

For Your BENEFIT

STATE OF LOUISIANA * OFFICE OF GROUP BENEFITS



*From the Desk of A. Kip Wall,
Chief Executive Officer*

Welcome to Annual Enrollment 2003

Maintaining affordable choices for OGB plan members is an ongoing challenge. It is an unfortunate fact that more and more people are using more and more health care services and that the cost of those services is increasing at a rapid pace.

With support from the Division of Administration, the Governor's Office, and the Legislature, we are able to offer you several plan enhancements this year. For single active employees the agency share of the health insurance premium will increase from 65 to 75 percent. Two years ago, the state was only paying 50 percent of an employee's premium.

In addition, OGB will offer new products and expand the availability of some existing options. The following plan options will be available to you for the FY2003-04 plan year:

- PPO – OGB will continue to

administer the PPO plan statewide. The PPO plan features a broad network within Louisiana and includes a limited out-of-network benefit.

- EPO – The EPO plan will be administered by Blue Cross Blue Shield of Louisiana on a statewide basis. The EPO plan provides copayments for many services with a \$300 deductible for services not covered by a copayment. The EPO plan will provide the broadest network of the four plan options offered. You should consider the EPO if you live outside Louisiana or have dependents or a spouse residing in other states. Due to the expansion of the in-state and out-of-state networks, premium costs for the EPO will increase at higher rates than other plans. There is an additional \$300 deductible for out-of-network services.

- HMO – Ochsner Health Plan will administer an HMO product in all regions of the state

with the exception of the Monroe region. In the Monroe region, Vantage Health Plan will administer the HMO. For the FY 2003-04 plan year, Ochsner Health Plan has added a limited out-of-network benefit, after a \$1,000 deductible.

- MCO – The MCO is a managed care option which will be administered by FARA Benefit

If you do not submit a Scantron annual enrollment document, you will be defaulted to the OGB PPO.

Services. The MCO will be available on a statewide basis and is offered to provide a low-cost option for plan participants. In order to maintain lower cost, there will be no out-of-network benefits for the MCO, prescription drugs will be governed by a formulary, and generic drugs will be mandatory.

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From the CEO

Welcome to Annual Enrollment 2003 [cont.]

Along with these options comes the responsibility to make informed choices. The chart on the following pages will help you with your health care decisions. All plan members will be required to note their choice on their Scantron annual enrollment form. If you do not submit a Scantron annual enrollment document, you will be defaulted to the OGB PPO. LSU employees who participate in the Definity Pilot Program will be defaulted to the Definity option. Plan members will still retain the option to change plan choice one time during the year.

As you know, your premium dollars are paid to doctors, hospitals, HMOs, and other health care providers. As utilization of services by plan members increases and as the amounts charged by providers for those services increase, premiums paid by plan members must be increased. By law, OGB must set rates based on projected expenses.

A good example of the increase in costs paid by OGB can be seen in prescription drugs. In the plan year that ended June 30, 2002, OGB paid approximately \$102 million on behalf of plan members for prescription drugs. By June 30, 2003, OGB will spend an estimated \$120 million on drugs. For the plan year beginning July 1, 2003, national trends indicate that prescription drug cost will increase by 20 percent, which would put our expense in the range of \$140 million.

As a result of this increase, it is necessary to increase the coinsur-

ance plan members pay for drugs. Plan members currently pay 50 percent of the cost of a prescription, up to \$40 per prescription. For FY 2003-04 the maximum will be increased to \$50. Also, under the current benefit structure, plan members pay \$15 for brand name drugs and nothing for generic drugs after incurring \$1,000 in out-of-pocket prescription expenses in a plan year. This year the limit will increase from \$1,000 to \$1,200. This is the only benefit modification being proposed for the upcoming plan year.

OGB, the governor, and the Legislature recognize the importance of health care benefits to state employees. In light of this concern, three study commissions have reviewed OGB operations since 1998. Health care experts from Louisiana and around the nation have reviewed the program and made recommendations which have been implemented when possible and the prior deficits have been funded. At this time, OGB is operating on a fiscally sound basis.

OGB will continue to explore options and alternatives in an effort to offer plan participants affordable health care options. Be sure to visit our web site during annual enrollment.

Our web address is **www.groupbenefits.org**



Online News

Please Help Us Stop Insurance Fraud and Abuse

Fraudulent insurance claims add millions of dollars a year to health care costs. We pay for insurance fraud through higher premiums.

We want to stop insurance fraud and abuse.

That's why your Office of Group Benefits has established a special 24 hour a day, seven day a week, toll-free Fraud Line, 800.281.8087.

We are confident that the vast majority of claims filed with us are accurate and appropriate. However, each single incident of fraudulent activity can be very costly.

That's where you can help by reviewing your Explanation of Benefits form. You should try to answer these questions:

1. Did someone get paid for services you never received?
2. Did your provider receive duplicate payments for the same medical treatment or service?
3. Did your provider receive payment for someone not eligible for coverage?
4. Did anyone misuse this health insurance?

If you can answer YES to any of these questions, we urge you to call our Fraud Line at 800.281.8087. Our special voice mail will take the details of your call and you may remain anonymous if you so desire. If you leave your phone number, our fraud investigator will return your call.

Please remember that our Fraud Line is just for reporting suspected fraud and abuse. If you have a question about your Explanation of Benefits, please call our regular customer service help lines listed on your EOB form.

How Do I Choose?

Medical Benefit

| COVERED BENEFIT: IN-NETWORK | OGB PPO Plan All Regions | EPO Plan (Administered by BCBS) All Regions |
|--|--|--|
| Lifetime Maximum Benefit | \$1 million per person | \$2 million per person |
| Plan Year Deductible Employees and dependents | \$500/active; \$300 retired Family Unit Maximum: 3 individual deductibles | \$300/active & retired; non-Co-pay services Family Unit Maximum : 3 individual deductibles |
| Maximum Out-Pocket Expense in Network | \$1000 per person | N/A |
| Hospital Services (inpatient) in network | Plan covers 90% of Contracted Rate ^{1, 2} | \$100 per day ² Max of \$300 per admission |
| Surgeon, Anesthesia, Lab, & X-rays | Plan covers 90% of Contracted Rate ¹ | Plan Covers at 100% ¹ |
| Hospital Emergency Room (facility only) | \$150 separate deductible/waived if admitted ² Plan covers 90% of Contracted Rate ¹ | \$100 Co-pay/waived if admitted (Hospital Co-pay applies) ² |
| Ambulatory Surgical Facilities | Plan covers 90% of Contracted Rate ¹ | \$100 Co-pay |
| Physician Visits | Plan covers 90% of Contracted Rate ¹ | \$15 PCP/\$25 Specialist (no referral required) |
| Maternity (physician only) | Plan covers 90% of Contracted Rate ¹ | \$90 Co-pay |
| MRI/Cat Scan | Plan covers 90% of Contracted Rate ^{1, 2} | \$50 Co-pay ² |
| Sonograms | Plan covers 90% of Contracted Rate ¹ | \$25 Co-pay |
| Chemical/Radiation Therapy | Plan covers 90% of Contracted Rate ¹ | Plan covers at 100% ¹ |
| Pre-admission Testing and Dialysis | Plan covers 90% of Contracted Rate ¹ | Plan covers at 100% ¹ |
| Cardiac Rehabilitation Therapy | Plan covers 90% of Contracted Rate ¹ (within 6 months) | \$15 Co-pay (within 6 months) |
| Physical and Occupational Therapy | Plan covers 90% of Contracted Rate ¹ | \$15 Co-pay |
| Speech Therapy ² | Plan covers 90% of Contracted Rate ¹ | \$15 Co-pay |
| Oral Surgery (impacted tooth removal only) | Plan covers 100% of Fee Schedule | Plan covers 100% of Fee Schedule |
| Routine PAP Test | Plan covers 90% of Contracted Rate | Plan covers at 100%; one every 12 months |
| Routine Mammogram | Plan covers 90% of Contracted Rate | Plan covers at 100% ⁴ |
| Routine PSA Screening | Plan covers 90% of Contracted Rate | Plan covers at 100% ⁴ ; one every 12 months |
| Ambulance (transportation only) ³ ground Licensed Air Ambulance | Plan considers a maximum to \$350 less a \$50 co-payment Plan considers a maximum to \$1500 less a \$250 co-payment | Plan considers a maximum to \$350 less a \$50 co-payment Plan considers a maximum to \$1500 less a \$250 co-payment |
| Durable Medical Equipment \$50,000 Lifetime Maximum per person | Plan covers 90% of Contracted Rate | Plan covers 80% of Contracted Rate ¹ |
| Home Health Care ² Limited to 150 visits/year | Case Management Required Plan covers 70% of negotiated rate ¹ | Case Management Required \$15 Co-pay |
| Hospice Care ² | Case Management Required Plan covers 80% of negotiated rate | Case Management Required Plan pays 80% of negotiated rate ² |
| Wellness Program | | |
| Baby/Child Routine exams, scheduled immunizations | Plan covers 90% of Contracted Rate ¹ Age limitations apply | \$15 Co-pay for PCP Visits ¹ Age limitations apply |
| Adult Physical exam, lab, x-ray | 100% of eligible expenses to \$200 Age limitations apply | 100% of eligible expenses to \$200 Age limitations apply |
| Prescription Drug Benefit In Network | 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 | 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 | same as above |
| Mental Health & Substance Abuse/Inpatient ² Max.45 inpatient days person/plan year | Plan covers at 80% Separate \$200 deductible (in & out patient) Inpatient-\$50 per day-Max. 5 days | Plan covers at 80% Separate \$200 deductible (in & out patient) Inpatient-\$50 per day-Max. 5days |
| Mental Health & Substance Abuse/Outpatient ² max. 52 visits/year | Plan covers at 80% | Plan covers at 80% |
| COVERED BENEFIT: OUT-OF-NETWORK | | |
| Member resides in Louisiana | Plan covers 70% of fee schedule ¹ | Separate \$300 deductible Plan covers 70% of fee schedule ¹ |
| Member resides outside of Louisiana | Plan covers 90% of fee schedule ¹ | Separate \$300 deductible Plan covers 70% of fee schedule ¹ |

¹ Subject to plan year deductible and/or applicable co-insurance

² Pre-authorization required

³ Medical supplies are subject to deductibles and co-insurance

⁴ age limitations apply

Comparison

| | Ochsner HMO Regions 1-8 | Vantage HMO Region 9 | MCO Plan (Administered by FARA) All Regions |
|----|---|--|---|
| | None | \$2 million per person | None |
| | None | None | None |
| | \$1000 per person/\$3000 Family | N/A | \$1000 per person/\$3000 Family |
| | \$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 (Hospital Co-pay applies) ² | \$100 Co-pay/waived if admitted (Hospital Co-pay applies) ² | \$100 Co-pay/waived if admitted (Hospital Co-pay applies) ² |
| | \$100 Co-pay | \$100 Co-pay | \$100 Co-pay |
| d) | \$15 PCP/\$25 Specialist (referral may be 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 |
| | \$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% |
| s | 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% |
| ts | Plan covers at 100% | Plan covers at 100% | Plan covers at 100% |
| | Plan considers a maximum to \$350 less a \$50 co-payment | Plan pays 80% interfacility transfers 100% | Plan considers a maximum to \$350 less a \$50 co-payment |
| | Plan considers a maximum to \$1500 less a \$250 co-payment | | Plan considers a maximum to \$1500 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% |
| | \$15 Co-pay | \$15 Co-pay | \$15 Co-pay Age limitations apply |
| | \$15 Co-pay | \$15 Co-pay | \$15 Co-pay Age limitations apply |
| ll | Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 30 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic -\$0 Formulary applies | Generic - \$10 Co-pay Preferred - \$25 Co-pay Non-preferred - \$40 Co-pay Formulary applies Mandatory Generic required | 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 Mandatory Generic required |
| | same as above | up to 90 day supply/2 Co-pays | same as above |
| t) | \$100 per day/\$300 maximum Substance Abuse/limited to 20 days | \$100 per day/\$300 max./Mental Health Plan covers 80% for Substance Abuse | \$100 per day/\$300 max. |
| | \$25 Co-pay Substance Abuse/limited to 30 days | \$25 Co-pay for Mental Health 80% Substance Abuse | \$25 Co-pay |
| | Plan covers 70% of fee schedule \$1000 deductible | Emergencies covered Out-of-network benefit ² | Life & Limb Emergencies Covered No out-of-network benefits |
| | Plan covers 70% of fee schedule \$1000 deductible; wellness not covered | Emergencies covered Out-of-network benefit ² | Life & Limb Emergencies Covered No out-of-network benefits |

Data on this chart are intended for general comparison only.
For complete information about any of the plans, please refer to the appropriate plan document.

Come to A Meeting

We urge you to attend one of hundreds of meetings scheduled across the state so you can learn about the benefits available to you.

The Annual Enrollment period for the Office of Group Benefits is April 1st through April 30th, 2003.

Your OGB Team has scheduled Annual Enrollment meetings to inform you and your dependents of changes in coverage and of options available to you. Program participants will have the opportunity to transfer coverage and begin or end participation in the Flexible Benefits Plans.

You must sign your Scantron™ enrollment document in April. All changes in coverage will become effective July 1, 2003. If you do not fill out a form, you will be defaulted to the OGB PPO.

Please review this schedule of 2003 Annual Enrollment meetings. Representatives of the Office of Group Benefits, Blue Cross/Blue Shield, FARA, Ochsner, and Vantage will explain coverage and changes at the meetings. We cordially invite you to meet with us.

Unless otherwise indicated, you can attend any of the meetings, regardless of where you live or work. Even if you are not going to make a change in your coverage, please visit with us so we can tell you about plan updates.

We encourage you to attend, learn, and ask questions.

Acadia Parish

April 14 LSU Rice Experiment Station
Monday Caffery Rd. (North off Hwy 90E)
8:30 a.m. Crowley 70527
Rice Station Employees Only

April 14 Acadia Parish Cooperative Extension
Monday LSU Agricultural Center
1:30 p.m. 157 Cherokee Drive
Hwy 13 Crowley/Eunice Exit
Crowley 70527

Allen Parish

April 10 Oakdale High School Auditorium
Thursday 101 N. 13th St.
10:00 a.m. Oakdale 71463

April 10 Allen Parish School Board
Thursday Media Center
4:30 p.m. 417 W. Court Street
Oberlin 70655

Ascension Parish

April 1 Ascension Parish School Board
Tuesday School Bus Drivers
9:30 a.m. LeBlanc Special Services Center
3rd Floor conference Room
611 North Burnside Avenue
Gonzales 70737

April 1 Ascension Parish School Board
Tuesday Dutchtown High School
4:00 p.m. Cafeteria
13165 Highway 73
Geismar 70734

April 2 Ascension Parish School Board
Wednesday BC Always Auditorium
4:00 p.m. 501 Lee Avenue
Donaldsonville 70346

Assumption Parish

April 9 Assumption Parish School Board
Wednesday High School Cafeteria
5:00 p.m. Highway 308
(across from School Board Office)
Napoleonville 70390

Avoyelles Parish

April 15 Avoyelles Parish School Board
Tuesday Marksville H.S. Auditorium
4:00 p.m. Waddell Street
Marksville 71351

April 22 Avoyelles Technical College
Tuesday 508 Choupique Street
2:30 p.m. Cottonport 71327

April 22 Avoyelles Correctional Center
Tuesday 1630 Prison Road
5:00 p.m. Cottonport 71327
Prison Employees Only

April 23 Avoyelles Correctional Center
Wednesday 1630 Prison Road
10:00 a.m. Cottonport 71327
5:00 p.m. *Prison Employees Only*

April 23 Avoyelles OFS
Wednesday 607 Tunica Drive West
1:30 p.m. Marksville 71351

Beauregard Parish

April 7 DOC Phelps Correctional
Monday DeQuincy 70633
9:00 a.m. *Facility Employees only*
to 2 p.m.

April 7 DeRidder High School
Monday Cafeteria
5:00 p.m. DeRidder 70634

April 14 DOC Phelps Correctional
Monday DeQuincy 70633
7:00 a.m. *Facility Employees only*
to 10 a.m.

Bienville Parish

April 10 Bienville Parish School Board
Thursday Ringgold School Complex
3:30 p.m. 4044 Bienville Road (Hwy. 154)
Ringgold 71068

April 15 Bienville Parish School Board
Tuesday Arcadia School Complex
3:30 p.m. 967 Daniel Street
Arcadia 71001

Bossier Parish

April 3 BPCC Bossier
Thursday LC Auditorium
8:30 a.m. 2719 Airline Drive
Bossier City 71111

April 4 Department of Agriculture
Friday Meeting Room
9:00 a.m. 740 Covington Road
Haughton 71037

April 14 DOTD District 4 Headquarters
Monday 3365 Industrial Drive
8:00 a.m. Conference Room
10:00 a.m. Bossier City 71112
1:00 p.m.

April 21 LSU Red River Research
Monday Auditorium
8:00 a.m. Highway 71 South
Bossier City 71113

April 22 BPCC Bossier
Tuesday LC Auditorium
2:00 p.m. 2719 Airline Drive
Bossier City 71111

April 23 Northwest Development Center
Wednesday & Special School District I
2:30 p.m. Colwell Activity Center Theatre
5401 Shed Road
Bossier City 71111

Caddo Parish

April 4 Northwest Regional Center
Friday for Addictive Disorders
2:00 p.m. 6005 Financial Plaza
1st Floor Training Room
Shreveport 71129

April 7 LSU Health Science Center
Monday 1st Floor, Room #400
10:00 a.m. Medical School Auditorium
2:00 p.m. 1501 Kings Highway
Shreveport 71130

April 7 LSU Health Science Center
Monday Hospital Private Dining Room # CG 17
7:00 p.m. 1501 Kings Highway
Shreveport 71130

April 9 Disability Determinations
Wednesday Bldg. 2, 1st Floor Conference Room
8:30 a.m. 2920 Knight Street
Shreveport 71105

April 11 Forcht Wade Correctional
Friday 7990 Caddo Dr.
2:00 p.m. Keithville 71047
Correctional employees only

April 16 LSU – Shreveport
Wednesday University Center Theatre
9:00 a.m. One University Place
1:30 p.m. Shreveport 71115

April 17 State Office Bldg.
Thursday 2nd Floor, Room #205
9:00 a.m. 1525 Fairfield Avenue
2:00 p.m. Shreveport 71130

April 21 Shreveport-Bossier Regional
Monday Technical College
2:30 p.m. Building E Auditorium
2010 N. Market
Shreveport 71137

Calcasieu Parish

April 11 DHH Region V
Friday 2300 Broad St.
9:00 a.m. Room 39
1:00 p.m. Lake Charles 70601

April 15 McNeese State University
Tuesday Baker Auditorium
8:00 a.m. Farrar Hall
1:00 p.m. Lake Charles 70609

April 16 Sowela Tech/Computer Bldg
Wednesday Multi-Purpose Room
9:00 a.m. 3822 J. Bennett Johnston Pky
1:00 p.m. Lake Charles 70616

Caldwell Parish

April 15 Caldwell Parish School Board
Tuesday Caldwell Parish H.S. Auditorium
1:00 p.m. 163 Spartan Drive
3:30 p.m. U.S. 165 South
Columbia 71418

Cameron Parish

April 14 Rockefeller Wildlife Refuge
Monday 5476 Hwy 82
1:00 p.m. Grand Chenier 70643

April 14 Cameron Elementary Auditorium
Monday 510 Marshall St
4:30 p.m. Cameron 70631

Catahoula Parish

April 16 Catahoula OFS
Wednesday 1305 Fourth Street
1:00 p.m. Jonesville 71343

April 16 Catahoula Parish School Board
Wednesday 200 Bushley Street
3:30 p.m. Harrisonburg 71340

Claiborne Parish

April 3 Claiborne Parish School Board
Thursday Homer High School Auditorium
3:30 p.m. 1008 N. Main Street
Homer 71040

April 10 Wade Correctional Institute
Thursday Administration Bldg.
10:00 a.m. Highway 520 North
Homer 71040
Correctional employees only

April 11 Wade Correctional Institute
Friday Administration Bldg.
10:00 a.m. Highway 520 North
Homer 71040
Correctional employees only

Concordia Parish

April 7 Louisiana Technical College
Monday 2100 E.E. Wallace Blvd.
3:00 p.m. Ferriday 71334

April 8 Concordia Parish School Board
Tuesday Board Room
3:30 p.m. 4358 Hwy 84 West
Vidalia 71373

DeSoto Parish

April 22 DeSoto Parish Library
Tuesday Meeting Room
9:00 a.m. 109 Crosby Street
Mansfield 71052

East Baton Rouge Parish

April 2 Louisiana State University
Wednesday Vet. Med. Auditorium
10:00 a.m. So. Stadium Rd./Skip Bertman Drive
Baton Rouge 70803

April 3 Department of Agriculture & Forestry
Thursday 1st Floor Auditorium
8:00 a.m. 5825 Florida Blvd.
**10:00 a.m. Baton Rouge 70806
2:00 p.m. ***Interpreter for the hearing impaired*

April 3 DSS: Office of Community Services
Thursday 1913 North Street
10:00 a.m. Conference Room
Baton Rouge 70806

April 3 Public Safety
Thursday Training Academy Auditorium
**10:00 a.m. 7901 Independence Blvd.
1:00 p.m. Baton Rouge 70806
***Interpreter for hearing impaired*

April 4 Department of Corrections
Friday Cafeteria Conference Room-B
8:00 a.m. 504 Mayflower Street
10:00 a.m. Baton Rouge 70804

April 4 Department of Education
Friday Claiborne Building
8:30 a.m. 1st Floor Rm-100 (LA Purchase Bd.
Room)
**10:30 a.m. 1201 North 3rd Street
1:30 p.m. Baton Rouge 70801
***Interpreter for the hearing impaired*

April 4 LA House of Representatives, Senators,
Friday Treasury, Office of Governor, and Justice
10:00 a.m. Committee Room, State Capitol
Baton Rouge 70802

April 4 LSU Medical Ctr.-Earl K. Long Facility
Friday Family Practice Unit Bldg.-Classroom
1:30 p.m. 5825 Airline Highway
Baton Rouge 70805

April 7 Louisiana State University
Monday Facility Services Building
7:30 a.m. CEBA Lane, Room 132
3:30 p.m. Baton Rouge 70803
Employees Only

April 7 Southern University
Monday Student Union
10:00 a.m. Cotillion Ballroom
2:00 p.m. Harding Blvd. (SU Campus)
Baton Rouge 70813

April 8 Department of Labor
Tuesday 4th Floor Auditorium
8:30 a.m. 1001 North 23rd Street
10:00 a.m. Baton Rouge 70802

April 8 Louisiana Public Broadcasting
 Tuesday Auditorium
 9:00 a.m. 7733 Perkins Road
 Baton Rouge 70810
Facility Employees Only

April 8 Board of Regents – D of A
 Tuesday Claiborne Building
 9:00 a.m. Thomas Jefferson Room 136 A & B
 11:00 a.m. 1201 North 3rd Street
 Baton Rouge 70801

April 8 Jetson Correctional Center for Youth
 Tuesday School Library
 11:00 a.m. 15200 Old Scenic Hwy.
 Baton Rouge 70874
Facility Employees Only

April 8 DHH: CAHSD
 Tuesday 2nd Floor Room 200
 1:00 p.m. 4615 Government Street
 Baton Rouge 70802

April 8 LSU Medical Ctr. –Earl K. Long Facility
 Tuesday Staff Development Class Rm. # 332
 1:30 p.m. (Annex)
 (Behind Women’s Clinic Bldg)
 5825 Airline Highway
 Baton Rouge 70805

April 9 DOTD: Research and Development
 Wednesday Conference Room
 9:00 a.m. 4101 Gourrier Drive
 Baton Rouge 70808

April 9 LSU- Pennington Biomedical
 Wednesday Conference Ctr. – Main Auditorium
 10:00 a.m. 6400 Perkins Road
 Baton Rouge 70808
Employees Only

April 9 DHH: Greenwell Springs Facility
 Wednesday Gymnasium
 10:00 a.m. 23260 Greenwell Springs Rd.
 Greenwell Springs 70739

April 9 DSS: Office of Family Support
 Wednesday South District
 12:30 p.m. 1919 North Blvd.
 Baton Rouge 70806

April 9 School for the Deaf
 Wednesday Auditorium
 **1:30 p.m. 2888 Brightside Lane
 **2:45 p.m. Baton Rouge 70821
 ***Interpreter For Hearing Impaired*

April 9 First Circuit Court of Appeal
 Wednesday LA Legislative Auditors
 2:00 p.m. 2nd Floor , Courtroom # 1
 1600 N. 3rd St.
 Baton Rouge 70802

April 10 DOTD: District 61 Headquarters
 Thursday Large Conference Room
 7:00 a.m. 8100 Airline Highway
 8:30 a.m. Baton Rouge 70815
 10:00 a.m.

April 10 Louisiana State University
 Thursday Facility Service Building
 7:30 a.m. CEBA Lane, Room 132
 3:30 p.m. Baton Rouge 70803
Employees Only

April 10 Department of Environmental Quality
 Thursday 326 Ketchum Building
 8:30 a.m. 7290 Bluebonnet Drive
 **10:30 a.m. Baton Rouge 70810
 1:30 p.m. ***Interpreter for the hearing impaired*

April 11 Division of Administration
 Friday Claiborne Building
 8:30 a.m. 1st Floor Auditorium – Rm. 100
 **10:30 a.m. (LA Purchase Bd. Room.)
 1:30 p.m. 1201 North 3rd Street
 Baton Rouge 70801
 ***Interpreter for hearing impaired*

April 14 Wildlife and Fisheries
 Monday Louisiana Room
 9:00 a.m. 2000 Quail Drive
 Baton Rouge 70808

April 14 Office of Group Benefits & Ag-Forestry
 Bldg.
 Monday 1st Floor Agriculture Auditorium
 9:00 a.m. 5825 Florida Blvd.
 Baton Rouge 70806

April 14 L A S E R S
Monday 4th Floor Auditorium
9:00 a.m. 8401 United Plaza Blvd.
**10:30 a.m. Baton Rouge 70804
1:30 p.m. ** *Interpreter for hearing impaired*

April 14 LSU- Agriculture Center
Monday Room 214, Efferson Hall
1:30 p.m. J. Norman Efferson Hall
(Corner of East Parker Blvd & Highland Road)
Baton Rouge 70803

April 15 Louisiana State University – A & M
Tuesday Union – Royal Cotillion Ballroom
**10:00 a.m. Baton Rouge 70803
***Interpreter for hearing impaired*

April 15 Baton Rouge Community College
Tuesday 1st Floor Conference Room
10:00 a.m. Louisiana Building
5310 Florida Blvd
Baton Rouge 70806

April 16 La Office of Student Financial Assistance
Wednesday 11th Floor Conference Room
9:30 a.m. 1885 Wooddale Blvd.
11:00 a.m. Baton Rouge 70806
1:30 p.m. *Employees of LOSEA Only @ 9:30 a.m. and 1: 30 p.m. meetings.*

April 17 DHH: EBR Parish Health Unit
Thursday 2nd Floor Waiting Room
1:30 p.m. 353 North 12th Street
Baton Rouge 70802

April 17 DSS: Headquarters
Thursday 1st Floor Cafeteria
1:30 p.m. 755 North 3rd Street
Baton Rouge 70802

April 17 LA Senate, Office of Governor, Justice
Thursday and House of Representatives
2:30 p.m. Committee Room – State Capitol
Baton Rouge 70802

April 21 Departments of
Monday Natural Resources & Revenue
8:30 a.m. Lasalle Building
**10:30 a.m. 1st Floor Labell Hearing Room
617 North 3rd Street
Baton Rouge 70802
***Interpreter for the hearing impaired*

April 21 Office of Group Benefits
Monday 1st Floor Auditorium of Ag-Forestry
8:00 a.m. 5825 Florida Blvd.
10:00 a.m. Baton Rouge 70806
2:00 p.m. *Interpreter for the hearing impaired Employees of OGB only*

April 21 DOTD: Materials and Lab
Monday Conference Room
8:00 a.m. 5080 Florida Blvd.
10:00 a.m. Baton Rouge 70806

April 21 DSS: Office of Family Support
Monday North District
1:30 p.m. 2nd Floor Conference Room
2751 Wooddale Blvd
Baton Rouge 70805

April 22 LSU- Agriculture Center
Tuesday Room 214, Efferson Hall
9:00 a.m. J. Norman Efferson Hall
(Corner of East Parker Blvd. & Highland Road)
Baton Rouge 70803

April 23 LSU – Pennington Biomedical
Wednesday Conference Center, Main Auditorium
10:00 a.m. 6400 Perkins Road
Baton Rouge 70808
General Public

April 23 Department of Insurance
Wednesday Poydras Building, Room 101 A
2:00 p.m. 1702 North Third Street
Baton Rouge 70802

April 24 Louisiana State University
Thursday Union – Royal Cotillion Ballroom
10:00 a.m. Baton Rouge 70803
1:30 p.m. *Interpreter for hearing impaired*

April 25 Departments of
Friday Natural Resources & Revenue
8:30 a.m. Lasalle Building
10:30 a.m. 1st Floor Labell Hearing Room
617 North 3rd Street
Baton Rouge 70802

April 28 DOTD: District 45 – Traffic Services
Monday Conference Room
8:30 a.m. 7686 Tom Drive
10:30 a.m. Baton Rouge 70806

April 28 Baton Rouge Housing Authority
Monday Conference Room
10:00 a.m. 4731 North Blvd.
Baton Rouge 70806

East Carroll Parish

April 23 LTC – Margaret Surles Branch
Wednesday Highway 883-1 West
3:30 p.m. Lake Providence 71254

East Feliciana Parish

April 4 Eastern Louisiana Mental Health System
Friday Old Main Recreation Hall
8:00 a.m. Highway 10
3:30 p.m. Jackson 70748

April 8 East Feliciana Parish School Board
Tuesday Jackson School Complex
4:00 p.m. 3501 Highway 10
Jackson 70748

April 17 Villa Feliciana Medical Complex
Thursday Old Activity Building
9:00 a.m. 4980 Highway 10
Jackson 70748

April 22 Dixon Correctional Institute
Tuesday Highway 68
5:45 a.m. Jackson 70748
5:45 p.m.

April 23 Dixon Correctional Institute
Wednesday Highway 68
5:45 a.m. Jackson 70748
**8:30 a.m. ** *Administrative Staff Only*
5:45 p.m.

Evangeline Parish

April 1 DSS: OFS & OCS
Tuesday 410 LaSalle Street
1:00 p.m. Ville Platte 70586

April 1 Mamou Lower Elem. Auditorium
Tuesday 912 7th Street
4:30 p.m. Mamou 70554

April 2 DOTD: Maint. & Proj. Engr.
Wednesday LA Hwy 376
7:30 a.m. Vidrine 70586

April 4 Coreil Campus-LA Tech College
Friday Ward 1 Industrial Park
2:00 p.m. Ville Platte 70586

Franklin Parish

April 8 D.O.T.D. – District 58 Headquarters
Tuesday Conference Room
10:00 a.m. 6217 Highway 15
Chase 71324

April 8 Franklin Parish School Board
Tuesday Board Room
4:30 p.m. 7293 Prairie Street
Highway 4 West
Winnsboro 71295

April 11 Franklin Parish School Board
Friday Board Room
9:30 a.m. 7293 Prairie Street
Highway 4 West
Winnsboro 71295

April 11 D.O.T.D. – District 58 Headquarters
Friday Conference Room
1:00 p.m. 6217 Highway 15
Chase 71324

Grant Parish

April 7 Grant Parish OFS
Monday Conference Room
1:30 p.m. 100 8th Street
Colfax 71417

April 7 Grant Parish School Board
Monday Media Center
4:00 p.m. 512 Main Street
Colfax 71417

Iberia Parish

April 3 ULL- Iberia Research Center
Thursday Auditorium
9:30 a.m. 4401 West Admiral Doyle
1:30 p.m. New Iberia 70562

April 22 Louisiana Technical College
Thursday Teche Area Campus
10:00 a.m. 609 Ember Dr. (Acadiana Regional
Airport)
New Iberia 70562
LTC Employees Only

Iberville Parish

April 7 State of Louisiana Military Dept.
Monday 5445 Point Clair Road
10:00 a.m. Carville 70721

April 7 DSS\OCS\OFS
Monday 24710 Plaza Drive
1:30 p.m. (Medicaid office)
Plaquemine 70764

April 10 LA Correctional Inst. For Women
Thursday Hwy. 74
*5:45 a.m. St. Gabriel 70764
8:00 a.m. Administration (Employees Only)
*5:45 p.m. **Shift employees only*

April 11 LA Correctional Inst. For Women
Friday Hwy. 74
*5:45 a.m. St. Gabriel 70764
*5:45 p.m. **Shift employees only*

April 24 Hunt Correctional Center
Thursday Hwy. 74
St. Gabriel 70764
*5:45 a.m. K-Building (**Employees only*)
*6:45 a.m. Field House (**Employees only*)
8:00 a.m. Administration Employees (K Bldg)
*5:45 p.m. K-Building (**Employees only*)

April 25 Hunt Correctional Center
Friday K-Building
*5:45 a.m. Hwy. 74
*5:45 p.m. St. Gabriel 70764
**Shift Employees Only*

Jackson Parish

April 9 Jackson Parish School Board
Wednesday Board Room – Central Office
4:00 p.m. 315 Pershing Highway
Jonesboro 71251

Jefferson Parish

April 1 Jefferson Parish School Board
Tuesday 2nd Floor Auditorium
9:30 a.m. 501 Manhattan Boulevard
5:30 p.m. Harvey 70058

April 3 Jefferson Parish School Board
Thursday Bonnabel High School Board Room
9:30 a.m. 2801 Bruin Drive
5:30 p.m. Kenner 70065

April 7 DSS-Office of Community Services
Monday 5th Floor Conference Room
1:30 p.m. 800 W. Commerce Road
Harahan 70123

April 8 DOTD-District 2
Tuesday Board Room
8:00 a.m. 1440 Highway 90
Bridge City 70094

April 8 Disability Determinations
Tuesday 4th Floor Conference Room
1:00 p.m. 3510 North Causeway Boulevard
Metairie 70002

April 14 LA Technical College-Jefferson Campus
Monday Room 31
1:00 p.m. 5200 Blair Drive
Metairie 70001

April 16 Harvey State Office Building
Wednesday 3rd Floor Conference Room
2:00 p.m. 2150 Westbank Expressway
Harvey 70058

April 17 Harvey State Office Building
Thursday 3rd Floor Conference Room
8:00 a.m. 2150 Westbank Expressway
Harvey 70058

April 22 DOTD-District 2
Tuesday Board Room
1:00 p.m. 1440 Highway 90
Bridge City 70094

April 25 DHH-OPH Health Unit
Friday 1855 Ames Boulevard
3:00 p.m. Marrero 70072

Jefferson Davis Parish

April 17 La Tech College-Jeff Davis
Thursday Morgan Smith Auditorium
12:30 p.m. 1230 N Main
Jennings 70546

April 17 Jennings North Side Jr. H.S. Cafeteria
Thursday 208 Shankland Ave.
4:00 p.m. Jennings 70546

Lafayette Parish

April 7 LSU-University Medical Center
Monday Voohries Auditorium
8:00 a.m. 2390 West Congress Street
10:30 a.m. Lafayette 70502
1:30 p.m.

April 10 DOTD-District 3 Headquarters
Thursday 428 Hugh Wallis Road
9:00 a.m. Lafayette 70506
DOTD Employees Only

April 15 University of Louisiana-Lafayette
Tuesday Bayou Bijou Theatre
8:30 a.m. Student Union
10:30 a.m. 600 McKinley Street
1:30 p.m. Lafayette 70504

April 21 Tyler Mental Health Center
Monday Auditorium
9:00 a.m. 302 Dulles Drive
Lafayette 70506

Lafourche Parish

April 8 Nicholls State University
Tuesday Peltier Auditorium
9:30 a.m. LA Hwy 1
Thibodeaux 70301

April 8 Peltier Lawless Develop. Center
Tuesday Annex Building
1:00 p.m. 690 E. First Street
Thibodeaux 70301

April 9 Peltier Lawless Develop. Center
Wednesday Annex Building
8:30 a.m. 690 E. First Street
Thibodeaux 70301

April 9 Nicholls State University
Wednesday Peltier Auditorium
2:00 p.m. LA Hwy 1
Thibodeaux 70301

LaSalle Parish

April 15 La Cooperative Extension Service
Tuesday Meeting Room—Downstairs
1:30 p.m. Courthouse
Jena 71342

April 15 LaSalle Parish School Board
Tuesday Media Center
4:00 p.m. 1st and Elm Street
Jena 71342

April 22 Dept of Agriculture and Forestry
Tuesday Hwy 165 North
9:00 a.m. Olla 71465

Lincoln Parish

April 9 Louisiana Tech University
Wednesday Wyly Tower Auditorium
1:30 p.m. Railroad Avenue
Ruston 71272

April 10 Louisiana Tech University
Thursday Wyly Tower Auditorium
9:30 a.m. Railroad Avenue
1:30 p.m. Ruston 71272

April 15 Grambling University
Tuesday Grambling Hall Auditorium
10:00 a.m. 100 Founder Street
Grambling 71245

Livingston Parish

April 8 Livingston Parish School Board
Tuesday Denham Springs H.S. Cafeteria
5:00 p.m. 1000 North Range Avenue
Denham Springs 70726

April 9 Livingston Parish School Board
Wednesday Doyle High School Cafeteria
5:00 p.m. 20480 Circle Drive
Livingston 70724

Madison Parish

April 24 Madison Parish School Board
Thursday Tallulah Elementary School
3:30 p.m. Auditorium
1100 Johnson Street
Tallulah 71284

Morehouse Parish

April 8 Morehouse Parish School Board
Tuesday Bastrop H.S. Cafeteria
4:00 p.m. 402 Highland Street
Bastrop 71220
Active Employees Only

April 11 LSU Ag Center
Friday Auditorium
9:00 a.m. 9609 Marlett Street
Bastrop 71221

April 11 Morehouse Parish School Board
Friday Educational Resource Center
1:30 p.m. Large Board Room
714 S. Washington Street
Bastrop 71220
Retired Employees Only

Natchitoches Parish

April 10 Northwestern State University
Thursday A.A. Fredericks Fine Arts Center
10:00 a.m. Recital Hall—2nd Floor
1:30 p.m. Central Avenue
Natchitoches 71457

April 10 Natchitoches Parish School Board
Thursday Media Center
3:30 p.m. 310 Royal Street
Natchitoches 71457

Ouachita Parish

April 4 LSU Medical Center - Monroe
Friday Conference Hall – 2nd Floor
10:00 a.m. 4864 Jackson Street
Monroe 71210

April 7 University of LA at Monroe
Monday Nursing Auditorium
12:30 p.m. 700 University Avenue
Monroe 71209

April 8 University of LA at Monroe
Tuesday Nursing Auditorium
9:30 a.m. 700 University Avenue
Monroe 71209

April 9 D.O.T.D. – District 5 Headquarters
Wednesday 8010 DeSiard Street
8:00 a.m. Monroe 71211
Employees Only

April 14 LSU Medical Center - Monroe
Monday Auditorium – 2nd Floor
2:30 p.m. 4864 Jackson Street
Monroe 71210

April 15 LTC – Delta Ouachita Campus
Tuesday Cafeteria
3:30 p.m. 609 Vocational Parkway
West Monroe 71291

April 17 Monroe City School Board
Thursday Martin Luther King Middle School
4:00 p.m. Cafeteria
3716 Nutland Road
Monroe, LA 71201
Active Employees Only

April 21 NE LA War Veterans Home
Monday 6700 Highway 165 N
1:00 p.m. Monroe 71203

April 22 State Office Building
Tuesday Room 242-A
10:00 a.m. 122 St. John Street
1:30 p.m. Monroe 71201

April 25 Ouachita Parish School Board
Friday Media Center
1:30 p.m. 701 St. John Street
Monroe 71201

Orleans Parish

April 1 University of New Orleans
Tuesday University Center, Room 211
**1:00 p.m. Lakefront Campus
2:30 p.m. New Orleans 70148
***Interpreter for hearing impaired*

April 2 University of New Orleans
Wednesday University Center, Room 211
9:00 a.m. Lakefront Campus
10:30 a.m. New Orleans 70148

April 2 Civil District Court
Wednesday Jury Pool Room, 319
2:00 p.m. 421 Loyola Avenue
New Orleans 70112

April 3 DSS-Office of Family Support
Thursday 2nd Floor Conference Room, 208
2:00 p.m. 100 South Tonti Street
New Orleans 70119

April 4 University Hospital
Friday 4th Floor Auditorium
10:00 a.m. 2021 Perdido Street
2:00 p.m. New Orleans 70112

April 7 Crescent City Connection
Monday 2001 Mardi Gras Boulevard
8:00 a.m. New Orleans 70114

April 7 Southern University at New Orleans
Monday Clark Building, Audio Visual Room 109
10:00 a.m. 6400 Press Drive
New Orleans 70126

April 8 Department of Revenue & Taxation
Tuesday 5th Floor Auditorium
10:30 a.m. 1515 Poydras Street
New Orleans 70112

April 9 DHH-OCS Regional Office
Wednesday Suite 1039
8:00 a.m. 1010 Common Street
New Orleans 70112

April 9 DHH-OPH/Region 1 Administration
Wednesday 3rd Floor Conference Room
10:00 a.m. 1010 Common Street
New Orleans 70112

April 10 Medical Center of Louisiana
Thursday 2nd Floor Auditorium
8:00 a.m. 1532 Tulane Avenue
10:00 a.m. New Orleans 70112
2:00 p.m.
4:00 p.m.

April 11 LSU Dental School
Friday Administration Building
10:00 a.m. Auditorium A
1100 Florida Avenue
New Orleans 70119

April 14 LSU Medical Center
Monday Medical Education Building
10:00 a.m. Lecture Room B
1901 Perdido Street
New Orleans 70112

April 15 New Orleans State Office Building
Tuesday Room 409
9:00 a.m. 325 Loyola Avenue
10:30 a.m. New Orleans 70112
1:00 p.m.

April 16 Housing Authority of New Orleans
Wednesday 2nd Floor Training Room
9:00 a.m. 4100 Touro Street
New Orleans 70122

April 17 DSS-Office of Family Support
Thursday 2nd Floor Conference Room
1:30 p.m. 6800 Plaza Drive
New Orleans 70127
***Enter Doors near I-10*

April 21 Delgado Community College
Monday Student Life Center
9:00 a.m. Bayou LaFourche Room
501 City Park Avenue
New Orleans 70119

April 21 Crescent City Connection
Monday 2001 Mardi Gras Boulevard
1:00 p.m. New Orleans 70114

April 22 New Orleans Home & Rehabilitation
Tuesday 2nd Floor Board Room
9:00 a.m. 612 Henry Clay Avenue
New Orleans 70118

April 23 Department of Military Affairs
Wednesday Building 1, Hall of Fame
1:00 p.m. 2nd Floor
Jackson Barracks
New Orleans 70146

Plaquemines Parish

April 9 Metropolitan Developmental Center
Wednesday Administration Building,
2:30 p.m. Conference Room
251 F. Edward Hebert Boulevard
Belle Chasse 70037

Pointe Coupee Parish

April 7 DOTD: Maintenance Highway Unit
Monday Hospital Road
7:00 a.m. New Roads 70760

April 7 Pointe Coupee Parish School Board
Monday Pointe Coupee Central H. S. Cafeteria
9:00 a.m. 8434 Pointe Coupee Road
New Roads 70760
*** Retirees Only ***

April 7 La Technical College – Jumonville
Monday 605 Hospital Road
1:00 p.m. New Roads 70760

April 7 Pointe Coupee Parish School Board
Monday Pointe Coupee Central H. S. Cafeteria
5:00 p.m. 8434 Pointe Coupee Road
New Roads 70760

April 24 DSS: Office of Family Support
Thursday 120 Alamo Street
1:30 p.m. New Roads 70760

Rapides Parish

April 7 Wildlife & Fisheries
Monday Conference Room
8:30 a.m. Hwy 71 North
Tioga 71477

April 8 Huey P. Long Hospital
Tuesday Hospital Conference Room
9:00 a.m. Hospital Blvd.
3:30 p.m. Pineville 71360

April 9 LSU-Alexandria
Wednesday BBCA (Caffey Annex)
10:00 a.m. East Room
1:30 p.m. Hwy 71 South
Alexandria 71301
**Benefits Fair 9 a.m.-2:30 p.m.*

April 9 Pinecrest Developmental Center
Wednesday Gymnasium
10:00 a.m. South Avenue—Pinecrest Grounds
3:00 p.m. Pineville 71360

April 9 Rapides Parish School Board
Wednesday Media Center, Room 1 & 2
4:00 p.m. 6th Street
Alexandria 71301

April 10 Work Training Facility North
Thursday Visitors Center
2:00 p.m. 1453 15th Street—Camp Beauregard
Pineville 71360
WTFN Employees only

April 15 DOTD District 8 HQ
Tuesday District Training Building
9:00 a.m. 3300 MacArthur Drive
Alexandria 71306

April 16 Military Dept.
Wednesday Post Theatre
9:00 a.m. 720 E. Street—Camp Beauregard
Pineville 71360

April 24 State Office Building
Thursday V.R. Conference Room
9:30 a.m. 900 Murray Street
2:00 p.m. Alexandria 71301

April 24 Central Louisiana State Hospital
Thursday Wilkerson Hall
10:00 a.m. 242 W. Shamrock
2:00 p.m. Pineville 71360

April 25 State Office Building
Friday V.R. Conference Room
9:30 a.m. 900 Murray Street
2:00 p.m. Alexandria 71301

April 25 Central Louisiana State Hospital
Friday Wilkerson Hall
10:00 a.m. 242 W. Shamrock
Pineville 71360

Red River Parish

April 3 Red River Parish School Board
Thursday Title 1 Parent Center
1:00 p.m. 1921 Alonzo Street
3:30 p.m. Coushatta 71019

Richland Parish

April 16 Richland Parish School Board
Wednesday Board Room
9:00 a.m. 411 Foster Street
3:30 p.m. Rayville 71269

Sabine Parish

April 8 La Technical College
Tuesday Sabine Valley Campus
12:30 p.m. 1255 Fisher Road
Many 71449

April 8 Sabine Parish School Board
Tuesday Title 1 Meeting Room
9:00 a.m. 695 Petersen Street
3:30 p.m. Many 71449

St. Bernard Parish

April 2 St. Bernard School Board
Wednesday Board Room
4:00 p.m. 200 East St. Bernard Highway
Chalmette 70043

April 11 Elaine Nunez Community College
Friday Arts, Science & Tech. Building
12:30 p.m. 3710 Paris Road
Chalmette 70043

St. Charles Parish

April 17 LA Cooperative Extension
Thursday Conference Room
1:00 p.m. 15058 River Road
Hahnville 70057

St. Helena Parish

April 10 St. Helena Parish School Board
Thursday St. Helena Elementary School Cafeteria
3:00 p.m. Highway 1042
Greensburg 70441

St. James Parish

April 15 Pontchartrain Levee District
Tuesday Conference Room
9:00 a.m. 148 Albert Street
Lutcher 70171

St. John Parish

April 14 River Parish Technical College
Monday Conference Room
1:30 p.m. 181 Regala Park Road
(Off Airline Highway)
Reserve 70084

St. Landry Parish

- April 2** LSU-Eunice
Wednesday Health Tech Auditorium
12:00 p.m. LA Hwy 755
Eunice 70535
- April 2** LCTC TH Harris Campus
Wednesday 332 East South Street
2:45 p.m. Opelousas 70570
- April 2** Opelousas High School
Wednesday 1014 Judson Walsh Drive
4:30 p.m. Opelousas 70570
- April 3** DOTD Maintenance Unit
Thursday 11968 Hwy 190 West
7:30 a.m. Opelousas 70570
- April 3** Wildlife and Fisheries
Thursday 5652 Highway 182
1:00 p.m. Opelousas 70570
- April 3** Opelousas High School
Thursday 1014 Judson Walsh Drive
4:30 p.m. Opelousas 70570
- April 10** DSS-OFS/OCS/BHSF
Thursday 6069 I-49 South Service Road
1:00 p.m. Opelousas 70570

St. Martin Parish

- April 22** Louisiana Technical College
Tuesday Evangeline Campus
1:00 p.m. 600 S. Martin Luther King, Jr. Dr.
St. Martinville 70582

St. Mary Parish

- April 11** LA Coop. Ext. Services
Friday Courthouse
10:00 a.m. Parish Council Meeting Rm. 5th Floor
Franklin 70538
- April 11** Louisiana Technical College
Friday Young Memorial Campus
2:45 p.m. 900 Youngs Road
Morgan City 70380

St. Tammany Parish

- April 14** Office of Community Service
Monday Conference Room
10:00 a.m. 351 Holiday Blvd.
Covington 70433
- April 14** DSS/OCS/OFS
Monday 300 Covington Center
1:30 p.m. Conference Room
Covington 70433
- April 15** St. Tammany Parish School Board
Tuesday Slidell High School Cafeteria
7:00 p.m. One Tiger Drive
Slidell 70458
- April 16** Southeast Louisiana Hospital
Wednesday Gymnasium
10:00 a.m. Hwy.190 (Sparrow Drive)
1:00 p.m. Mandeville 70471
- April 16** St. Tammany Parish School Board
Wednesday Fountainbleau Jr. High School
7:00 p.m. Cafeteria
100 Hurricane Alley
Mandeville 70471

Tangipahoa Parish

- April 1** Tangipahoa Parish School Board
Tuesday Amite Elementary
4:30 p.m. 300 Vernon Avenue
Amite 70422
- April 2** Southeastern La University
Wednesday University Center Room # 125
10:00 a.m. Wardline Avenue
1:30 p.m. Hammond 70403
Benefits Fair (Rm 139) 9 a.m. to 3 p.m.
Presentations (Rm 125) 10 a.m. to 1:30 p.m.
- April 3** DOTD-District 62 Headquarter
Thursday Conference Room
7:00 a.m. 685 North Morrison Boulevard
Hammond 70404

April 3 Tangipahoa Parish School Board
Thursday Hammond High School Cafeteria
3:30 p.m. 45168 River Road
5:00 p.m. Hammond 70403
Retirees only at the 3:30 p.m.

April 9 LA Cooperative Extension
Wednesday Conference
10:00 a.m. 305 East Oak Street
Amite 70422

April 11 Hammond Developmental Center
Friday Chapel
**9:00 a.m. 45439 Live Oak Drive
1:00 p.m. Hammond 70401
***Interpreter for the hearing impaired*

April 16 Lallie Kemp Medical Center
Wednesday Large Conference Room
9:00 a.m. 52579 Hwy 51 South
Independence 70443

Tensas Parish

April 10 Northeast Research Station
Thursday Highway 605
1:00 p.m. St. Joseph 71366

April 10 Tensas Parish School Board
Thursday Media Center
3:30 p.m. 710 Plank Road
St. Joseph 71366

Terrebonne Parish

April 4 Louisiana Technical College
Friday L.E. Fletcher Campus
2:30 p.m. 310 St. Charles Street
Houma 70360

April 16 Leonard Chabert Medical Center
Wednesday 2nd Floor Cafeteria
7:30 a.m. 1978 Industrial Blvd.
9:30 a.m. Houma 70363
2:00 p.m.

April 17 DOTD- Maintenance
Thursday Construction
8:00 a.m. 5050 W. Main Street
Houma 70360

April 17 South Terrebonne Tidewater
Thursday Management and Conservation District
3:00 p.m. 5500 Hwy. 56
Chauvin 70344

Union Parish

April 3 Union Parish School Board
Thursday Media Center
3:30 p.m. 1206 Marion Highway
Farmerville 71241

Vermilion Parish

April 23 Vermilion Parish- OCS
Wednesday 2729 Veterans Memorial Drive
10:00 a.m. Abbeville 70510

April 23 Louisiana Technical College
Wednesday Gulf Area Campus
1:00 p.m. 1115 Clover Street
Abbeville 70510

Vernon Parish

April 9 Vernon Parish Library
Wednesday 1401 Nolan Trace
11:00 a.m. Leesville 71446
Please Park on Side

April 9 Leesville H.S. Lower Cafeteria
Wednesday 502 Berry Ave.
5:00 p.m. Leesville 71446

Washington Parish

April 15 Washington Parish School Board
Tuesday Conference Room
3:00 p.m. 800 Main Street
Franklinton 70438

April 16 Bogalusa City School
Wednesday Media Center
4:00 p.m. 1705 Sullivan Drive
Bogalusa 70427

April 22 Washington Correctional Institute
Tuesday Highway - 21
5:45 a.m. Angie 70426
6:45 a.m. Facility Employees Only
5:45 p.m.

April 23 Washington Correctional Institute
Wednesday Highway - 21
5:45 a.m. Angie 70426
5:45 p.m. Facility Employees Only

April 24 Washington / St. Tammany Hosp.
Thursday Inpatient Campus Conference Room
10:00 a.m. 433 Plaza Street
1:00 p.m. Bogalusa 70427

Webster Parish

April 8 Military Dept.
Tuesday Youth Challenge Program
10:00 a.m. Activity Bldg. A-120
100 Louisiana Blvd.
Minden 71055

April 8 Webster Parish School Board
Tuesday Springhill High Auditorium
3:30 p.m. 507 West Church
Springhill 71075

April 9 Webster Parish School Board
Wednesday Central Office
1:00 p.m. 407 Sheppard Street
Minden 71055
** Retirees and Bus Drivers*

April 9 Webster Parish School Board
Wednesday Minden High School Auditorium
3:30 p.m. College Street
Minden 71055

West Baton Rouge Parish

April 3 WBR Parish School Board
Thursday Port Allen High School Cafeteria
4:30 p.m. 3553 Rosedale Road
Port Allen 70767

April 22 Greater WBR Port Commission
Tuesday Conference Room
9:00 a.m. 2425 Ernest Wilson Drive
Port Allen 70767

April 24 Atchafalaya Basin Levee District
Thursday 525 Court Street
9:00 a.m. Port Allen 70767

West Carroll Parish

April 17 West Carroll Parish School Board
Thursday Media Center
3:00 p.m. 410 Willis Street
Oak Grove 71263

West Feliciana Parish

April 25 West Feliciana Parish Health Unit
Friday 5154 Burnett Road
2:00 p.m. St. Francisville 70775

Winn Parish

April 14 La Cooperative Extension Service
Monday Room 108
1:00 p.m. 119 West Main
Winnfield 71483

April 14 Winn Parish School Board
Monday 304 E Court Street
3:30 p.m. Winnfield 71483

KEEPING YOUR BACK HEALTHY AT WORK

Reprinted from MayoClinic.com

Low back injuries are a common cause of missed work. Many of the things you do at work or at home could put undue stress on your back. Understanding what can cause back injuries in the workplace and what you can do to prevent them will keep you healthy and reporting for work.

The four factors associated with increased risk of back injury are force, repetition, posture and stress. Force refers to the amount of effort required to accomplish a task. Repetition refers to the number of times a given movement must be performed. Posture refers both to the quality of posture when you're sitting or standing still and to the position that you're in when trying to do either a forceful or repetitive task. Stress refers to pressures from work or home that impact your ability to perform.

If you spend most of your time sitting in front of a computer, you'll likely experience occasional aches and pains. These result primarily from repetitive motion and from the fact that you're sitting still in an unnatural position for extended periods of time. On average, your body can tolerate being in one position for only 20 minutes before you feel the need to adjust for comfort.

If your job is more physical in nature, you might face injury if you frequently lift or move heavy objects. Repetitive movements also can be a problem, particularly if they involve stretching to the end of your range of motion or awkward body positioning.

Whether you have a desk job or you work on an assembly line, stress can cause injury to your back. The exact reasons for this are still being investigated, but multiple studies confirm that the higher the stress level, the higher the rate of injury.

ARE YOU STRESSED?

*Reprinted from HEALTHbeat from
Harvard Medical School*

Glance at the most recent National Vital Statistics Report listing the 10 leading causes of death in America, and you won't find the word "stress" anywhere. Yet many well-respected studies link stress to heart disease and stroke — two of the top 10



STRESSED? [cont.]

killers. Stress may also influence cancer and chronic lower respiratory diseases, which rank as numbers two and four, respectively, in the top 10.

Dr. Herbert Benson, a Harvard Medical School cardiologist, is the founder and president of the Mind/Body Medical Institute in Boston, which advises using a combination of approaches for stress relief. Three tasks are key:

1. Learn techniques that evoke the relaxation response, such as deep breathing and progressive muscle relaxation.
2. Nurture yourself by setting aside time for relaxation, eating well, exercising, connecting with others, and pursuing activities that add joy to your life.
3. Use cognitive restructuring, a method of helping you recast negative thought patterns in order to change how you appraise and respond to situations that send your stress levels skyrocketing.

Over time, the combination of these self-care approaches may ward off serious consequences and reward you richly with better health, greater peace of mind, and a smoother course through life.

Area Customer Service Offices

Alexandria

900 Murray Street, Room F-100
Alexandria, LA 71301
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800.813.1578

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Enrollment News

Office of Group Benefit's CIO Named to Prestigious Technology List by *Computerworld*

—Rizwan Ahmed Recognized for Creative, Innovative Approaches—

OGB is proud to announce that Rizwan Ahmed, the agency's chief information officer, has been recognized by IDG's *Computerworld*, the weekly newspaper for IT leaders, as one of the business world's Premier 100 IT Leaders.

The Premier 100 IT Leaders award, now entering its fourth year, recognizes exceptional technology leadership, innovative approaches to business challenges, and effective execution of comprehensive IT strategies.

Ahmed was selected from hundreds of nominees. Other award winners include leading IT executives from corporations such as Bayer Pharmaceutical, Circuit City Stores, Inc., Dow Chemical Company, and MasterCard International.

Ahmed has managed the design and implementation of the State Employee Benefit Online Information System, SeBois, a web-based system including claims processing, premium billing, customer service and other aspects of health care.

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