 70148
April 12 Tuesday 1:30 PM	LSU Medical School New Orleans Auditorium B Medical Education Building 1901 Perdido Street New Orleans 70112
April 13 Wednesday 8:00 AM	DSS/OCS Regional Office 10th Floor Conference Room #1035 1010 Common Street New Orleans 70112

ANNUAL ENROLLMENT MEETINGS

April 13 Wednesday 10:00 AM	DHH/Metro Region 1 3rd Floor Conference Room 1010 Common Street New Orleans 70112	April 26 Tuesday 1:00 PM	New Orleans Home & Rehabilitation 2nd Floor Board Room 612 Henry Clay Avenue New Orleans 70118
April 15 Friday 1:00 PM	Delgado Community College Student Life Center Dolphin Dining Rm, 1st Floor 501 City Park Avenue New Orleans 70119	April 27 Wednesday 8:30 AM	New Orleans Center for Creative Arts Lupin Theatre, 1st Floor 2800 Chartres Street New Orleans 70117
April 18 Monday	DSS/OFS 2nd Floor Conference Room	April 27 Wednesday 1:30 PM	Crescent City Connection-DOTD 2001 Mardi Gras Blvd. New Orleans 70114
8:30 AM*	6800 Plaza Drive	Quachit	a Parish
	New Orleans 70127	April 4	University of LA at Monroe
	*Special meeting for retirees with Medicare	Monday	Nursing Auditorium
	(Enter doors near I-10)	10:00 AM*	700 University Avenue
April 19	DSS/OFS	1:00 PM	Monroe 71209
Tuesday	2nd Floor Conference Room		*Special meeting for retirees with Medicard
9:00 AM	6800 Plaza Drive		
	New Orleans 70127	April 6	University of LA at Monroe
	(Enter doors near I-10)	Wednesday	Nursing Auditorium
		9:00 AM	700 University Avenue
April 20	DSS/OFS		Monroe 71209
Wednesday	2nd Floor Conference Room	April 6	LTC Delte Queshite Compus
10:00 AM	100 S. Tonti Street New Orleans 70119	Wednesday	LTC – Delta Ouachita Campus Cafeteria
	New Offeans 70119	3:30 PM	609 Vocational Parkway
April 20	Department of Military Affairs		West Monroe 71291
Wednesday	Museum Theatre		
1:00 PM	Jackson Barracks	April 8	D.O.T.D – District 5 Headquarters
	New Orleans 70146	Friday	8010 DeSiard Street
		8:00 AM	Monroe 71211
April 21	University of New Orleans		DOTD Employees Only
Thursday 9:00 AM**	Ballroom 203 University Center-Lakefront Campus	Annil 18	NE LA War Veterans Home
9.00 AW	New Orleans 70148	April 18 Monday	6700 Highway 165 North
	**Interpreter for the hearing impaired	9:00 AM	Monroe 71203
April 22	Crescent City Connection-DOTD	April 18	LSU Medical Center - Monroe
Friday	2001 Mardi Gras Blvd.	Monday	Conference Hall – 2nd floor
9:00 AM	New Orleans 70114	1:00 PM	4864 Jackson Street
April 25	Southern University of New Orleans		Monroe 71210
Monday	Clark Building-Audio Visual Room 109	April 18	Monroe City School Board
11:00 AM	6400 Press Drive	Monday	Monioe City School Board Media Center
	New Orleans 70126	4:00 PM	2009 Auburn Avenue Monroe 71201



April 22 Friday 9:00 AM 1:00 PM	State Office Building Room 242 – A 122 St. John Street Monroe 71201	April 6 Wednesday 9:00 AM 1:30 PM	Huey P. Long Hospital Administration Building Hospital Blvd. Pineville 71360
April 25 Monday 4:00 PM	Ouachita Parish School Board Media Center 701 St. John Street Monroe 71201	April 7 Thursday 10:00 AM 1:30 PM	LSU-Alexandria BBCA (Caffey Annex) East Room Hwy 71 South
Plaquen	nines Parish		Alexandria 71301 Benefits Fair 9 a.m3:00 p.m.
April 18 Monday	Metropolitan Developmental Center Administration Building		
1:00 PM*	Conference Room	April 11 Monday	Wildlife & Fisheries Conference Room
2:30 PM	251 F. Edward Hebert Blvd. Belle Chasse 70037	8:30 AM	Hwy 71 North
	*Special meeting for retirees with Medicare		Tioga 71477
Pointe (Coupee Parish	April 11	DOTD District 8 HQ
April 5	DOTD: Maintenance Highway Unit	Monday 9:00 AM	District Training Building 3300 MacArthur Drive
Tuesday 7:00 AM	3151 Hospital Road New Roads 70760	<i>y</i>	Alexandria 71306
		April 13	Pinecrest Developmental Center
April 5 Tuesday	Pointe Coupee Parish School Board Pointe Coupee Central H. S. Cafeteria	Wednesday	Gymnasium
9:00 AM*	8434 Pointe Coupee Road	10:00 AM 1:00 PM*	South Avenue—Pinecrest Grounds Pineville 71360
	New Roads 70760	3:00 PM	*Special meeting for retirees with Medicare
	*Special meeting for retirees with Medicare		
April 5	La Technical College – Jumonville	April 13 Wednesday	Rapides Parish School Board Media Center, Room 1 & 2
Tuesday 11:00 AM	605 Hospital Road New Roads 70760	4:00 PM	6th Street
			Alexandria 71301
April 5 Tuesday	Pointe Coupee Parish School Board Pointe Coupee Central H. S. Cafeteria	April 14	Central Louisiana State Hospital
5:00 PM	8434 Pointe Coupee Road	Thursday	Wilkerson Hall
	New Roads 70760	10:00 AM 2:00 PM	242 W. Shamrock Pineville 71360
April 20	DSS: Office of Family Support	2.00 1 101	Benefits Fair 8 am-4:30 pm
Wednesday	120 Alamo Street		· ·
1:00 PM	New Roads 70760	April 15	State Office Building V.R. Conference Room
Rapides	Parish	Friday 8:30 AM*	900 Murray Street
April 5	Military Dept.	10:30 AM	Alexandria 71301
Tuesday 9:00 AM	Post Theatre 720 E. Street—Camp Beauregard	2:00 PM	*Special meeting for retirees with Medicare
2.0071101	Pineville 71360	April 15	Central Louisiana State Hospital
A	Least Larry Data dia Constituti Cont	Friday	Wilkerson Hall
April 5 Tuesday	Joseph Levy Dabadie Correctional Center Visitors Center	10:00 AM	242 W. Shamrock
1:00 PM	1453 15th Street—Camp Beauregard		Pineville 71360
	Pineville 71360		Benefits Fair 8am-12 noon
	Facility Employees only		

Annual Enrollment Meetings

April 18	State Office Building
Monday	V.R. Conference Room
8:30 AM*	900 Murray Street
10:30 AM	Alexandria 71301
2:00 PM	*Special meeting for retirees with Medicare

Red River Parish

April 7	Red River Parish School Board
Thursday	Title 1 Parent Center
2:00 PM*	1921 Alonzo Street
3:45 PM	Coushatta 71019
	*Special meeting for retirees with Medicare

Richland Parish

April 13	Richland Parish School Board
Wednesday	Board Room
10:00 AM*	411 Foster Street
2:00 PM	Rayville 71269
4:00 PM	*Special meeting for retirees with Medicare

Sabine Parish

April 12	Sabine Parish School Board
Tuesday	West Peterson Street
9:00 AM*	Many 71449
3:30 PM	*Special meeting for retirees with Medicare

April 12	Office of Public Health
Tuesday	1230 West Louisiana Ave.
1:00 PM	Many 71449

St. Bernard Parish

April 7	St. Bernard Parish School Board
Thursday	Board Room
4:00 PM	200 E. St. Bernard Highway
	Chalmette 70043
April 11	St. Bernard Parish School Board
Monday	Board Room
9:00 AM*	200 E. St. Bernard Highway
	Chalmette 70043
	*Special meeting for retirees with Medicare
April 14	Elaine Nunez Community College
Thursday	Arts, Science & Technical Building
12:00 Noon	3710 Paris Road

Chalmette 70043

St. Charles Parish

April 14	LA Cooperative Extension
Thursday	Conference Room
9:30 AM	1313 Paul Maillard Road Suite-D
11:00 AM*	Luling 70070
	*Special meeting for retirees with Medicare

St. Helena Parish

April 18	St. Helena Parish School Board
Monday	St. Helena Elementary School Cafeteria
2:30 PM*	Highway 1042
3:45 PM	Greensburg 70441
	*Special meeting for retirees with Medicare

St. James Parish

April 1	Pontchartrain Levee District
Friday	Conference Room
1:00 PM	2204 Albert Street
2:30 PM*	Lutcher 70071
	*Special meeting for retirees with Medicare

St. John the Baptist Parish

April 28	River Parish Technical College
Thursday	Conference Room
1:00 PM	181 Regala Park Road
2:30 PM*	(Off Airline Highway)
	Reserve 70084
	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $

St. Landry Parish

April 11	DOTD Maintenance Unit
Monday	11968 Hwy. 190 West
7:30AM	Opelousas 70570
April 11	LCTC TH Harris Campus
Monday	332 East South Street
11:00AM	Opelousas 70570
April 11	St. Landry Parish School Board
Monday	Opelousas High School
4:30PM	1014 Judson Walsh Drive
	Opelousas 70570
April 12	LSU – Eunice
Tuesday	Technology Building Auditorium
11:00AM	Room 102 / pp
	LA Hwy. 755
	Eunice 70535



April 12 Tuesday 4:30PM	St. Landry Parish School Board Opelousas High School 1014 Judson Walsh Drive Opelousas 70570
April 13 Wednesday 9:30AM*	St. Landry Parish School Board Resource Center 1013 Creswell Lane Opelousas 70570 *Special meeting for retirees with Medicare
April 13 Wednesday 1:00PM April 19 Tuesday 1:00PM	Wildlife and Fisheries 5652 Highway 182 Opelousas 70570 DSS/OCS/OFS/BHSF 6069 I-49 South Service Road Opelousas 70570

St. Martin Parish

April 6	LSU Cooperative Extension Services
Wednesday	Conference Room
10:00 AM*	114 Courthouse St.
	Breaux Bridge 70517
	*Special meeting for retirees with Medicare

April 12	Louisiana Technical College
Tuesday	Evangeline Campus
2:30 PM	600 S. Martin Luther King, Jr. Dr.
	St. Martinville 70582

St. Mary Parish

April 8	Louisiana Technical College
Friday	Young Memorial Campus
2:45 PM	900 Youngs Road
	Morgan City 70380
April 21	LA Coop. Ext. Services
Thursday	Courthouse

10:30 AM*	Parish Council Meeting Rm. 5th Floor
1:30 PM	Franklin 70538
	*Special meeting for retirees with Medicare

St. Tammany Parish

April 5	DSS/OCS/OFS
Tuesday	300 Covington Center
2:00PM	Conference Room
	Covington 70433

April 5	St. Tammany Parish School Board
Tuesday	Slidell High School Cafeteria
6:00PM	One Tiger Drive
	Slidell 70458
April 6	Southeast Louisiana Hospital
Wednesday	Gymnasium
10:00AM	Hwy. 190 (Sparrow Drive)
1:00PM	Mandeville 70471
April 7	St. Tammany Parish School Board
Thursday	Technology Center
3:00PM*	2024 Livingston Street
6:00PM**	Mandeville 70448
	*Special meeting for retirees with Medicar
	**Active employees Only

April 18	Office of Community Service
Monday	Conference Room
1:30PM	351 Holiday Blvd.
	Covington 70433

Tangipahoa Parish

April 4	Hammond Developmental Center
Monday	Chapel
9:00 AM**	45439 Live Oak Drive
1:00 PM	Hammond 70401
	**Interpreter for the hearing impaired
April 5	Southeastern La University
Tuesday	University Center Room # 125
10:00 AM	Wardline Avenue
1:30 PM	Hammond 70403
	Benefits Fair (Room 125) 9 AM to 3 PM
	Presentations (Room 133) 10 AM to 1:30 PM
April 6	DOTD-District 62 Headquarter
Wednesday	Conference Room
7:00 AM	685 North Morrison Boulevard
	Hammond 70404
April 7	Office of Family Support
Thursday	Conference Room
9:30 AM	1211 North West Central Ave
	Amite 70422
April 8	Lallie Kemp Medical Center
Friday	Large Conference Room
9:00 AM	52579 Hwy 51 South
11:00 AM	Independence 70443

ANNUAL ENROLLMENT MEETINGS

April 12	Tangipahoa Parish School Board
Tuesday	Board Room
4:30 PM	59656 Puleston Road
	Amite 70422
April 14	Tangipahoa Parish School Board
April 14 Thursday	Tangipahoa Parish School Board Hammond High School Cafeteria
-	0.1
Thursday	Hammond High School Cafeteria

Tensas Parish

April 14	Northeast Research Station
Thursday	Highway 605
1:00 PM*	St. Joseph 71366
	*Special meeting for retirees with Medicar

April 14	Tensas Parish School Board
Thursday	Media Center
3:30 PM	710 Plank Road
	St. Joseph 71366

Terrebonne Parish

April 13	Leonard Chabert Medical Center
Wednesday	2nd Floor Cafeteria
7:30 AM	1978 Industrial Blvd.
9:30 AM	Houma 70363
3:30 PM	

April 19	DOTD Maintenance/Construction
Tuesday	5056 West Main Street
8:00 AM*	Houma 70360
10:30 AM	*Special meeting for retirees with Medicare

April 19	L.E. Fletcher Technical Community College
Tuesday	310 St. Charles Street
1:30 PM	Houma 70360

Union Parish

April 11	Union Parish School Board
Monday	Media Center
1:00 PM*	1206 Marion Highway
3:30 PM	Farmerville 71241
	*Special meeting for retirees with Medicare

Vermilion Parish

April 5	Vermilion Parish- OCS
Tuesday	2729 Veterans Memorial Drive
8:30 AM	Abbeville 70510

April 5	Vermilion Parish Library
Tuesday	405 E. St. Victor St.
11:00 AM*	Abbeville 70510
	*Special meeting for retirees with Medicare

April 5	Louisiana Technical College
Tuesday	Gulf Area Campus
2:45 PM	115 Clover Street
	Abbeville 70510

Vernon Parish

Vernon Parish School Board
Leesville High School Auditorium
502 Berry Avenue
Leesville 71446
*Special meeting for retirees with Medicare

Washington Parish

	J
April 8	Bogalusa City School
Friday	Media Center
3:00 PM*	1705 Sullivan Drive
4:30 PM	Bogalusa 70427
	*Special meeting for retirees with Medicare
April 13	Washington Parish School Board
Wednesday	Conference Room
4:00 PM	800 Main Street
	Franklinton 70438
April 21	Washington Correctional Institute
Thursday	Highway – 21
5:45 AM	Angie 70426
6:45 AM	Facility Employees Only
5:45 PM	
April 22	Washington Correctional Institute
Friday	Highway – 21
5:45 AM	Angie 70426
5:45 PM	Facility Employees Only
April 22	Washington / St. Tammany Hospital
Friday	Inpatient Campus Conference Room
11:00 AM	433 Plaza Street
1:00 PM	Bogalusa 70427

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Webster Parish

April 12 Tuesday 10:30 AM	Military Dept. Youth Challenge Program Activity Bldg. A-120 100 Louisiana Blvd. Minden 71055
April 12 Tuesday 3:30 PM	Webster Parish School Board Springhill High Auditorium 507 West Church Springhill 71075
April 13 Wednesday 3:30 PM	Webster Parish School Board Minden High School Auditorium College Street Minden 71055
April 18 Monday 9:00 AM*	Northwest Louisiana Tech College 814 Constable Street Minden 71055

West Baton Rouge Parish

April 7	Atchafalaya Basin Levee District
Thursday	525 Court Street
8:30 AM	Port Allen 70767

- April 21 WBR Parish School Board
- ThursdaySchool Board Office Board Room10:00 AM*3761 Rosedale RoadPort Allen 70767*Special meeting for retirees with Medicare

*Special meeting for retirees with Medicare

- April 21WBR Parish School Board
- ThursdayPort Allen High School Cafeteria4:30 PM3553 Rosedale Road
 - Port Allen 70767
- April 25Greater WBR Port CommissionMondayConference Room9:00 AM2425 Ernest Wilson Drive
Port Allen 70767

West Carroll Parish

April 15	West Carroll Parish School Board
Friday	Media Center
10:00 AM*	410 Willis Street
2:00 PM	Oak Grove 71263
	*Special meeting for retirees with Medicare
Wort Folioiana Danich	

West Feliciana Parish

April 1	West Feliciana Parish Health Unit
Friday	5154 Burnett Road
2:00 PM*	St. Francisville 70775
3:30 PM	*Special Meeting for retirees with Medicare

Winn Parish

April 20	LA Cooperative Extension Service
Wednesday	Room 108
1:00 PM*	119 West Main
	Winnfield 71483
	*Special meeting for retirees with Medicare

April 20	Winn Parish School Board
Wednesday	304 East Court Street
3:30 PM	Winnfield 71483



What Is a Fee Schedule and What Does It Mean to You?

In the last issue of For Your Benefit, we discussed some of the variables that can affect your health care pricing. In this issue, we take a look at fee schedules and their impact on your health care expenses.

A fee schedule is an agreed upon amount between your health care provider and OGB for a particular service. Each service or combination of services that your provider performs has a fee schedule amount attached to it (there are 12,690 services). OGB calculates your benefits based on the fee schedule for a particular billed service.

For example, if you are in the PPO plan: Your office visit charge was \$100.00. OGB's fee schedule allows \$70.00 for that visit. The amount OGB considers is now \$70.00. If you had this service at an in-network provider, the provider writes off the \$30.00 difference. If this service was at a non-network provider, the provider could charge you the \$30.00 difference. The deductibles and applicable co-insurance percentages will apply to the \$70.00 whether in or out of network.

As you can see by the example, there are definite advantages to using in-network providers whenever possible. This is true for out-of-state, out-of-network providers as well. Any amount over and above the fee schedule amount could be charged to you. The only exception to the fee schedule is if you have Medicare as your primary payer. It is very important for you to understand that our fee schedule is based on the service code provided by your health care provider.

OGB is required by law to implement a medical fee schedule for all medical and surgical services and for all professional services performed in a hospital.

For more information about fee schedules, contact the Customer Services Department at 1-800-272-8451.

Webinar to be Offered to Plan Members

How would you like to attend an Annual Enrollment meeting without leaving your desk? OGB is holding its first ever webinar, *Decision 2005*, – a live electronic seminar – and you are cordially invited.



After you log on through our Web site at www.groupbenefts.org, you will see our presentation on your computer screen and hear our program through your computer's speakers. During the webinar, questions regarding annual enrollment may be asked and general answers given.

Decision 2005 is scheduled for **Wednesday, March 30th at 11 a.m.** You can log in from any computer. If your schedule will not permit you to join us at that time, the webinar will be archived on our Web site, and you can access it any time. You'll be able to see all the questions and answers from March 30th.

Please visit our Web site at www.groupbenefits.org for details.

Special Section Devoted to Annual Enrollment

OGB's Web site will have a special section dedicated to Annual Enrollment information and updates. Check the member home page and the Latest News section of www.groupbenefits.org for on-going updates during the Annual Enrollment period.

IMPORTANT TIPS



Flexible Benefits Plan Offers Tax Savings

Would you like to save money on your taxes? You can do just that by enrolling in one or more of the three Flexible Benefits Plan Options.

Join the Premium Conversion Option and have your eligible insurance payroll deductions taken before the calculation of taxes.



Join the Dependent Care Flexible Spending Account Option and set aside money from your paycheck for dependent care expenses before the calculation of taxes. To make this option as convenient as possible, 1 Point Solutions, OGB's flexible spending accounts manager, offers a Recurring Expense Service. This service pre-certifies your regularly recurring dependent care expense so that you never have to keep a receipt, complete a claim form or swipe your flexible spending card.

Join the Health Care Flexible Spending Account Option and set aside money from your paycheck for out-of-pocket medical expenses before the calculation of taxes. You can have immediate access to your Flexible Spending Account dollars with the 1Point Solutions card. Present the card anywhere MasterCard is accepted as payment for any of your eligible out-of-pocket medical expenses and the amount is automatically deducted from your account.

The Flexible Benefits Plan Annual Enrollment period is April 1, 2005 through June 20, 2005.

Important Tips



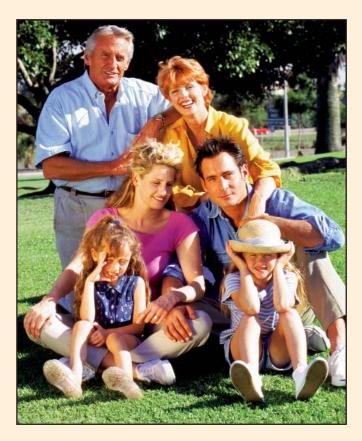
Save Your EOB

You should save the Explanation of Benefits (EOB) you receive from the Office of Group Benefits for a minimum of two years. The EOB can serve as your backup documentation in the event your provider is audited and the audit erroneously shows you to have a balance due.



Prior Approval Required

You must obtain prior approval before acquiring any mental health and substance abuse services. Refer to the toll-free number for such services for the PPO, EPO and MCO plans found on the back of your Health and Pharmacy Benefits ID Card. If prior approval is not obtained, you will be responsible for the charges. Also, when calling for approval, you can get the names of approved providers. The toll-free number is 1-866-492-7143.



OTHER NEWS

Savings Generated Using Medical Computer Program

OGB began using a medical logic computer program in July 2004. The program reviews incoming claims to detect and correct costly inaccuracies in provider claims. The result of more than a decade of landmark coding and clinical expertise investment, it contains more than 3.5 million rules and relationships between different codes. With this tool, OGB detected \$12.3 million in inappropriately billed claims within the seven-month period beginning July1, 2004. This review represented savings to our plan members.

Plan Members: Be Aware of Eligibility Issues

Within the last six months, OGB has discovered numerous situations in which plan members had not properly notified this office of a status change.

Plan members should be aware that they are responsible for notifying this office of status changes that will affect their insurance coverage. Improper or no notification at all may result in an investigation by OGB's fraud unit and possibly be turned over to law enforcement for prosecution.

One case involved a divorced plan member who failed to notify OGB for several years of a change in marital status and continued to cover the ex-spouse through OGB. According to the plan document, OGB does not allow an ex-spouse to be covered as a dependent. This case has been turned over to the fraud unit.

In another case, a plan member applied for insurance for employee and spouse. Upon retirement, when asked to produce a marriage certificate, the member was unable to do so. At that time it was determined that the couple had never been legally married. The plan member's partner was never eligible for insurance.

In a third case, a child had reached the maximum age for dependent coverage and was being removed from the plan. During the course of a phone conversation with OGB, it was determined that the dependent had been married for several years. Because of the marriage, the dependent became ineligible to be carried on the parent's coverage.

In each case, coverage with OGB was erroneously continued, which led to the payment of a significant amount of claims expenses by OGB. Plan members are expected to be knowledgeable of their plan document and be prepared to make changes as they occur. All claims determined to have been incorrectly submitted will be investigated.

OGBe-News Available to Plan Members On-line



Good news! You can be informed with up-to-date news articles and timely tips on health and OGB-related topics – all coming to you!

Plan members can take advantage of OGBe-News by signing

up on-line at OGB's Web site www.groupbenefits.org. At the home page, click on the News and Updates in your E-mail link. At the text box, you can then register to receive regular e-mail regarding news and updates about the Office of Group Benefits, including OGBe-News. When you register, if you are interested in just receiving information sent to plan members, select "Plan Member." If you are interested in receiving all information sent, select "All."

Following completion of registration, you will receive an e-mail from the OGB webmaster telling you that in order to complete your registration you must click on the link provided in the e-mail.



HEALTHY LIFESTYLES

Are You Suffering From Heartburn?

The following information is provided courtesy of CatalystRx.

Treatments

Lifestyle Changes

There are some easy lifestyle changes you can make that may help reduce the symptoms of heartburn.

- Eat several small meals daily instead of three large meals.
- Avoid carbonated drinks, coffee, and tea; chocolate; citrus foods; fatty and fried foods; onions; peppermint; spicy foods; and tomatoes.
- After eating, avoid bending over, lying down or sleeping for two to four hours.
- Stop smoking and drinking alcohol (both increase stomach acid and irritation).
- Maintain your recommended weight. If necessary, lose weight.
- Exercise regularly.
- Wear loose-fitting clothing and belts.
- Raise the head of your bed six to eight inches by using pillows or a specially designed wedge.



Drug Therapy

Many over-the-counter and prescription medications are available to treat heartburn. Over-the-counter medications do not require a prescription and often cost less than prescription medications.

When to Consult Your Doctor

Most heartburn cases can be treated by simple lifestyle changes or over-the-counter medications. However, if you experience any of the following symptoms, your heartburn may be more severe and require the attention of a doctor.

- Heartburn persists, is severe or occurs more than twice a week.
- Heartburn makes it difficult to fall asleep or wakes you up at night
- Severe chest pain or pressure, especially if it radiates to your arm, neck or back.
- Vomiting followed by severe chest pain

Have you encountered a problem at your pharmacy?

Assistance is just a phone call away...



If your pharmacy is not familiar with your pharmacy benefit program, or is unable to process your claim, you or the pharmacist can call Catalyst Rx Customer Service, 24 hours a day, 7 days a week for assistance: 1-888-869-4600.

Also, a complete overview of your pharmacy benefit program, as well as answers to frequently asked questions, is available online at www.catalystrx.com.