

State of Alaska Frank H. Murkowski Governor	Alaska Workers' Compensation Board PO Box 25512 Juneau, Alaska 99802-5512		
Department of Labor And Workforce Development	BULLETIN	Number 06-08	Date January 25, 2006
Greg O'Claray Commissioner	Subject	Cost-of-Living Adjustment for Recipients Residing Outside the State of Alaska	
	Reference	AS 23.30.175(b)&(c) & 8 AAC 45.138	

Under AS 23.30.175, a cost of living adjustment (COLA) survey must be conducted once every three years. The 2005 COLA ratios published in bulletin 05-03, January 3, 2005, remain in effect through 2006. The attached 2005 COLA list has been revised to include locations that were added during calendar year 2005. Please refer to Board Bulletin 93-01 for additional information, instructions and exceptions regarding application of the COLA.

COLA surveys have been obtained for Alaska and for each location listed on the COLA ratio list. Copies of individual survey summaries are available by contacting the Administrative Manager at the address noted below.

If a recipient does not reside in a location listed on the attached COLA ratio list, you must use the cost-of-living ratio for the location nearest the recipient's residence. If the recipient lives in a location equidistant from two published locations, the ratio that results in the highest compensation rate must be used. The Division may request a COLA survey for an unlisted location upon written request explaining why the ratio for the nearest location is believed to be insufficient. The Division continues to use Runzheimer International as the organization to perform COLA surveys. All requests for COLA ratios in unlisted areas must be forwarded to:

Division of Workers' Compensation
Attn: Administrative Manager
PO Box 115512
Juneau, AK 99811-5512

Effective November 7, 2005, a COLA "may not result in raising a recipient's weekly compensation rate to an amount that exceeds the weekly compensation rate that the recipient would have received if the recipient had been residing in [Alaska]". If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for a hearing, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

For all large metropolitan areas divided into sub-areas, see maps issued with bulletin 94-03.

Cost-of-living ratios from 98% through 102% are rounded off to 100% in accordance with regulation 8 AAC 45.138(h) (marked by asterisk).

State	City	Sub Area	Included Communities	2005 Ratio
AL	Andalusia			67.7
AL	Wilmer			73.7
AR	Dennard			65.2
AR	Fayetteville			73.9
AR	Mountain Home			71.6
AZ	Dolan Springs			71.5
AZ	Flagstaff			93.8
AZ	Lake Havasu City			96.4
AZ	Mesa			86.2
AZ	Phoenix		Mesa, Tempe	88.9
AZ	Prescott			91.5
AZ	Tucson			82.1
CA	Angelus Oaks			113.2
CA	Bakersfield			89.3
CA	Calexico		El Centro	90.6
CA	Crescent City			100.0*
CA	Eureka			107.5
CA	Fontana		Loma Linda, Redlands, Riverside	123.9
CA	Fresno		Clovis	105.1
CA	Lakehead			100.0*
CA	Lakeport			112.2
CA	Los Angeles	S1	Downey, Long Beach, Whittier	154.1
CA	Los Angeles	S2	Burbank, Granada Hills	147.9
CA	Los Angeles	S4	Loma Linda, Redlands, Riverside	106.7
CA	Palm Desert			124.4
CA	Sacramento		Fair Oaks, Orangeville, Rancho Cordova	109.7
CA	San Diego	S1		135.3
CA	San Francisco	S1		199.9
CA	San Jose		Milpitas	167.0
CA	Stockton		Lodi	104.5
CA	Susanville			100.0*
CA	Vina		Chico	112.4
CA	Weaverville			100.0*
CO	Colorado Springs			88.0
CO	Denver	S1	Denver NE	110.4
CO	Evans		Greeley, Windsor	92.8
CO	Ft. Collins		Loveland, Windsor	96.2
CO	Montrose			84.0
CO	Rye		Colorado City	85.9

State	City	Sub Area	Included Communities	2005 Ratio
CO	South Fork			84.9
DC	Washington DC	S1	American University Park, Palisades	150.5
DC	Washington DC	S3	Alexandria, Annandale	133.6
FL	Beverly Hills			77.4
FL	Ft. Myers			88.3
FL	Indialantic		Melbourne, Palm Bay	80.0
FL	Lake City			68.3
FL	Ocala			74.6
FL	Orlando		Altamonte Springs, Longwood	82.4
FL	Pensacola		Gonzalez	73.7
FL	Sarasota			93.7
FL	Tallahassee			82.9
FL	West Palm Beach		Boynton Beach	100.0*
GA	Augusta		South Augusta	70.8
HI	Hilo			100.0*
HI	Honolulu		Kailua, Kaneohe, Mililani Town	121.6
HI	Maui		Kahului, Wailuka	115.8
ID	Boise		Meridian	80.0
ID	Caldwell			76.4
ID	Coeur D'Alene			81.5
ID	Glenns Ferry			71.6
ID	Lewiston			81.9
ID	Pocatello			82.0
IL	Du Quoin		Carbondale	76.6
IL	Saint Louis	S4		81.6
KS	Osage City			75.1
LA	Cottonport			70.0
LA	Iowa		Lake Charles North	69.6
LA	Lake Charles			69.6
LA	New Orleans		Kenner, Marrero	81.9
LA	Shreveport		Broadmoor	74.6
MA	Boston	S2	Medford, Lynn, Quincy	128.9
ME	Portland		Westbrook	91.2
ME	Richland			95.4
MI	Big Rapids			80.4
MI	Hale			74.9
MI	Hastings			80.8
MI	Lansing		Haslett	96.9
MN	Duluth			79.2
MN	Grand Rapids			81.5
MN	Marquette			83.9
MN	Park Rapids			75.5
MN	Verndale			72.9
MO	Columbia			77.4
MO	Mt. Grove			72.6
MO	Springfield			74.0
MO	St. Louis	S3	Arnold, Ballwin, Webster Groves	94.1

State	City	Sub Area	Included Communities	2005 Ratio
MO	St. Louis	S4	Belleville, Fairview Heights, Swansea, O'Fallon	81.6
MS	Moss Point		Pascagoula	70.3
MT	Butte			80.4
MT	Forsyth			71.7
MT	Great Falls			81.5
MT	Harlem			67.4
MT	Kalispell			82.9
MT	Missoula			89.6
MX	Mexico City			128.7
NC	Charlotte			79.3
NC	Raleigh		Durham	83.5
ND	Bismark			81.0
NJ	Trenton		East Windsor, Lawrence Township, Princeton Junction	122.4
NM	Albuquerque		Rio Rancho	78.9
NM	Farmington			77.1
NV	Beatty			80.7
NV	Carson City			105.3
NV	Las Vegas		Henderson, Paradise	92.5
NV	Reno		Sparks	94.6
NY	Elmira			78.2
NY	New York	S1	Brooklyn, Staten Island, Queens Central	138.4
OH	Painesville		Mentor	88.1
OH	Waverly		Chillicothe	75.3
OK	Oklahoma City		Norman, Yukon	76.0
OK	Roff		Ada	75.4
OK	Stigler			71.4
OK	Tulsa		Broken Arrow, Owasso	75.2
OR	Astoria			90.7
OR	Corvallis			90.9
OR	Eugene			92.7
OR	Grants Pass			97.5
OR	Klamath Falls			80.7
OR	La Grande			83.8
OR	Lakeside		Coos Bay	86.4
OR	Medford			93.5
OR	Newport			91.5
OR	North Bend			86.4
OR	Portland		Beaverton, Gresham, Tigard	95.3
OR	Roseburg			88.3
OR	Salem			89.3
OR	The Dalles			88.0
PA	South Williamsport			76.2
PI	Quezon City			100.0*
SC	Dillon			74.9
SD	Sioux Falls		Kingswood	85.7
TN	Harriman			71.9
TN	Knoxville			78.7

State	City	Sub Area	Included Communities	2005 Ratio
TN	Nashville		Hendersonville, Mount Juliet	77.3
TX	Abilene			73.5
TX	Austin		Austin NW, Austin South, Round Rock	86.4
TX	Beaumont		Lumberton	77.5
TX	Dallas	S4	Arlington, Keller, N Richland Hills	83.7
TX	El Paso			74.2
TX	Houston	S4	Missouri City, Pearland, Sugarland	82.2
TX	Rockport		Corpus Christi	76.4
TX	San Antonio		Schertz, Universal City	70.6
TX	Tyler			71.1
TX	Wichita Falls			70.6
TX	Woodville			65.9
UT	Provo		Orem	82.3
UT	Salt Lake City		Sandy, South Jordan, West Jordan	89.9
WA	Bellingham			96.5
WA	Bremerton			92.3
WA	Olympia			91.7
WA	Port Angeles			88.3
WA	Port Townsend			96.5
WA	Seattle	S1	Auburn, Kent, Renton	117.4
WA	Seattle	S2		102.5
WA	Spokane			91.7
WA	Tacoma		Lakewood, Puyallup	96.8
WA	Tri Cities		Kennewick, Pasco, Richland South	83.1
WA	Vancouver			90.4
WA	Yakima			84.0
WI	Madison			93.0
WY	Big Piney			76.5
WY	Cody			75.0
WY	Jackson			138.0
WY	Kinnear		Riverton	72.2