



## DRUG COPAY CARDS MAY IMPACT YOUR OUT-OF-POCKET CALCULATIONS

**The availability and use of drug copay cards from drug manufacturers has become increasingly popular, especially with high-cost specialty medications. These cards provide a special discount on select prescription medications.**

The use of these cards, in addition to your pharmacy benefit identification card, can reduce your out-of-pocket costs. However, they also impact your responsibility in meeting deductible and out-of-pocket calculations with your own money.

We are not limiting the use of these drug copay cards in the specialty pharmacy, but only your true out-of-pocket costs will be applied to your deductible and out-of-pocket accumulated benefit totals.

If you have questions or are interested in learning more about the use of coupons, call the number on your member ID card. OptumRx appreciates the opportunity to serve you and we are committed to helping you make the best use of your pharmacy benefits.





# WELCOME TO GO365!

**GO365 NEW PROGRAM YEAR, REACH BRONZE STATUS, EARN BONUS BUCKS, AND EARN EXTRA WITH TELADOC!**



## GO365 NEW PROGRAM YEAR

On October 1, PEHT rolled over to a new Go365 program year. This means that you must re-earn your status and points this year by getting involved in Go365 activities through the Go365 website ([www.go365.com](http://www.go365.com)) and the Go365 mobile app!

To learn more about creating an account for the Go365 program, check out the video on the PEHT page at <http://pehtak.com/how-to-create-an-account>

## BRONZE AND BEYOND

To get started again in the Go365 program, just complete one of these three activities:

- A section of the Health Assessment
- Biometric Screening
- Verified Workout

By doing any of these activities, you will move to Bronze status.\* Go365 is a status-based health and wellness rewards program. As you use the program, you can achieve Silver, Gold, or Platinum status to earn extra Bonus Bucks along the way.

\*Adult children can only move a family into Bronze Status by completing a verified workout.

## BONUS BUCKS!

By engaging in Go365 early on, you will have multiple opportunities to earn Bonus Bucks and Points. The first way is by completing a Health Assessment. If you complete the assessment within the first 90 days of the program, you can earn 250 additional Bucks and Points. Another great bonus to start off the plan year is to complete a Verified Workout. You will earn a bonus of 750 Points and Bucks every new program year for logging a Verified Workout. With each of these bonuses, you can potentially earn a total of 1,000 Bucks within the first 90 days of the program year, in addition to the Points you earn for the activities themselves.

## EARN EXTRA WITH TELADOC!

If you utilize the Teladoc program, you can now earn Go365 Bucks for participating. You get 1,000 Bucks (per family) for registering with the Teladoc program. That's enough Bucks to get a \$10 Amazon gift card in the Go365 Mall! You will see the Bucks for this show up on your Go365 statement by middle of the following month. To register with Teladoc go to [www.teladoc.com](http://www.teladoc.com).

**Why wait? Get started on your health and wellness journey today with Go365!**

**QUESTIONS?** For more information check out the Go365 community page at <https://community.go365.com> or call the Go365 customer service team at 1-800-708-1105.

## WALTERS RETAINS TRUSTEE SEAT THROUGH 2021



**Tim Walters, will retain Seat B for the three-year term that runs from January, 1, 2019 through December 31, 2021.**

Having received one eligible nomination for Seat B, no voting was necessary. Chairman Tim Parker notified the trustees at the Board Meeting on September 24 that Tim Walters has been declared the trustee for Seat B. Walters has been a teacher in the Mat-Su Valley since 2002.

### Other trustees include:

- Josh Andrews, an educator since 1997 with the Craig School District
- Jessica Cook, an elementary teacher in Eagle River with 15 years in the Anchorage School District
- Kathy Bell, a nurse for the Anchorage School District for 26 years
- Prudence McKenney, an English teacher for 17 years in the Mat-Su Valley and high school librarian since 2010
- Steve Byers, a special education teacher for 21 years with the Juneau School District
- Tim Parker, an educator of 18 years with the Fairbanks North Star Borough School District



# 'TIS THE SEASON FOR FLU VACCINATIONS

IT'S FLU SEASON — TIME TO PROTECT YOURSELF AND FAMILY MEMBERS

**The Centers for Disease Control and Prevention recommends that everyone 6 months of age and older should get a flu vaccine.**

This is particularly important for people who are at high risk of serious complications from the flu, such as:

- **Children younger than 5 – especially those under 2 (Though children under 2 are at high risk, those under 6 months should not be vaccinated.)**
- **Adults 65 years of age and older**
- **Pregnant women (and women up to two weeks postpartum)**
- **Residents of nursing homes and other long-term care facilities**
- **American Indians and Alaska Natives, who seem to be at higher risk of flu complications**

Flu vaccinations can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Here are three common questions about flu vaccinations and answers from the CDC:

### **When to get your flu shot?**

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. Vaccinations can be effective throughout the long flu season.

### **Where can I get a flu vaccine?**

Flu vaccines are offered in many doctor's offices, health departments, urgent care clinics, pharmacies and college health centers, as well as by many employers, and even in some schools.

### **Why do I need a flu vaccine every year?**

Because the body's immune response from vaccination declines over time, an annual vaccine is needed for optimal protection. Also, flu viruses are constantly changing, so the formulation of the flu vaccine is reviewed each year and updated as needed to keep up with changing flu viruses.

### **Who should NOT get a flu shot?**

Children younger than 6 months of age are too young to get a flu shot. People with life-threatening allergies to flu vaccine or any ingredient in the vaccine should not be vaccinated.

Two recent studies show that the vaccine reduces flu-caused deaths and intensive-care treatment.

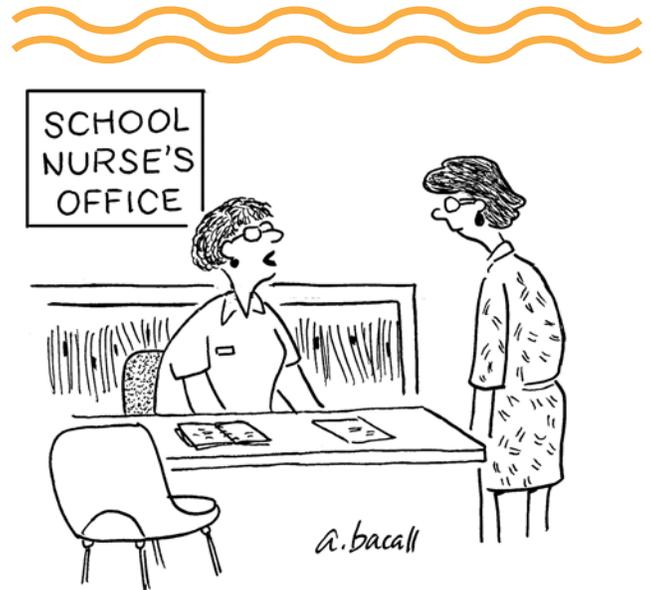
A 2017 study looked at hospitalized flu patients during 2013-2014 and compared patients who had been vaccinated to those who had not. The observed benefits were greatest among people 65 years of age and older.

- Vaccinated adults were 52-79% less likely to die than unvaccinated flu-hospitalized patients.
- Vaccinated adults 18-49 years of age as well as adults 65 years of age and older hospitalized from flu were 37% less likely to be admitted to the ICU than those who were not vaccinated.

A 2018 study showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU than those who had not been vaccinated.



**FLU VACCINES ARE COVERED AT 100% WITH IN-NETWORK PROVIDERS**



**"My job is mostly seasonal. The busiest times are cold season, flu season, and allergy season."**



# EATING HEALTHY FOR THE HOLIDAYS



## THE HOLIDAYS CAN BE WONDERFUL, FESTIVE TIMES. AND, OH MY, THE TASTY FOOD!

But all those elaborate home-cooked meals, family celebrations, holiday parties and workplace snacks can do a number on your healthy eating habits.

Here are some suggestions to help you enjoy great food during the holiday season and not gain weight or complicate your good dietary practices:

- **Now is not the best time for a diet. Be realistic.** Set a goal of maintaining your weight. If you want to lose weight, tackle that challenge in the New Year.
- **Don't arrive at a party hungry.** Eat a healthy snack (yogurt or fruit) before you join the festivities.
- **Don't skip meals in anticipation of the big meal later in the day.** Stick to your usual meal schedule.

- **Don't graze at the side of the food table.** Place food on a plate and walk away so that you keep your nibbling intake to what's on your plate.
- **In a buffet line? Have a plan.** No need to take a bit of chicken, ham, turkey, prime rib and Swedish meatballs just to sample it all. See what's being served, then build a normal meal with a tasty main dish, side dish and dessert.

- **Watch your alcohol intake.** It is high in calories and can stimulate your appetite.

*Bon  
Appetit!*

New Year,  
New  
Deductible



## REMINDER!

REMEMBER, YOUR INSURANCE DEDUCTIBLE AND OUT-OF-POCKET TOTAL RESET ON JAN. 1, 2019.

# CONNECT WITH A DOCTOR IN MINUTES WITH TELADOC

FOR FREE, TELADOC DOCTORS CAN DIAGNOSE MANY HEALTH ISSUES, SUCH AS COLD AND FLU SYMPTOMS, ALLERGIES, RASH, SKIN PROBLEMS AND MUCH MORE.

Register today for Teladoc, the global leader in virtual care. The service provides the quality care you need with the convenience you want.

Whenever you or a family member are not feeling well, Teladoc connects you with variety of healthcare professionals via a phone call or a video call.

You can request a visit with a doctor 24 hours a day, 365 days a year by website, phone or mobile app. The mobile app is the most convenient way to schedule a doctor visit, manage your medical history, or even send a prescription to the nearest pharmacy – all from the palm of your hand.

## 1 FIRST: REGISTER FOR TELEDOC

It's quick and easy to set up your account online. Simply visit the Teladoc website at [Teladoc.com](https://www.teladoc.com), click "Set up account" and then follow these three registration steps:

### STEP 1: The basics

Provide a little information about yourself to confirm your eligibility.

### STEP 2: Do you have a username?

Select "yes" or "no". Not everyone has a username to activate their Teladoc account, so don't worry about selecting "No."

### STEP 3: How do you have Teladoc?

PEHT members should select the first bullet: "My employer or insurance provider offers me access to Teladoc." Then enter "Public Education Health Trust." Questions or problems? Call 1-800-Teladoc and a representative can help you.

## 2 SECOND: FILL OUT YOUR MEDICAL HISTORY

Before you speak with a Teladoc doctor, they'll want to know about any past or current illnesses, as well as current medications and family history. Teladoc is HIPAA compliant and all information is confidential. Your company cannot view your medical history. With your consent, Teladoc will share details of your visit with your primary care doctor.

To complete your medical history, complete one of these easy steps:

- Go to [Teladoc.com](https://www.teladoc.com) and login and complete "My Medical History"
- Download the app, login to your account and complete "My Medical History" section
- Call 1-800-Teladoc and speak to a customer service rep for help

## TELADOC IS CONVENIENT, EASY AND EFFECTIVE

- Median response time to talk to a doctor is 10 minutes
- The service is available 24/7 from anywhere
- 92% of issues are resolved after the first visit
- 95% rating for member satisfaction



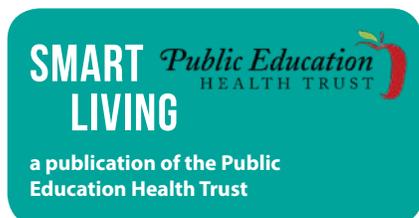
Here are some general health issues that were treated in the last year:

- Acid Reflux
- Allergies
- Arthritis
- Asthma
- Blood Pressure issues
- Bronchitis
- Bowel/Digestive issues
- Cellulitis
- Cold
- Constipation
- Diarrhea
- Eye Infection/Irritation
- Fever
- Flu
- Headache/Migraine
- Herpes
- Pink eye
- Poison Ivy/Oak
- Respiratory infection
- Sore throat
- Strep
- Tonsillitis
- Vaginal/menstrual issues



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



**SEPTEMBER/OCTOBER QUIZ WINNER:**  
**HELLENE POLIS**

**HOW MUCH DO YOU KNOW?**  
COMPLETE THE QUIZ AND WIN \$50!



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Like us on Facebook at **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!