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Arlington County RETIREE LINK

APRIL 2011

National Health Care Reform: What Changes?



The healthcare reform legislation, Patient Protection and Affordable Care Act (PPACA), requires many health care plans to implement changes which the County has had for years including:

- Immediate enrollment in a County plan
- No pre-existing conditions exclusions
- At least 80% of the premium must be spent on medical claims and not administration costs
- Clearly established appeals processes for claims denials
- No lifetime or annual limits (for in network services)
- Maintaining coverage regardless of your individual medical experience

However, there are two changes we are implementing which are new:

1) Young Adults up to age 26 may now be covered under the County's health and dental plans regardless of student status or whether they are considered as dependents on your tax return. During Open Enrollment, you will have the option to enroll these young adults. Once they reach the age of 26, they will be allowed to continue coverage under COBRA. (Continued on Page 3)

Open Enrollment May 9—May 27, 2011 (Rate Chart Appears on Pages 6-7)

There are changes to the CIGNA, Kaiser and Supplemental Life Insurance plans this year. Retirees wanting to make changes to their health or dental plans may do so during Open Enrollment. Representatives from the Human Resources Department will be available at the ACREA luncheon on May 12 to answer questions you may have about your benefits and to help you make any changes you need to make. See ACREA article on page 10 for details about the luncheon.

What you can do during Open Enrollment:

- Change from CIGNA to Kaiser or vice-versa
- Increase or decrease your level (e.g. single to family) of health or dental coverage
- Reduce supplemental life coverage amounts to 1/2 pre-retirement salary or to \$10,000 (Continued on Page 2)

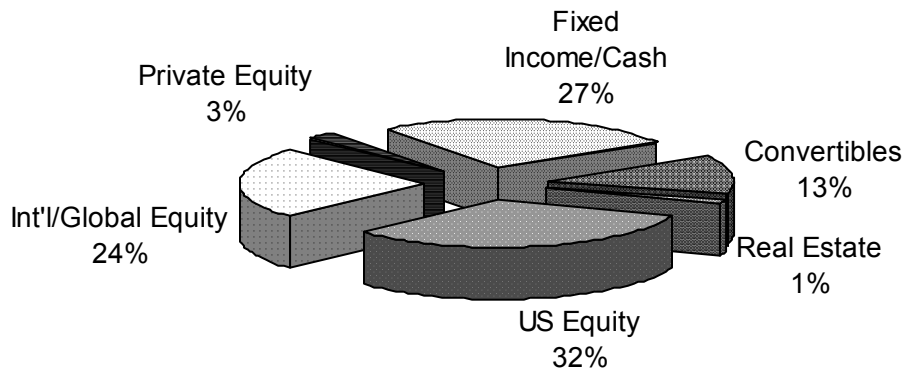


ARLINGTON
VIRGINIA

Retirement System Update

As of February 28, 2011

The Retirement System's assets totaled \$1.52 billion, a \$248 million increase since the beginning of the fiscal year. Fiscal year to date investment performance of 21.2% exceeds the benchmark return of 18.4%. The fund is invested in a broadly diversified portfolio designed to perform in a variety of economic and market scenarios. The System remains well positioned to meet its current and future obligations to retirees.



Please visit the Retirement Office website at www.arlingtonva.us/retirement for more information.

Open Enrollment (continued from page 1)

Who can enroll: Retirees covered under the medical and/or dental plan through 6/30/08 OR who retired after 6/30/08 and were eligible for the medical and/or dental plan may enroll during open enrollment, provided they show proof of loss of alternate coverage within the past 60 days. Retirees who retired before 7/1/08 and who did not have coverage through the County may not enroll in the plan now.

Dental and Pre-Medicare Medical Premium Changes: The good news this year for the medical and dental plans is that the rate of health care cost increases has slowed. Historically, our total costs have increased an average of 10% per year. Looking at the 5-year average (2006-2010), our trend has slowed to 8% per year. Although our cost increases are slowing, the health care reform changes will have a slight impact on the cost of our health plans.

Effective 7/1/2011 the pre-Medicare CIGNA health plan rates are increasing 6% and Kaiser is increasing 1%. **Dental plan rates are not changing.** Since retirees with family coverage have reached the maximum County contribution (\$960/month), retirees with family coverage will see a greater increase. Also, retiree rates for those with less than a full career may increase slightly more than 6%.

Local Open Enrollment Events:

May 11, 2011 @ 1:00 pm
 Courthouse Plaza, 2100 Clarendon Boulevard
 Lobby Rooms Cherry and Dogwood

May 12, 2011 @ 2:00 pm
 Department of Human Services
 2100 Washington Boulevard
 Ground Floor Auditorium

(Continued on Page 4)



How do I enroll my dependent under the age of 26 in the County's medical or dental plan?

- You, the retiree, must be enrolled in a County medical/dental plan
- Go online to the Retirement website (www.arlingtonva.us/retirement)
- Click on the link to "Retiree Services", then on the link to forms and documents. You will be able to download a CIGNA or Kaiser paper enrollment form
- If you do not have access to the Retirement website, call Human Resources at 703 228-3500 option 1 and ask them to mail you an enrollment form
- Return the completed form to Human Resources by May 27, 2011

Coverage will be effective July 1, 2011 and, if there will be an increase in your premium, you will see it your July 29 retirement check.

2) Preventive Care Covered at 100%: Kaiser preventive services remain, as always, at no cost. Preventative care services provided for CIGNA members have been expanded and will be covered at 100%. CIGNA now includes in their preventive care services such items as:

- Blood pressure, diabetes and cholesterol screening
- Many cancer screenings, such as mammograms and colonoscopies
- Counseling on such items as smoking cessation, losing weight, eating healthy, treating depression and reducing alcohol use
- Regular well baby and well child visits from birth to age 21 for your eligible dependents

For a presentation of the preventive care CIGNA now provides go to www.arlingtonva.us/retirement, click on "Retiree Services" and then on the link to the forms and documents page. The presentation is named "CIGNA Preventive Care Guidelines" and is in the "CIGNA" section.

What do CIGNA members need to do to access free preventive care services?

- Pre Medicare Retirees: Call CIGNA Customer Service at 1-800-244-6224 to confirm that your visit is for a covered preventive service.
- Medicare Retirees: these are Medicare covered benefits. Please call Medicare Customer Service at 1 800 Medicare (1 800 633.4227) to confirm that your visit is for a covered preventive service.
- Make an appointment with your doctor specifying that it is for a preventive service.
- Confirm with the doctor's office staff that this is a preventive service so that they are sure to bill CIGNA under a preventive service category.

Note: If your preventive service visit is combined with any other purpose, you will be billed your normal office visit copay.

Need help with your medical claims?

Kaiser Customer Service
1-800-777-7902

CIGNA Customer Service
1-800-244-6224
24 hours a day
7 days a week

CIGNA Medicare Customer Service

For issues related to enrollment or medical claims
PRIOR to 1/1/11:

CIGNA Medicare Access 1-800-577-9410

CIGNA Medicare Customer Service

For issues related to enrollment or claims **AFTER 12/31/2010:**

For medical questions:

1-800-244-6224
24 hours a day
7 days a week

For pharmacy questions:

1-800-558-9562
(M-F 8 am - 8 pm your local time)

Open Enrollment (continued from page 2)

Kaiser Permanente Changes for Pre-Medicare Retirees: As part of our ongoing effort to maintain low and stable premiums for County employees and pre-Medicare retirees, there will be a number of co-pay changes for standard Kaiser services. The following is a summary of these changes

Covered Service	New Copay
Primary Care Physician Office Visit	\$15
Specialist Office Visit (includes chiropractic and acupuncture visits)	\$30
Emergency Room	\$150

Additionally, for prescriptions, your copay will now purchase a 30-day supply at either Kaiser or a retail pharmacy. Mail order prescription copays remain unchanged.

Vision Coverage for CIGNA Medicare Surround Members



Effective MAY 1, 2011 your vision plan coverage is enhanced at no additional cost to you. New features include:

- Annual Checkup for a \$10 co-pay
- One checkup every 12 months, including dilation, refraction and prescription for new lenses/contacts
- Lenses/contacts and frames – you will receive an allowance of \$75 toward lenses, contact lenses and frames every 24 months

For lenses, contacts and frames you can use either the CIGNA Vision Network Provider for your area or you can use the Healthy Rewards discount plan. Depending on where you live your discount could vary, so please check both options. If you have questions contact CIGNA Customer Service at 1/800-224-6224.

Social Security Numbers Update

Thanks to all of you who responded to the request in the October 2010 *Retiree Link*! All retirees with dependents enrolled in a county medical plan were asked to provide us with Social Security numbers for their covered dependents so that we would be in compliance with recent federal law requirements.



We will be contacting those few retirees with dependents enrolled in a county medical plan for whom we do not yet have Social Security numbers. Please help us be proactive. If you haven't yet sent the information to us, please do so today. The form is available on the Retiree web site at www.arlingtonva.us/retirement. Go to "Retiree Services" and click on the link to forms and documents. The form is in the "General" section and is named "Dependent Verification for Retiree CIGNA Medical and Delta Dental".

Life Insurance Changes for April 29 Retirement Payment

The County provides free basic term life insurance to retirees.

Retirees who have turned age 65 since April 1, 2010 will continue to receive a free policy from the County; however, the amount will be reduced from \$10,000 to \$8,000 (pro-rated for retirees who were part-time employees).

Retirees who are paying for supplemental life insurance who have turned age 65 since April 1, 2010 will have this policy reduced to \$10,000 (pro-rated for retirees who were part-time). Supplemental life rates will change with the April 29, 2011 retirement payment.

Finally, all retirees who have moved to a new age band (see rate chart below) since April 1, 2010 will have their premiums adjusted with their April 29, 2011 retirement payment.

Please note that effective July 1, 2011, the supplemental life insurance rate chart will change. Anyone with supplemental life insurance coverage will be charged the new rates on their July 29th retirement check.

Retiree Supplemental (Optional) Life Insurance Rates

Rates are monthly, per \$1000 of coverage

Age	Rates Effective 7/1/10-6/30/11		Rates Effective 7/1/11-6/30/12	
	Non-Tobacco User	Tobacco User	Non-Tobacco User	Tobacco User
<30	\$ 0.08	\$ 0.10	\$ 0.10	\$ 0.13
30-34	\$ 0.10	\$ 0.14	\$ 0.13	\$ 0.17
35-39	\$ 0.12	\$ 0.18	\$ 0.14	\$ 0.23
40-44	\$ 0.15	\$ 0.29	\$ 0.19	\$ 0.36
45-49	\$ 0.22	\$ 0.44	\$ 0.27	\$ 0.55
50-54	\$ 0.39	\$ 0.75	\$ 0.49	\$ 0.94
55-59	\$ 0.64	\$ 1.24	\$ 0.81	\$ 1.55
60-64	\$ 0.99	\$ 1.90	\$ 1.24	\$ 2.38
65-69	\$ 1.90	\$ 3.66	\$ 2.38	\$ 4.58
70-74	\$ 3.07	\$ 5.93	\$ 3.85	\$ 7.43
75-79	\$ 3.20	\$ 6.19	\$ 4.01	\$ 7.75
80-84	\$ 3.34	\$ 6.45	\$ 4.18	\$ 8.08
85+	\$ 3.47	\$ 6.71	\$ 4.34	\$ 8.40

Retiree Medical and Dental Plan Monthly Premiums
(Retiring/Retired Prior to January 16, 2012)

Effective July 1, 2011 (Medicare premiums effective January 1, 2011)

Note: The maximum County Share for medical combined with dental is \$960/month (pro-rated for Groups 2-6). If your elections total a County Share amount greater than the cap, your share will be slightly higher than the amounts in the colored Retiree Share columns. (This currently only affects those with Family Medical coverage.)

	Medical + Dental Employer Subsidy Monthly Cap	Coverage Level	Kaiser HMO		CIGNA HMO*		CIGNA POS*		Dental	
			Medical Retiree Share	Medical County Share	Medical Retiree Share	Medical County Share	Medical Retiree Share	Medical County Share	Dental Retiree Share	Dental County Share
GROUP 1: Chapter 21 20+ yrs svc; Chapter 46 25+ yrs svc	\$960	Single	\$ 69.73	\$ 373.57	\$ 93.39	\$ 373.57	\$ 292.44	\$ 373.57	\$ 6.93	\$ 27.72
		Retiree + Spouse/ Adult Dependent	\$ 159.07	\$ 774.07	\$ 212.26	\$ 774.07	\$ 624.18	\$ 774.07	\$ 13.86	\$ 55.44
		Retiree + Child(ren)	\$ 144.14	\$ 677.21	\$ 191.01	\$ 677.21	\$ 561.52	\$ 677.21	\$ 14.78	\$ 59.14
		Family	\$ 388.29	\$ 960.00	\$ 466.31	\$ 960.00	\$ 1,068.03	\$ 960.00	\$ 20.79	\$ 83.16
		1 NonMedicare + 1 Medicare	\$ 95.40	\$ 604.60	\$ 126.57	\$ 672.22	\$ 325.62	\$ 672.22	\$ 13.86	\$ 55.44
GROUP 2: Chapter 46 23-24 years of service	\$883	Single	\$ 99.62	\$ 343.68	\$ 123.28	\$ 343.68	\$ 322.33	\$ 343.68	\$ 9.15	\$ 25.50
		Retiree + Spouse/ Adult Dependent	\$ 220.99	\$ 712.15	\$ 274.18	\$ 712.15	\$ 686.10	\$ 712.15	\$ 18.30	\$ 51.00
		Retiree + Child(ren)	\$ 198.32	\$ 623.03	\$ 245.19	\$ 623.03	\$ 615.70	\$ 623.03	\$ 19.51	\$ 54.41
		Family	\$ 465.29	\$ 883.00	\$ 543.31	\$ 883.00	\$ 1,145.03	\$ 883.00	\$ 27.44	\$ 76.51
		1 NonMedicare + 1 Medicare	\$ 143.76	\$ 574.71	\$ 180.34	\$ 618.44	\$ 379.39	\$ 618.44	\$ 18.30	\$ 51.00
GROUP 3: Chapter 46 20-22 years of service	\$768	Single	\$ 144.45	\$ 298.85	\$ 168.11	\$ 298.85	\$ 367.16	\$ 298.85	\$ 12.47	\$ 22.18
		Retiree + Spouse/ Adult Dependent	\$ 313.88	\$ 619.26	\$ 367.07	\$ 619.26	\$ 778.99	\$ 619.26	\$ 24.95	\$ 44.35
		Retiree + Child(ren)	\$ 279.58	\$ 541.77	\$ 326.45	\$ 541.77	\$ 696.96	\$ 541.77	\$ 26.61	\$ 47.31
		Family	\$ 580.29	\$ 768.00	\$ 658.31	\$ 768.00	\$ 1,260.03	\$ 768.00	\$ 37.42	\$ 66.53
		1 NonMedicare + 1 Medicare	\$ 216.32	\$ 483.68	\$ 261.02	\$ 537.77	\$ 460.07	\$ 537.77	\$ 24.95	\$ 44.35
GROUP 4: Ch 21 & 46 15-19 years of service	\$576	Single	\$ 219.16	\$ 224.14	\$ 242.82	\$ 224.14	\$ 441.87	\$ 224.14	\$ 18.02	\$16.63
		Retiree + Spouse/ Adult Dependent	\$ 468.70	\$ 464.44	\$ 521.89	\$ 464.44	\$ 933.81	\$ 464.44	\$ 36.04	\$33.26
		Retiree + Child(ren)	\$ 415.02	\$ 406.33	\$ 461.89	\$ 406.33	\$ 832.40	\$ 406.33	\$ 38.44	\$35.48
		Family	\$ 772.29	\$ 576.00	\$ 850.31	\$ 576.00	\$ 1,452.03	\$ 576.00	\$ 54.05	\$49.90
		1 NonMedicare + 1 Medicare	\$ 337.24	\$ 362.76	\$ 395.46	\$ 403.33	\$ 594.51	\$ 403.33	\$ 36.04	\$33.26
GROUP 5: Ch 21 & 46 10-14 years of service	\$384	Single	\$ 293.87	\$ 149.43	\$ 317.53	\$ 149.43	\$ 516.58	\$ 149.43	\$ 23.56	\$11.09
		Retiree + Spouse/ Adult Dependent	\$ 623.51	\$ 309.63	\$ 676.70	\$ 309.63	\$ 1,088.62	\$ 309.63	\$ 47.12	\$22.18
		Retiree + Child(ren)	\$ 550.47	\$ 270.88	\$ 597.34	\$ 270.88	\$ 967.85	\$ 270.88	\$ 50.27	\$23.65
		Family	\$ 964.29	\$ 384.00	\$ 1,042.31	\$ 384.00	\$ 1,644.03	\$ 384.00	\$ 70.69	\$33.26
		1 NonMedicare + 1 Medicare	\$ 458.16	\$ 241.84	\$ 529.91	\$ 268.89	\$ 728.96	\$ 268.89	\$ 47.12	\$22.18
GROUP 6: Ch 21 & 46 0-9 years of service	\$192	Single	\$ 368.59	\$ 74.71	\$ 392.25	\$ 74.71	\$ 591.30	\$ 74.71	\$ 29.11	\$5.54
		Retiree + Spouse/ Adult Dependent	\$ 778.33	\$ 154.81	\$ 831.52	\$ 154.81	\$ 1,243.44	\$ 154.81	\$ 58.21	\$11.09
		Retiree + Child(ren)	\$ 685.91	\$ 135.44	\$ 732.78	\$ 135.44	\$ 1,103.29	\$ 135.44	\$ 62.09	\$11.83
		Family	\$ 1,156.29	\$ 192.00	\$ 1,234.31	\$ 192.00	\$ 1,836.03	\$ 192.00	\$ 87.32	\$16.63
		1 NonMedicare + 1 Medicare	\$ 579.08	\$ 120.92	\$ 664.35	\$ 134.44	\$ 863.40	\$ 134.44	\$ 58.21	\$ 11.09

MEDICARE RATES							
	Coverage Level	Kaiser HMO		CIGNA Medicare Surround Plus Rx		Dental	
		Medical Retiree Share	Medical County Share	Medical Retiree Share	Medical County Share	Dental Retiree Share	Dental County Share
GROUP 1: Chapter 21- 20+ yrs svc; Chapter 46 25+ yrs svc	1 on Medicare	\$ 25.67	\$ 231.03	\$33.18	\$298.65	\$ 6.93	\$ 27.72
	2 on Medicare	\$ 51.34	\$ 462.06	\$66.37	\$597.29	\$ 13.86	\$ 55.44
GROUP 2: Ch 46 23-24 yrs of service	1 on Medicare	\$ 44.15	\$ 212.55	\$57.07	\$274.76	\$ 9.15	\$ 25.50
	2 on Medicare	\$ 88.30	\$ 425.10	\$114.15	\$549.51	\$ 18.30	\$ 51.00
GROUP 3:Ch 46 20-22 yrs of service	1 on Medicare	\$ 71.88	\$ 184.82	\$92.91	\$238.92	\$ 12.47	\$ 22.18
	2 on Medicare	\$ 143.75	\$ 369.65	\$185.82	\$477.84	\$ 24.95	\$ 44.35
GROUP 4:Ch 21 & 46 15-19 yrs of service	1 on Medicare	\$ 118.08	\$ 138.62	\$152.64	\$179.19	\$ 18.02	\$ 16.63
	2 on Medicare	\$ 236.16	\$ 277.24	\$305.28	\$358.38	\$ 36.04	\$ 33.26
GROUP 5:Ch 21 & 46 10-14 yrs of service	1 on Medicare	\$ 164.29	\$ 92.41	\$212.37	\$119.46	\$ 23.56	\$ 11.09
	2 on Medicare	\$ 328.58	\$ 184.82	\$424.74	\$238.92	\$ 47.12	\$ 22.18
GROUP 6:Ch 21 & 46 0-9 yrs of service	1 on Medicare	\$ 210.49	\$ 46.21	\$272.10	\$59.73	\$ 29.11	\$ 5.54
	2 on Medicare	\$ 420.99	\$ 92.41	\$544.20	\$119.46	\$ 58.21	\$ 11.09

For the 1 NonMedicare plus 1 Medicare coverage level, please turn over for the rate.

"How to Find the Correct Rate for Your Coverage"

Which "Group" to use:

1. If you retired on Service Connected Disability, use the top tier of rates entitled "Group 1"
2. If you retired PRIOR to July 1, 1991, use the top tier of rates entitled "Group 1", regardless of your years of service.
3. If you retired ON/AFTER July 1, 1991 AND had 20 or more years of service, use Group 1, 2, or 3 rates based on your retirement chapter and years of service.
4. If you retired ON/AFTER July 1, 1994 with less than 20 years of service, use the Group 4, 5, or 6 rates based on your years of service.
5. If you retired BETWEEN July 1, 1991 and June 30, 1994 with less than 20 years of service, you have a different rate chart, please call Human Resources at 703-228-3500.

Definitions of Coverage Levels

1. "Single" = One person, the Retiree or Surviving Annuitant
2. "Retiree + Spouse/ Adult Dependent" = Retiree (or Surviving Annuitant) plus either a spouse or an Adult Dependent
3. "Retiree + Child(ren)" = Retiree (or Surviving Annuitant) plus one or more children. This is a new level of coverage effective 7/1/08.
4. "Family" = Retiree (or Surviving Annuitant) plus a Spouse/Adult Dependent plus any number of children.
5. "1 on Medicare" = 1 person enrolled & that person has Medicare B
6. "2 on Medicare" = 2 people enrolled & both have Medicare B
7. "1 NonMedicare + 1 Medicare" = 2 people enrolled, one with Medicare B, one without

Nutrition Myth Busters

Get ready to spring clean your diet and brush up on your nutritional knowledge! Here are a few, fun nutrition facts from HealthSmart. For more info about these and other health topics, or to learn about HealthSmart offerings, call 703-228-1827, 703-228-1832 or email HealthSmart@arlingtonva.us

Myth #1: Eating after 8 pm causes weight gain: Eating late in the day does not cause weight gain. But...usually when people eat after 8pm they are snacking in front of the TV, eating dessert or are eating because they are bored or tired. It's rare that someone's noshing on carrots and celery while watching a movie! Your body still burns calories after 8pm, but excess calories--whether they are eaten early or late in the day--will cause weight gain, but you need not worry if you don't eat dinner before 8 pm.

Myth #2: It's best to always eat fresh, raw vegetables: Strive to eat a variety of fruits and vegetables--raw and cooked. Certain nutrients are best absorbed from raw, while others are easiest for the body to use from cooked food. Frozen fruits and vegetable are great as long as they're not covered in sauces or overcooked. Canned produce is ok too, but try to rinse and drain the veggies before using to reduce the amount of sodium.

Myth #3: "Cholesterol Free" means a product is heart healthy: Many cholesterol free foods (butters, etc.) have no cholesterol--but they still have lots of saturated and trans fat. Saturated fat and trans fats actually increase your body's cholesterol levels more than the cholesterol found in food. So, if you're trying to be heart healthy, avoid products with a lot of saturated or any trans fats.

Take the HealthSmart retiree survey! Let us know how we can help you. The survey is online at www.surveymonkey.com/s/RMQTJ6M . You may also call HealthSmart at 703-228-1827 to share your thoughts! Note: Some of the information above was provided courtesy of CIGNA

Health Coverage Quick Tips

Making a change to your medical, dental or supplemental life coverage? Retirees making changes to their health, dental or supplemental life insurance changes must do so in writing. If your level of coverage (i.e. single, family, single + spouse, etc.) changes and your monthly premium changes, a direct deposit advice will be generated for the monthly retirement check that is impacted. It is your responsibility to contact the HR Benefits Customer Service Team if you do not see that the change occurs in a timely manner. If you do not receive a direct deposit advice indicating a change, please contact the HR Benefits Customer Service Team. The County will only issue a retroactive refund for up to a maximum of 60 days (2 months).

Got a bill from a medical provider and don't know where to start? If you get a bill from a medical provider (doctor, hospital, lab facility), make sure you call CIGNA, Kaiser or Delta Dental before paying the bill. Errors do sometimes occur and it is easier to get the claim reprocessed if necessary rather than to get money back from a medical provider that was paid in error. If you don't receive satisfactory assistance from CIGNA, Kaiser or Delta Dental, then call the HR Benefits Customer Service Team. Tip: Make sure you have the date, time you called the insurance company and who you spoke with when you call the HR Benefits Customer Service Team. This will help us help you.

How to Reach the HR Benefits Customer Service Team: Telephone 703-228-3500 (or 1-800-818-4910) and press 1 when the message begins or send an email to benefits@arlingtonva.us .

Important Reminder: When You Become Eligible for Medicare Parts A and B You Must Enroll to Stay on the County's Medical Plan

When you or your covered family members become eligible for Medicare Parts A and B, whether by age or disability, you must enroll in BOTH parts to remain covered through Arlington County medical plans. You should:

- begin this process within 90 days of your eligibility date
- Immediately forward a copy of your Medicare card showing the effective dates of both A and B coverage to the County (this ensures that your claims coverage will continue)



If you have CIGNA:

- the County will move your coverage to the CIGNA Medicare Surround Plus RX plan which is a Medicare supplement policy administered by CIGNA
- you will receive new medical and prescription cards
- you will be able to see any doctor that takes Medicare
- your providers will only have to submit claims to Medicare, Medicare will then forward your claim on to CIGNA for any additional benefits to be paid

If you have Kaiser:

- Kaiser will send you an enrollment package that you should return directly to them
- your coverage will move to the Kaiser Medicare Advantage plan which is a Medicare supplement plan
- you will receive a new medical card (your medical record number will remain the same though)
- you will access medical services as you had on the pre-Medicare Kaiser plan

Benefits under both of these plans remain similar to the pre-Medicare plans, but also have some enhancements.

If you are currently covered by Medicare Parts A and B and you have NOT notified the County, send a copy of your Medicare card to us as soon as possible:

HR Benefits Team
 2100 Clarendon Blvd, Suite 511
 Arlington, VA 22201
 Fax: 703-228-3775

Mark Your Calendars and Plan to Attend the ACREA Spring Luncheon on Thursday May 12, 2011

ACREA was organized and incorporated by retired Arlington County employees in 1973. The primary mission of ACREA is to be a retiree advocate to the Arlington County Government. They accomplish this by constantly monitoring and, when necessary, working to maintain and improve benefits regardless of the agency in which members may have been employed. Secondly, ACREA encourages continued social contact with former co-workers through yearly spring and fall luncheons as well as distributing a membership directory to assist retirees in locating and contacting old friends.

Not a member yet? Use the form on the next page to join ACREA.

The annual ACREA Spring Luncheon will be held Thursday May 12 at Little Falls Presbyterian Church, 6025 N. Little Falls Road, in Arlington. Social Hour begins at 10:30 and the buffet lunch will follow at 11:30 followed by the business meeting and election of officers.

Members and non-members are welcome! Visitors are welcome to join us and find out more about ACREA. Price is \$10 per person and we are accepting cash or checks at the door. If you bring a guest eligible for ACREA membership who joins for one year at the luncheon both you and your guest will attend free. We will have a raffle and door prizes for some lucky attendees.

Representatives from Human Resources will be at the luncheon to answer benefits questions and to help you make any changes you need to make.

Meet your 2011 ACREA Board of Directors: John Bassett, Sharon Berry, Ralph Darne, Edward Plaughter, and Marcia Smith



Considering a Move? Important Reminder

If you are considering a change in residence remember to check with us to see if there is health plan network coverage in the area you are considering. That will help you keep your medical out-of-pocket expenses and premiums affordable. If there is not coverage in an area, a switch to the CIGNA POS (Point of Service) plan will be necessary and the premium is significantly higher.



If you move or change the address where you receive mail please remember to let us know. We mail many important documents to you throughout the year and want to be sure you receive them. You may email changes to benefits@arlingtonva.us, mail them to Human Resources Department - Benefits, 2100 Clarendon Boulevard, #511, Arlington, Virginia or call us at 703/228-3500 (option 1).

ARLINGTON COUNTY RETIRED EMPLOYEES ASSOCIATION, INC.

Membership Form

A.C.R.E.A. - Post Office Box 10023, Manassas, VA 20108-0597

Email Address: ACREA@comcast.net

Name: _____ Date: _____

(Please Print)

Home Address: _____

Telephone: _____ Email Address: _____

Agency Retiring From: _____ Year Retired: _____

Retirement System you retired under

Chapter 21 (Hired before 02/08/1981) Chapter 46 (Hired after 02/08/1981) Chapter 35 (Schools)

(Please check all that apply)

- New Member Application Pay My Dues Information Update (Current Members)
 Annual Dues \$10.00 - Paying for year(s) _____ Lifetime Membership \$100.00
 Luncheon RSVP - Check Enclosed - Will Pay at the Door

Total Amount Enclosed \$ _____ (Make checks payable to ACREA)

- I am interested in serving on the Board of Directors and/or have special skills to offer, please contact me.
 In lieu of a paper copy I prefer to receive upcoming ACREA Newsletter's at my email address listed above.
 I do not wish to have my information published in the Membership Directory.

Comments: _____

Administrative Use Only

Amount Received: \$ _____ Check No. _____ Date: _____

Remarks: _____

Database Updated: Date: _____ Initials: _____

Arlington County
Department of Human Resources
2100 Clarendon Boulevard—#511
Arlington, VA 22201



Arlington County

RETIREE LINK

APRIL 2011

Did you know that you could subscribe to Retiree Benefits alerts, updates and the *RETIREE LINK*, via e-mail?

Go to www.arlingtonva.us/retirement and sign up under "Get it Done Online" or send your request to pers@arlingtonva.us .

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