

# SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

## IT'S TIME FOR OPEN ENROLLMENT!

Open enrollment runs from May 1 through May 31, 2023.

If you are enrolled and want to change the plan selection offered by your Association/Employer, you should receive an invitation for open enrollment in early May. You will need to complete the online enrollment (or a paper enrollment form) and submit it no later than May 31, 2023.

In completing your enrollment, list the dependents for whom you wish to provide coverage. If they are currently enrolled, you do not have to provide additional documentation; however, you will need to place their names on the enrollment form, which confirms that you want to continue providing them coverage.

If you are adding dependents who are not now enrolled, you must include verification that they are an eligible dependent (e.g., marriage or birth certificate, etc.). Please contact either the Trust or your Human Resources Department to learn your options.

If you are currently waived and want to enroll, you must submit your enrollment along with required documents to the Trust **no later than** May 31, 2023.

If you are currently enrolled and want to waive coverage, you must submit your waiver through the online portal, or submit a paper form to the Trust office, **no later than** May

31, 2023. Please note: some school districts require proof of other coverage to be eligible to waive coverage from this plan. Please contact your Human Resources Department for their criteria.

### BENEFIT ENHANCEMENTS EFFECTIVE JULY 1

- Telephonic consults will be zero cost to members across all non-HDHP plans.
- VSP will be zero co-pay for an examination; the co-pay for materials remains at \$25.
- Member responsibility for specialty drugs is reduced across all plans.
- 100% coverage for selected chronic conditions including 100% for some diabetic testing supplies.

The Trust recommends that you review the list of your dependents to ensure accuracy. With appropriate documentation the Trust will provide coverage for spouses, qualified domestic partners, children up to the age of 26 and individuals for whom you are the legal guardian up to the age of 18. A complete listing of your dependents can be found on your miBenefits secured portal at [miBenefits.ebms.com](https://miBenefits.ebms.com).



## GO365 SAYS GOODBYE



Unfortunately, Humana made a decision to exit the employer group business — which includes their wellness and rewards programs — as it was no longer positioned to meet the needs of members. It is with great disappointment we share that our Go365 Wellness Program will discontinue June 30, 2023. You will need to redeem any points you have earned by June 30, so be sure to go to the Go365 app so you don't miss out on what you have earned!

Additionally, we are approaching the evaluation of PEHT's next wellness partner thoughtfully and to that end, will not have a new vendor selected by July 1. We intend to announce a new partner later this year and subsequently roll out an updated wellness program.

**Stay tuned for more details on this program!**

## ONLINE PROVIDER DIRECTORY MAKES HEALTHY SIMPLER

Finding a doctor or other health care professional is an important part of staying healthy. Our online directory helps make it simpler. It offers you up-to-date information about providers — and it's available online, anytime.

### PROVIDER DETAILS

To visit our online directory, simply go to [aetna.com/asa](https://aetna.com/asa). Begin searching for a doctor using your location — ZIP, city, county or state. You can use either the general or category search to see provider details that typically include:

- Board certification
- Hospital affiliation
- Medical school/year of graduation
- Gender
- Website address (if available)
- Specialties
- Languages spoken

You can also see additional provider information that can include participation information\*, other office locations, whether they're accepting new patients, maps, driving directions and more.

### ADDITIONAL FEATURES

You'll be able to find specialty care, too. Like a list of transplant facilities or pediatric congenital heart surgery facilities that are part of our Institutes of Excellence™ network.

### NARROWING YOUR SEARCH

Want to refine your search even further? Multiple options are available. You can easily:

- Filter by provider characteristics — such as:
  - Specialty
  - Languages spoken
  - Gender
  - Board certification
  - Hospital affiliation
  - Accepting new patients
  - Performance — such as Aexcel\*\* providers or Institutes of Excellence and Institutes of Quality® facilities
- Expand or reduce the geographic radius of your results
- Sort by best matched or distance
- View a map to see the locations of results and get driving directions
- Print results

**If you wish to view additional information about providers, detail pages are available (on selected providers).**

\*The Plan does not consider the Alaska Native Medical Center or its providers, Alaska Regional Hospital or its providers or the Sutter Health Network facilities and providers a Preferred Provider. Be sure to check with your human resources representative or call the number on the back of your ID card before making an appointment or being treated.

\*\*Aetna's Aexcel program—designated high-performance specialists in 12 specialties: cardiology, cardiothoracic surgery, gastroenterology, general surgery, neurology, neurosurgery, obstetrics and gynecology, orthopedics, otolaryngology, plastic surgery, urology and vascular surgery.

Aetna Signature Administrators 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). Information is believed to be accurate as of the production date; however, it is subject to change. 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.

# CONVENIENT CARE FOR LONG SUMMER DAYS

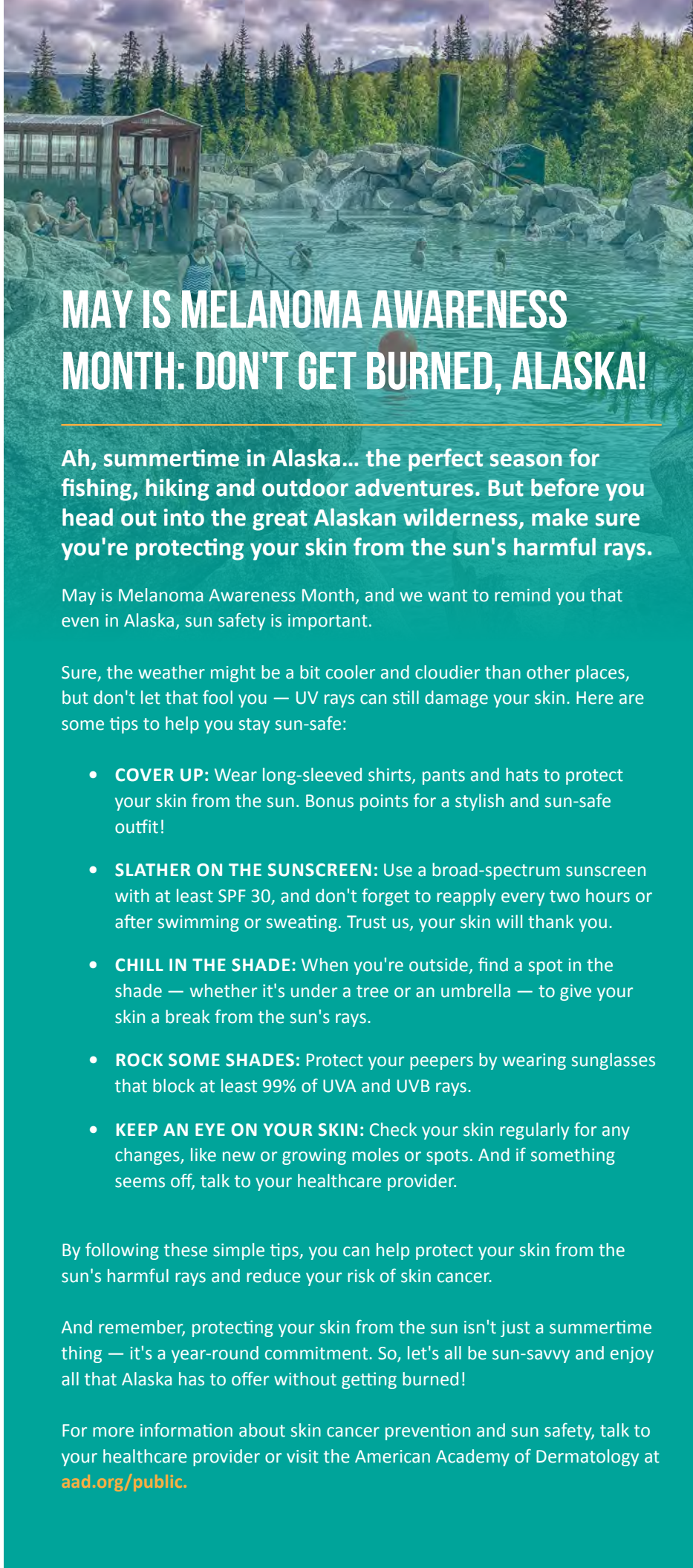
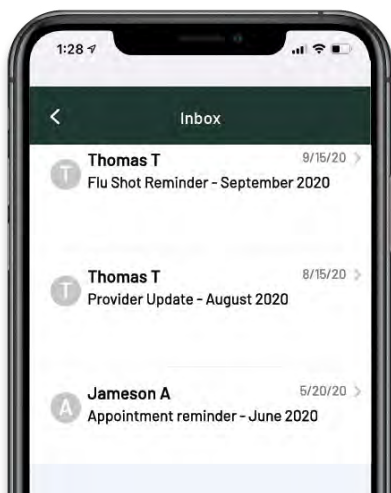
Summer in Alaska means more time outside.

Fortunately, Providence Urgent Care and ExpressCare clinics provide same-day, high-quality and affordable care for non-life-threatening illnesses and injuries, seven days a week. Find a time that fits your schedule and reserve an appointment online at [providence.org/services/urgent-care](https://providence.org/services/urgent-care) to avoid a wait. Urgent Care also accepts walk-ins.

At our Urgent Care and ExpressCare locations, we treat the season's most common conditions, including:

- Allergies
- Minor burns
- Ear issues
- Eye irritations
- Skin conditions
- Cuts and scrapes
- Sprains and strains
- Stitches

Providence now has five ExpressCare clinics in Alaska, plus one Urgent Care clinic in Midtown Anchorage. Visit us online at [providence.org](https://providence.org) or download our app at [providence.org/services/providence-app/](https://providence.org/services/providence-app/) to find care close to you and get back outdoors in no time.



## MAY IS MELANOMA AWARENESS MONTH: DON'T GET BURNED, ALASKA!

Ah, summertime in Alaska... the perfect season for fishing, hiking and outdoor adventures. But before you head out into the great Alaskan wilderness, make sure you're protecting your skin from the sun's harmful rays.

May is Melanoma Awareness Month, and we want to remind you that even in Alaska, sun safety is important.

Sure, the weather might be a bit cooler and cloudier than other places, but don't let that fool you — UV rays can still damage your skin. Here are some tips to help you stay sun-safe:

- **COVER UP:** Wear long-sleeved shirts, pants and hats to protect your skin from the sun. Bonus points for a stylish and sun-safe outfit!
- **SLATHER ON THE SUNSCREEN:** Use a broad-spectrum sunscreen with at least SPF 30, and don't forget to reapply every two hours or after swimming or sweating. Trust us, your skin will thank you.
- **CHILL IN THE SHADE:** When you're outside, find a spot in the shade — whether it's under a tree or an umbrella — to give your skin a break from the sun's rays.
- **ROCK SOME SHADES:** Protect your peepers by wearing sunglasses that block at least 99% of UVA and UVB rays.
- **KEEP AN EYE ON YOUR SKIN:** Check your skin regularly for any changes, like new or growing moles or spots. And if something seems off, talk to your healthcare provider.

By following these simple tips, you can help protect your skin from the sun's harmful rays and reduce your risk of skin cancer.

And remember, protecting your skin from the sun isn't just a summertime thing — it's a year-round commitment. So, let's all be sun-savvy and enjoy all that Alaska has to offer without getting burned!

For more information about skin cancer prevention and sun safety, talk to your healthcare provider or visit the American Academy of Dermatology at [aad.org/public](https://aad.org/public).



# WHY PHYSICAL ACTIVITY IS SO IMPORTANT FOR HEALTH AND WELL-BEING

We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life?

Here are just a few of the ways physical activity can help you feel better and live better.

## IT'S A NATURAL MOOD LIFTER

Regular physical activity can relieve stress, anxiety, depression and anger. You know that “feel good sensation” you get after doing something physical? Think of it as your daily dose of happiness. Most people notice they feel better over time as physical activity becomes a regular part of their lives.

## IT KEEPS YOU PHYSICALLY FIT AND ABLE

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

## IT HELPS KEEP THE DOCTOR AWAY

Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than four hours of television a day had an 80% higher risk of death from cardiovascular disease.

### BEING MORE ACTIVE CAN HELP YOU:

- Lower your blood pressure
- Boost your levels of good cholesterol
- Improve blood flow (circulation)
- Keep your weight under control
- Prevent bone loss that can lead to osteoporosis

## IT CAN HELP YOU LIVE LONGER

People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese.

Those extra years are generally healthier years. Staying active helps delay or prevent chronic illnesses and diseases associated with aging. Active adults maintain their quality of life and independence longer as they age.

### BEING MORE ACTIVE CAN HELP YOU:

- Quit smoking and stay tobacco-free
- Boost your energy level so you can get more done
- Manage stress and tension
- Promote a positive attitude and outlook
- Fall asleep faster and sleep more soundly
- Improve your self-image and self-confidence
- Provide fun ways to spend time with family, friends and pets
- Spend more time outdoors or in your community

The American Heart Association recommends at least 150 minutes of moderate activity each week. That's only 30 minutes a day, five days a week, and three 10-minute brisk walks count toward your goal. So, this is easy! You don't have to make big life changes to see the benefits. Just start building more activity into your day, one step at a time.

Teladoc virtual visits are offered to you and your family members with medical coverage through your medical plan. To sign up or learn more, go to [teladoc.com/signup](https://teladoc.com/signup).

## THE DOCTOR CAN SEE YOU NOW

Why wait for the healthcare you need now? Teladoc service allows patients to schedule an appointment to avoid long wait times and skip costly and time-consuming E.R. and urgent care visits. Use your Teladoc membership to speak with a licensed doctor 24/7/365 via phone or video and avoid the hassles of the hospital waiting room.

# Optum Rx<sup>®</sup> PHARMACY BENEFITS UPDATES

## WHAT IS A FORMULARY?

A formulary is a list of your plan's covered medications and it:

- Has generic and brand-name drugs approved by the Food and Drug Administration (FDA)
- Is broken into cost levels called tiers
- Flags drugs with special coverage rules. These include prior authorization, step therapy and quantity limits




## WHEN DOES THE FORMULARY CHANGE?

- Medications may move to a lower tier at any time.
- Medications may move to a higher tier when there is a generic for it.
- If a medication will no longer be covered, it takes place on January 1 or July 1 of each year.

When a medication changes tiers, the amount you pay changes, too.

## WHY ARE SOME MEDICATIONS NO LONGER COVERED?

A medication may no longer be covered by your plan when there is another covered drug that works the same and costs less or if there is an over-the-counter option.

	<b>TIER 1</b> Lower cost medications		<b>TIER 2</b> Mid-range cost medications
	<b>TIER 3</b> Higher cost medications		<b>EXC</b> Medications may not be covered or need prior authorization. Lower-cost options are available and covered.

## SUMMARY BENEFIT AND FORMULARY CHANGES: JULY 1, 2023

This may not be a full list of changes.

THERAPEUTIC USE	MEDICATION NAME	CHANGE	LOWER-COST COVERED MEDICATIONS
<b>HORMONE REPLACEMENT</b>	Depo-Testosterone	Tier 3 to EXC	Testosterone cypionate INJ
<b>CANCER</b>	Xeloda	Tier 3 to EXC	capecitabine
<b>OVERACTIVE BLADDER</b>	fesoterodine	Tier 1 to EXC	Oxybutynin, tolterodine, solifenacin
<b>RHINITIS</b>	Olopatadine nasal spray	Tier 1 to EXC	Azelastine nasal spray, cromolyn nasal spray
<b>HIGH BLOOD PRESSURE</b>	candesartan/HCTZ	Tier 1 to EXC	Telmisartan together with hydrochlorothiazide, valsartan/HCTZ
	Telmisartan/HCTZ		

If your medication is negatively impacted by a formulary update, you will receive a letter from Optum. Please consult with your physician regarding any changes.

## WHAT ARE QUANTITY LIMITS?

A quantity limit is the amount of medication the plan covers for a set amount of time. This helps lower waste and makes sure medications are used as prescribed. We update quantity limits based on medical and FDA guidance.

THERAPEUTIC USE	MEDICATION NAME	NEW QUANTITY LIMIT
<b>ANTIVIRAL</b>	acyclovir ointment 5%	30 grams per 30 days
<b>CHRONIC INFLAMMATORY DISEASE</b>	Humira Pen Kit CD/UC/HS	2 syringes per 28 days
	Humira Pen Kit PS/UV	1 starter kit per 365 days
	Tremfya Inj	1 syringe per 56 days
	Skyrizi Pen	1 syringe per 84 days
<b>DEPRESSION</b>	venlafaxine cap 150mg ER	2 capsules per day
	Venlafaxine cap 37.5mg ER	1 capsule per day

## MAINTENANCE PROGRAM REMINDER

Public Education Health Trust provides a mandatory 90-day maintenance program designed to save you time and help you better manage your medication(s) that you take regularly.

The program allows up to two 30-day fills of your maintenance medication and then you must switch to a 90-day supply before your third fill, or your prescription won't be covered.

### YOU HAVE TWO OPTIONS TO FILL YOUR 90-DAY PRESCRIPTION(S):

1. Sign up for home delivery by going to [optumrx.com](https://www.optumrx.com) or call 1-855-395-2022, TTY 711
2. Keep filling 90-day supplies at your local retail pharmacy

If you are currently taking a maintenance medication, call your doctor today for a new 90-day prescription.

**QUESTIONS?** Call the number on your ID card or go to [optumrx.com](https://www.optumrx.com).



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This publication was created and sent to you by EBMS on behalf of the Public Education Health Trust.

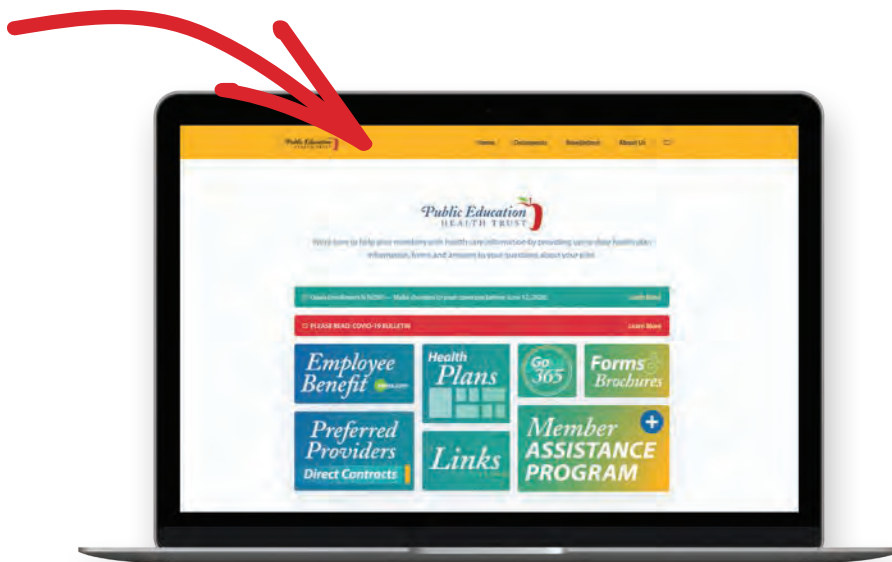
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