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smart living

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HOW TO USE THE AETNA DOCFIND® ONLINE DIRECTORY



Public Education Health Trust has negotiated significant fee reductions for covered services through the Aetna Signature Administrators Network. To find providers participating in the ASA network you can use the Aetna Docfind Online Directory.

Selecting a doctor and other health care professionals for you and your family is important. Our online directory, available 24 hours a day, 7 days a week, makes it easy. DocFind is the premier online search tool from Aetna. Up-to-date listings of participating doctors, dentists, other medical professionals and facilities are available at your fingertips. With our easy-to-use format, you can search online by name, specialty, gender and/or hospital affiliation.

How do I use DocFind?

You can use DocFind anywhere you have Internet access. Please read on for a step-by-step overview.

What does DocFind allow me to do?

- Choose the search option that works for you. Search by using a variety of criteria such as specialty, gender and/or hospital affiliation, or search using the health care professional's name. More information about search options is available on the back of this page.
- Make the informed choice. DocFind gives you easy access to information about health care professionals. This includes information about medical school attended, board certification status and gender, as well as information about the provider's offices, such as handicapped access, etc. Other features include maps, driving directions and listings (where applicable) of other office locations.
- Get up-to-date information. DocFind is updated three times per week, giving you access to the latest available information.
- Review a list of transplant facilities and pediatric congenital heart surgery facilities in our Institutes of Excellence™ network.

Step-by-step instructions

To access DocFind, simply log in to www.aetna.com/asa.

Looking to change your primary care physician? Need to locate a specialist? DocFind's "Search by Location" can help!

1. Select the type of health care professional or facility you wish to find, such as primary care physician, specialist, dentist, medical hospital or pharmacy.
2. Enter the geographic information for the area where you wish to find a participating health care professional.
3. If you choose, narrow your search by selecting the "Advanced Search" tab. Follow the steps above and then select specialty, gender, languages spoken, hospital affiliation and/or name. Or, request a list of all health care professionals who match your geographic and plan requirements.
4. That's it! You will be presented with a list of health care professionals who match your criteria. You can obtain additional information about each provider by clicking on the "View Details" link.

Know the name of the health care professional you're looking for? "Search By Name" is your direct route!

1. Select the type of health care professional you would like to find.
2. Input the name of the individual health care professional you wish to find.
3. Enter the geographic information for the area where you wish to find a participating health care professional.
4. It's that easy! You will be presented with a list of health care professionals or facilities that match your requirements. You can obtain additional detail about a particular provider by clicking on the "View Details" link.

Log in to www.aetna.com/asa today for easy access to up-to-date information on participating health care professionals and facilities!

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies including Aetna Life Insurance Company and its affiliates (Aetna).

Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services.

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National Cholesterol Education Month

What is cholesterol?

Cholesterol is a fat-like lipoprotein found in the blood stream. Although cholesterol is an essential source of cell fuel, high levels of cholesterol in the blood can create build up and blockage of the arteries. This can lead to coronary heart disease, heart attack and stroke.

There are two kinds of cholesterol: high density lipoprotein (HDL) and low density lipoprotein (LDL). HDL, also known as “good” cholesterol, helps absorb cholesterol and carry it to the liver, where it is flushed from the body. Higher levels of HDL cholesterol are associated with lower levels of heart disease and stroke. The type of cholesterol that causes the plaque-like buildup in artery walls and is associated with high rates of heart attack, heart disease and stroke is LDL cholesterol.

What role does screening play?

Screening is the key to detecting and treating high cholesterol. There are no symptoms of high cholesterol. As a result, many people do not know that their LDL levels are too high. Screenings for high cholesterol include fasting 9 to 12 hours before taking a simple blood test that will determine the HDL cholesterol, LDL cholesterol, and triglyceride levels. From these numbers, your provider will be able to determine your total cholesterol.

Adults 20 years and older without increased risk of high cholesterol should have their levels checked every 5 years. Factors that increase the risk of high cholesterol include:

- Conditions such as diabetes.
- Behaviors, including diets high in saturated and trans fats, physical inactivity and obesity, smoking, and drinking alcohol excessively.
- Genetics and Family History
- Age
- Sex
- Race or ethnicity

What do your cholesterol levels mean?

As mentioned earlier, you should have your cholesterol tested every 5 years unless otherwise indicated by your healthcare provider.

When you receive your results, you should see four different categories identified in the lipoprotein profile:

1. **HDL (good) cholesterol** : The higher the level of HDL cholesterol, the better. You can increase HDL levels through exercise or by taking a statin.
2. **LDL (bad) cholesterol** : If your cholesterol is greater than 190, which is considered very high, your doctor will determine a plan to control your LDL levels. This may include exercise, diet, and medication.
3. **Triglycerides** : Triglycerides are fats carried in the blood. Excess calories and sugars that are not used to fuel the body's cell functions are converted into triglycerides and stored as fat cells.

Triglycerides	Triglyceride Category
Less than 150	Normal
150-199	Mildly High
200-499	High
500 or higher	Very High

4. **Total Cholesterol** : Your total cholesterol score is calculated using the following equation: HDL + LDL + 20 percent of your triglyceride level. A total cholesterol score of less than 180 mg/dL is considered optimal.

How can you prevent or control high cholesterol?

Make lifestyle changes by eating a low-fat, high-fiber diet and be physically active at least 3 days a week

- Eat a healthy diet that is low in salt; low in total fat, saturated fat, and cholesterol; and, rich in fresh fruits and vegetables.
- Take at least one brisk 10-minute walk, three times a day, five days a week.
- Maintain a healthy weight.
- Don't smoke. If you smoke, quit as soon as possible

Source: <http://www.cdc.gov/features/CholesterolAwareness/>

QUESTIONS TO ASK YOUR DOCTOR

Your health depends on good communication. Asking questions and providing information to your doctor and other care providers can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction.

Quality health care is a team effort. You play an important role. One of the best ways to communicate with your doctor and health care team is by asking questions. Because time is limited during medical appointments, you will feel less rushed if you prepare your questions before your appointment.

Your doctor wants your questions

Doctors know a lot about a lot of things, but they don't always know everything about you or what is best for you. Your questions give your doctor and health care team important information about you, such as your most important health care concerns.

The 10 Questions You Should Know

A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

BEFORE YOUR APPOINTMENT

Asking questions about your diagnoses, treatments, and medicines can improve the quality, safety, and effectiveness of your health care. Taking steps before your medical appointments will help you to make the most of your time with your doctor and health care team.

Prepare your questions, Time is limited during doctor visits. Prepare for your appointment by thinking about what you want to do during your next visit. Do you want to:

- Talk about a health problem?
- Get or change a medicine?
- Get medical tests?
- Talk about surgery or treatment options?

Write down your questions to bring to your appointment. The answers can help you make better decisions, get good care, and feel better about your health care.

DURING YOUR APPOINTMENT

During your appointment, make sure to ask the questions you prepared before your appointment. Start by asking the ones that are most important to you.

To get the most from your visit, tell the nurse or person at the front desk that you have questions for your doctor. If your doctor does not ask you if you have questions, ask your doctor when the best time would be to ask them.

Understand the answers and next steps

Asking questions is important but so is making sure you hear—and understand—the answers you get. Take notes. Or bring someone to your appointment to help you understand and remember what you heard. If you don't understand or are confused, ask your doctor to explain the answer again.

It is very important to understand the plan or next steps that your doctor recommends. Ask questions to make sure you understand what your doctor wants you to do.

The questions you may want to ask will depend on whether your doctor gives you a diagnosis; recommends a treatment, medical test, or surgery; or gives you a prescription for medicine. **Questions could include:**

- What is my diagnosis?
- What are my treatment options? What are the benefits of each option? What are the side effects?
- Will I need a test? What is the test for? What will the results tell me?
- What will the medicine you are prescribing do? How do I take it? Are there any side effects?
- Why do I need surgery? Are there other ways to treat my condition? How often do you perform this surgery?
- Do I need to change my daily routine?

AFTER YOUR APPOINTMENT

After you meet with your doctor, you will need to follow his or her instructions to keep your health on track. Your doctor may have you fill a prescription or make another appointment for tests, lab work, or a follow-up visit. It is important for you to follow your doctor's instructions. It also is important to call your doctor if you are unclear about any instructions or have more questions.

Prioritize your questions, Create a list of follow-up questions to ask if you:

- Have a health problem
- Need to get or change a medicine
- Need a medical test
- Need to have surgery

Other times to call your doctor

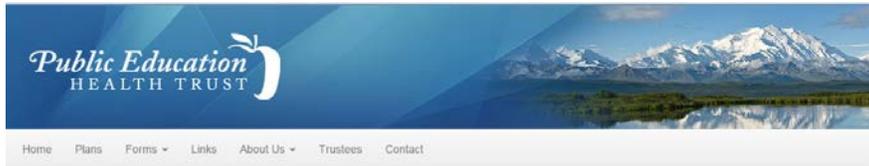
There are other times when you should follow up on your care and call your doctor. Call your doctor:

- If you experience any side effects or other problems with your medicines.
- If your symptoms get worse after seeing the doctor.
- If you receive any new prescriptions or start taking any over-the-counter medicines.
- To get results of any tests you've had. Do not assume that no news is good news.
- To ask about test results you do not understand.

Your questions help your doctor and health care team learn more about you. Your doctor's answers to your questions can help you make better decisions, receive a higher level of care, avoid medical harm, and feel better about your health care. Your questions can also lead to better results for your health.

PUBLIC EDUCATION HEALTH TRUST NOTICES

All your PEHT Legal Notices are available to you on the PEHT website. Simply go to www.pehtak.com and hover over the **Forms** tab and select "Notices." Scroll down the page and you will find the Public Education Health Trust Notices. Here you will find *Medicare Part D Disclosure*, *Notice of Privacy Practices*, *Medicare Drug Coverage*, *Woman's Health and Cancer Rights Act 1998* and *COBRA Continuation Coverage*.

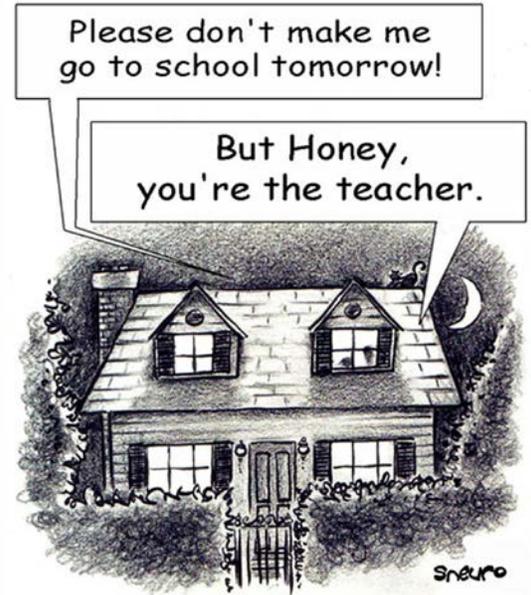


Public Education Health Trust Forms

We've assembled all the latest documents covering a variety of situations and needs related to managing your plan or benefits. If you believe a document is in error or missing, please contact us.



You are here: Home / Forms



HEALTHY FALL RECIPE

Lime-Honey Glazed Chicken

The sweet and tangy lime-honey marinade is simmered on the stovetop and then used as a sauce to baste and glaze the chicken. Don't let the chicken marinate any longer than 2 hours; overmarinating in soy sauce and lime juice can make the texture of the meat spongy.

Makes: 8 Servings **Active Time:** 30 minutes **Total Time:** 3 and a half hours (2 hours marinating time)

INGREDIENTS

- 6 tablespoons honey
- 6 tablespoons reduced-sodium soy sauce
- 2 teaspoons freshly grated lime zest
- 6 tablespoons lime juice
- 1 teaspoon crushed red pepper
- 4 6-ounce bone-in chicken thighs, skin and excess fat removed
- 2 12-ounce bone-in chicken breasts, skin and excess fat removed, cut in half crosswise

PREPARATION

1. Mix honey, soy sauce, lime zest, lime juice and crushed red pepper in a large bowl. Add chicken pieces; stir to coat. Cover and refrigerate for 2 hours, stirring occasionally.
2. About 20 minutes before you are ready to grill, preheat a gas grill (with all burners lit) to 400°F or build a fire in a charcoal grill and let it burn down to medium heat (about 400°F).
3. If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on your grill). If using a charcoal grill, move the coals to one side. Remove the chicken pieces from the marinade (reserve marinade) and place bone-side down (with the thick part of the meat facing up) on the unheated side of the grill rack. Close the lid and roast undisturbed for 25 minutes.
4. Meanwhile, place the marinade in a small saucepan over medium-high heat and boil until reduced by about half and thickened to a glaze, 8 to 10 minutes.
5. Rotate the chicken to other spots on the unheated portion of the grill to ensure even cooking and lightly brush with some of the glaze. Cover and continue roasting, basting once more about halfway through cooking, until an instant-read thermometer inserted into the center of the meat without touching bone registers 165°F, 10 to 20 minutes more.



Nutrition Facts

Servings Per Recipe 8			
Amount Per Serving			
Calories 227			
		% Daily values *	
Total Fat	7g		11%
Saturated Fat	2g		10%
Trans Fat	0g		
Monounsaturated Fat	2g		
Cholesterol	81mg		27%
Potassium	279mg		8%
Sodium	366mg		15%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	26g		52%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Equals	300g	375g
Dietary Fiber	Equals	25g	30g

KNOWING WHEN TO USE AN URGENT CARE CLINIC INSTEAD OF THE EMERGENCY ROOM

In life threatening situations, modern emergency services are worth their weight in gold. However, emergency rooms charge two to three times more for routine services than a doctor's office.

Use good judgment in deciding when to use emergency medical services. A study conducted by the National Center for Health found that 48% of patients who visited the ER but were not admitted to the hospital used emergency care because their doctor's office was not open. In cases where emergency care is not needed and your primary physician's office is not open, Urgent Care Centers and Same-Day clinics are cost-effective alternatives for medical treatment.

Common ailments that should be treated by your primary care physician, Urgent Care Centers or Same-day Clinics include:

- Mild fevers
- Minor trauma such as a sprained ankle
- Diarrhea
- Vomiting
- Severe sore throat

If there is an underlying condition causing one or more of your symptoms, your physician may direct you to seek emergency medical attention. A medical emergency means the person's condition is life-threatening, or the person could suffer serious harm without immediate care.

Follow these guidelines to help recognize the warning signs of a medical emergency:

- Fainting or loss of consciousness
- Difficulty breathing, shortness of breath or choking
- Continuous bleeding
- Coughing up or vomiting blood
- Severe or persistent vomiting
- Suicidal or homicidal feelings
- Chest pain
- Upper abdominal pain or pressure
- Change in mental status (confusion, unusual behavior, difficulty arousing)
- Head or spine injury
- Sudden, severe pain anywhere in the body
- Ingestion of poisonous substance
- Sudden injury like a motor vehicle accident, burns or smoke inhalation, near drowning, deep or large wound, etc.



WHAT IS MIHEALTH MANAGER?

miHealth Manager is here! miHealth Manager, an online personal health record designed to give you complete 24/7 access to your personal healthcare information from multiple sources, is now part of your online benefit experience through EBMS!



Powered by Dossia

Why should I access miHealth Manager?

miHealth Manager is a way for you to keep track of your health. Take the Health Risk Assessment questionnaire to find out your risk for chronic disease; keep a personal health record to track medications, immunizations, office visits and test results; and keep a personal health record to track medications, immunizations, office visits and test results. This information can be printed off and taken with you to doctor visits.

How do I access miHealth Manager?

1. Visit www.ebms.com and click "Log In" on the top left-hand side of the screen.
2. For registered users, enter your username and password.
3. For new users, select the "New User" option within the login page, use your insurance card to complete our simple registration form. EBMS will validate your eligibility status, giving you full access to miBenefits and miHealth Manager.
4. Proceed to the miBenefits landing page and click on the miHealth Manager icon. This will open up a new page which will be the miHealth Manager dashboard
5. From here you will have access to healthy recipes, meal plans, health-related challenges, and more!