

<p align="center"><b>State of Alaska</b> Sarah Palin Governor</p>	<p align="center"><b>Alaska Workers' Compensation Division</b> PO Box 115512 Juneau, Alaska 99811-5512</p>		
<p><b>Department of Labor and Workforce Development</b></p>	<p align="center"><b>BULLETIN</b></p>	<p><b>Number</b> <b>07-05</b></p>	<p><b>Date</b> January 4, 2007</p>
<p align="center">Greg O'Claray Acting Commissioner</p>	<p><b>SUBJECT</b>  <b>REFERENCE</b></p>	<p>Allowances For Transportation, Meals and Lodging While Traveling For Medical Treatment. 8 AAC 45.084</p>	

Board regulation 8 AAC 45.084 describes medical travel expenses which are payable or reimbursable under the Alaska Workers' Compensation Act. Allowances for mileage (when using a private vehicle), meals and lodging are based on the rate the State of Alaska reimburses its supervisory employees.

Reimbursement for mileage when using a privately owned vehicle, effective January 1, 2007, shall be at the rate of 48.5 cents per mile.

Per diem for lodging is paid when the employee incurs expenses comparable to those arising from the use of good and moderately priced **commercial lodging establishments** catering to the general public. A reasonable amount for lodging must be paid by the employer if **substantiated by receipts** submitted by the employee.

The employee is also entitled to the following meal allowances when on travel status for at least three hours, during a listed period, if the expense is incurred (a) on the last day of travel status following a period when overnight lodging is obtained or (b) when on travel status for more than 10 continuous hours, but less than 24 hours when overnight lodging is not required.

Effective November 8, 2006 the rates are as follows:

Time of Day	Meal Allotted	Monetary Allowance
Midnight to 10:00am	Breakfast	\$ 12.00
10:00am to 3:00pm	Lunch	16.00
3:00pm to Midnight	Dinner	<u>32.00</u>
	Total	\$60.00