

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



JULY / AUGUST
2019 ISSUE

PROVIDENCE ALASKA RELATIONSHIP CONTINUES

The Public Education Health Trust is pleased to announce that we will continue our partnership with Providence Health & Services Alaska as our members' preferred health care provider in Alaska. This includes care provided through Providence Alaska Medical Center in Anchorage and other select Providence facilities, including care in Seward, Kodiak and Valdez.

"PEHT is the premier health trust in Alaska, and we're gratified to continue our relationship," said Preston Simmons, Providence Alaska's chief executive. "For decades, we've invested to deliver the highest quality care to Alaskans. A few of our most recent unique services and accomplishments include the state's:

- Only children's hospital and only Level 3 Newborn Intensive Care Unit to handle the most complex cases;
- Leading trauma center, accredited to care 24/7 for adults and children;
- Most comprehensive cancer center with the only fully robotic radiation system that delivers high-quality outcomes while minimizing side effects; and
- Nationally recognized heart and vascular center, and the only hospital capable of performing specialized minimally invasive heart valve replacement procedures, delivering better outcomes at lower costs.

In addition to these exceptional services, Providence Alaska Medical Center is ranked among the nation's highest-performing hospitals and the best in Alaska by U.S. News & World Report. Through our partnership with Providence, PEHT members we have access to the full range of high-quality care, all with a new, substantial discount, effective July 1.

"This continued partnership is in response to PEHT's need to provide more affordable health care while maintaining the highest quality available for their members," Simmons said. "At PEHT's encouragement, Providence will provide improved access to care for members through innovative health care solutions "

We will be providing you more updates through the year as these efforts evolve, so stay tuned.



PARTICIPATE IN GO365 TO EARN GREAT REWARDS!

Making healthier choices is more fun with Go365! As a Go365 member, you earn points for completing healthy activities. You get one Buck for each point you earn, plus Bonus Bucks when you reach a higher status levels. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the app to see all the great products, deals and offers Go365 has for you.

WHAT KIND OF REWARDS CAN I EARN?

The Go365 mall has lots of options!

- Gift cards from Amazon, Target, Lowes, Best Buy and Macy's
- Amazon Prime or Audible membership
- Movie tickets
- Fitness devices and equipment
- Donate your Bucks as cash to many charity options

These are just some of the great options for you to use your earned Bucks in the Go365 program! In addition, you can receive deals and discounts from places like Priceline, The Biggest Loser Resort, Rock n' Roll Marathon series and more, just by being a Go365 member.



WHAT OTHER INCENTIVES DO I HAVE FOR GETTING TO HIGHER STATUS LEVELS?

In addition to the Bonus Bucks you receive for getting to silver, gold, and platinum status levels, getting to these levels allows you to win larger prizes in the Jackpot Giveaway!

WHAT IS THE JACKPOT GIVEAWAY?

Just by being a Go365 member, you are automatically entered into the Go365 Jackpot Giveaway! Each month, thousands of Go365 members across the country are drawn at random to win Go365 Jackpot prizes. The prizes work this way: The higher status level you are at, the larger the prize! For instance, being at bronze status when you win the Jackpot will get you a prize such as a movie ticket. If you are at platinum status, you could win something much larger, such as a Trek bicycle! The Jackpot gives you even more incentive on top of the Go365 Mall to continue to work to increase your status level!

SO WHERE DO I START?

If you have not done so already, make sure you register in the Go365 program by logging into the Go365 mobile app or website. You should have received your Go365 card in the mail, and you can use the member number on the card to register an account at www.Go365.com or the Go365 app after downloading it from the Apple Store or Google Play. Once you have created an account, you can begin your journey to improve your health and earn exciting rewards along the way.

DON'T FORGET TO GET TO BRONZE AND THEN SILVER STATUS!

You can reach bronze status by completing your health assessment, logging a verified workout, or completing your biometric screening. Reach silver status by continuing to engage in the Go365 program with activities such as dental or vision exams, flu shots, fitness habits, athletic events and much, much more!

Questions? For more information check out the Go365 community page at <https://community.go365.com> or call the Go365 customer service team at 800-708-1105.

MANDATORY MAINTENANCE PROGRAMS – TIME AND DOLLAR SAVINGS FOR OUR MEMBERS!

Starting Oct. 1, 2019, maintenance medications (those you take regularly) must be filled in 90-day supplies.

Public Education Health Trust (PEHT) members will get two grace fills (up to a 34-day supply). They must then switch to 90-day supplies for the third fill. Members will also have the option to fill their 90-day prescriptions through OptumRx® home delivery or any network retail pharmacy.

MAIL SERVICE MEMBER SELECT (MSMS)

MSMS is a home delivery program that makes it easy for you to get your ongoing medications by mail. This program will save you time and help you better manage the medication you take regularly. Not only is home delivery safe and reliable, it also offers the following advantages:

CHOOSE YOUR FILL PREFERENCE

- You can choose to fill your maintenance medication through OptumRx or a retail pharmacy. If you choose a retail pharmacy, you must disenroll from the MSMS program. To disenroll, contact OptumRx at the number on your member ID card or visit optumrx.com.
- The program allows you two retail pharmacy fills of your maintenance medication before you must choose. If you do not take action after the second retail fill, you may pay more for your medication until you make a decision.

MAKE THE CHOICE

To choose home delivery, use any of the following options:

- **ePrescribe** - Your doctor can send an electronic prescription to OptumRx.
- **Online** - Register at optumrx.com.
- **By phone** - Call the number on your member ID card.



HEALTHY RECIPE

STRAWBERRY YOGURT POPS

Strawberries and yogurt are all you need for this healthy frozen snack! They're a great after school snack or late night dessert!

INGREDIENTS

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

DIRECTIONS

1. Cut strawberries into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws).
4. Freeze.
5. Enjoy as a frozen treat!

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/strawberry-yogurt-pops>

Nutrition Facts		Amount/serving	% Daily Value*
Serving size	Calories per serving	Total Fat 1g	1%
		Saturated Fat 0g	0%
		Trans Fat 0g	
		Cholesterol < 5mg	1%
		Sodium 35mg	2%
		Vitamin D 0mcg	0%
		Potassium 161mg	4%
		Calcium 97mg	
		Iron 0mg	0%
		Amount/serving	% Daily Value*
		Total Carbohydrate 14g	5%
		Dietary Fiber 1g	4%
		Total Sugars 13g	
		Includes 7g Added Sugars	14%
		Protein 3g	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

URGENT CARE VS. EMERGENCY CARE: KNOWING WHEN TO USE URGENT-CARE CLINICS INSTEAD OF THE ER

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.



"This is alphabet soup, Mom. I don't use the alphabet in the summer."

BOARD OF TRUSTEES ELECTIONS

Public Education Health Trust is asking for your nominations for Board of Trustees representatives to serve in Seat D and Seat E from **January 1, 2020 to December 31, 2022**. This is an excellent opportunity to participate on a progressive board that represents the collective interests of the 17,000 Public Education Health Trust members.

BENEFITS OF PARTICIPATING AS AN ELECTED TRUSTEE:

- Excellent training in:
 - Leadership and forward, progressive thinking
 - National conferences in self-funding health benefits
 - Healthcare costs and containment
 - Professional skills development
- No personal costs entailed
- Ability to make a difference
- Recognition associated with a high-performing board

Nominees must be a participant of the Public Education Health Trust and be eligible to receive benefits in one or more benefit programs under this plan, by virtue of status as an employee. A nominee must be participating in the health plan and have not waived coverage, must be either an active member of NEA-Alaska and an active member of the local association if one exists, or must be an active employee of NEA-Alaska.

If you have an interest in serving, a willingness to lead, and are highly accountable and willing to accept the responsibility of a trustee, the necessary education and training to serve will be provided.

The Board of Trustees meets quarterly. Some travel may be required.

If you are interested in serving as a trustee, please submit a biography of no more than 100 words. No biographies will be taken over the telephone. The trust also needs to know the employing district and affiliation.

Please send biographies no later than Sept. 16, 2019, to the following:

Public Education Health Trust
Attention: Rhonda Prowell-Kitter, Chief Financial Officer
4003 Iowa Drive
Anchorage, AK 99517

Or, email the biography directly to rpk@pehtak.com.

**NOMINATIONS FOR
TRUSTEE ELECTIONS ARE
OPEN AUGUST 1 THROUGH
SEPTEMBER 16.
THE ELECTIONS WILL TAKE
PLACE IN SEPTEMBER/
OCTOBER.**



Contact Rhonda Prowell-Kitter at (907) 274 -7526 or (888) 685 -7526 if you have any questions.

HEARING AID BENEFIT

Effective July 1, 2019, hearing aid benefits for PEHT members are \$2,500 per ear every 36 months. You can go to any hearing aid provider that you choose to maximize this benefit. Be sure to check out Costco as they typically have the best price on hearing aids.

Hearing loss continues to be the third most common chronic physical condition in the U.S. and is twice as prevalent as diabetes or cancer, according to the Centers for Disease Control and Prevention.

THE CDC SHARES THESE FACTS ON HEARING LOSS:

- The cumulative effects of hearing damage are more noticeable among older adults. Nearly half of people older

than 60 years have hearing loss, as described in a report from the President's Council of Advisors on Science and Technology. As more people live longer, these numbers are expected to grow, from 46 million in 2014 to 82 million in 2040.

- During 2001–2008, an estimated 30 million Americans older than 12 years had hearing loss in both ears. An estimated 48 million had hearing loss in at least one ear.
- About 10 percent of the U.S. adult population, or about 25 million Americans, has experienced tinnitus lasting at least five minutes in the past year.



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This publication was created and sent to you
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**Public Education
Health Trust**

Follow us on Twitter and like us on Facebook to take a short quiz about this edition of SMART LIVING for your chance to be entered into a drawing for a \$50 Visa Gift Card!

HOW MUCH DO YOU KNOW?

COMPLETE THE QUIZ
AND WIN \$50!



MAY/JUNE
QUIZ WINNER:

MARY FULKERSON