

Benefits from Alaska R&B

[AlaskaCare Retiree Health Plans](#)-Learn more about the AlaskaCare retiree health plan benefits, coverages and monthly premiums. **Effective as of January 1, 2022.**

AlaskaCare, effective January 1, 2022, includes **preventive service coverage** under the Retiree Defined Benefit health plan. Common vaccines are coverage: hepatitis A & B, HPV, influenza (flue shot), measles-mumps-rubella (MMR), meningitis, pneumococcal (pneumonia shot), tetanus, diphtheria, pertussis, polio, chickenpox, rabies, and shingles.

[AlaskaCare pharmacy benefit manager is OPTUMRx](#): A pharmacy benefit manager (PBM) is a company the Division hires to process AlaskaCare pharmacy claims. Medical, vision and dental claims are processed by Aetna and Delta Dental, respectively.

[AlaskaCare Town Hall](#)

[Alaska Cost-of-Living Allowance](#)-**Established in 1966**: Allowance to assist retirees, who elect to remain in state, to defray the higher cost of living in Alaska. The amount of COLA a TRS member receives is 10% of their base retirement benefit (no minimum amount). If you reside in Alaska after you retire, you may receive COLA in addition to your regular monthly benefit. Receipt of COLA is not automatic. If you wish to receive COLA, you must submit an Application for Cost-of-Living (form 02-1896)

[Post Retirement Pension Adjustments \(PRPAs\)](#)-The automatic Post Retirement Pension Adjustment (PRPA) is payable to eligible disabled members and to retirees age 60 or older receiving benefits under PERS or TRS in the preceding calendar year, and to persons who have received benefits under PERS for at least 5 years or TRS benefits for at least 8 years as of July 1.

[Dental Vision Audio \(DVA\)](#)-Elected at Retirement

[Long-Term Care](#)-Elected at Retirement

[IRMAA](#)-Certain high-income retirees are required to pay an extra premium surcharge, known as an Income Related **Monthly Adjustment Amount**, or **IRMAA**. State of Alaska reimburses members.