

SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



THE FUTURE OF TELEHEALTH IS NOW.

Here, with our large rural population, telehealth is not a new thing for many Alaskans. Prior to the pandemic, telehealth services were created to support rural and underserved patients gain access to specialists when local help was severely limited. But, early in 2020, it is well documented (and unsurprising) that telehealth usage surged as patients and providers sought ways to safely access and deliver healthcare, and in the two years since, key trends have emerged that will undoubtedly continue to shape the future of telehealth services.

TOP 5 TELEHEALTH TRENDS

1. Increased patient utilization

What originally was implemented as a strategy to reduce the amount of community transmission has led to an active conversation between healthcare professionals about the continuation of telehealth consultations for many clients in the future and is now considered a cost-effective first line of treatment for non-urgent and follow-up appointments.

2. Increased chronic care management

Approximately 1 in 3 of all adults suffer from a chronic condition (like heart disease or diabetes), and while in many cases lifestyle choices can help to prevent and treat these diseases, over the last two years we've seen telehealth's real potential to not only reduce the cost of a care plan, but also improve patient engagement and adherence to it.

3. Greater focus on mental health

According to the World Health Organization, 1 in every 8 people suffer from mental health disorders. And as we know,

the pandemic worsened the situation causing an increase in depression and anxiety. Over the last couple years, those already receiving treatment saw their appointments canceled and support groups closed. Hence the development of teletherapy began and continues to be a widely accepted, and effective, form of treatment.

4. Improved user-experience

Patient demand has been the greatest driving force when it comes to the growth in telehealth, patients want their telehealth experience to be seamless and integrated. This means developers are constantly looking at ways to ensure comprehensive service through integrated communications (such as video) while allowing for real-time updates, reminders and follow-up appointments.

5. Wearable technology/remote patient monitoring

Wearable technology like smartwatches and fitness trackers are increasingly being integrated with secure telehealth platforms, allowing doctors to gather real-time data on a number of health measures including activity levels, heart rates, blood pressure and sleep cycles more directly from their patients.

TELEHEALTH IS HERE TO STAY

Telehealth provides the healthcare industry with so many advantages that although we are starting to see the end of this pandemic, the utilization of this revolutionary technology will continue far into the future.



GET EVERYTHING YOU CAN OUT OF GO365 FOR YOUR HEALTH AND WELLNESS!

Your Go365 plan year is almost over! Take advantage of all of its benefits before the plan year renews on October 1! Try to get to Bronze status or higher to get your maximum benefits before by September 30. (Remember, you earn Bonus Bucks when you reach Silver, Gold, or Platinum status.)

WHAT HAPPENS WITH THE NEW GO365 PLAN YEAR ON OCTOBER 1?

- Your points and status will reset, but your Bucks will remain the same and can be saved for up to three full years before you need to spend them in the Go365 mall*
- You can work toward achieving Bronze+ status again after October 1.
- 10% of your Points will carry over into the new plan year

Get started today working towards reaching Bronze or Silver status. Earn more Points and Bucks, and start off the new plan year right on October 1!

*Only subscribers (Go365 primary account holder) have access to spend bucks in the Go365 mall.

Visit humanaservice.force.com/Go365Commercial/s/article/what-happens-when-my-plan-year-renews-365-comm to learn more about what to expect.

MAXIMIZE YOUR SPENDING POWER IN THE GO365 MALL BY COMPLETING THE FOLLOWING ACTIVITIES ON OR AFTER 10/1!

- **500 Points:** Health Assessment (HA) completion (complete the six sections through the app; members earn Points for completing all sections every plan year)
- **500 Bonus Points:** First time HA completion
- **250 Bonus Points:** HA completion bonus first 90 days (must complete the HA between 10/1-12/31 to earn these Points)
- **500 Points:** First time verified workout (connect your smartphone or wearable device to start tracking your steps)
- **750 Points:** First verified workout in the new program year

GETTING STARTED IS EASY!

Activate your online profile on Go365.com. First step: Complete one of the below activities to jump to Bronze status.

- Health assessment
- Log a verified workout
- Complete and upload a biometric screening

Download the Go365 app today!



INCREASING ACCESS TO CARE ACROSS ALASKA

Providence is increasing access to convenient, high quality, affordable care.

One way Providence is supporting the health and well-being of Alaskans is by increasing access to care. When you or a family member is not feeling well, even waiting 24 hours for non-emergent, low-acuity care is too long. That's why Providence is expanding its ambulatory care network. Our goal is to provide the *right* care at the *right* time in the *right* setting. By expanding our services close to where people live and work, patients will have access to convenient care – when and where they want it.

Our ambulatory care network includes:

- **ExpressCare:** Provides convenient, high-quality, affordable care close to where people work and live. Providence now has five ExpressCare clinics in Alaska.
- **ExpressCare Virtual:** Patients can receive care without leaving the comfort of their home or office, or while on the go. ExpressCare Virtual provides online appointments with a provider via computer or mobile device.
- **Urgent Care:** Provides same day, episodic care for injuries or illnesses that do not require hospitalization but need prompt attention. Our new urgent care clinic in Anchorage alleviates the burden on our busy emergency departments.
- **Ambulatory Surgery Centers (ASCs):** ASCs offer our patients same day surgery options at a lower cost. Patients can recover in the comfort of their home.
- **Ambulatory Imaging Centers:** These convenient imaging centers will provide a best-in-class patient experience. Providence is opening imaging clinics close to where people live and work.

Providence is excited to make everyday health and wellness even more convenient for the communities we serve through an expanded ambulatory care network.

BRIDGEHEALTH IS NOW TRANSCARENT

The same great surgery benefit, just with a new name.

Transcarent Surgery Care is the same high-quality care that you have come to expect from BridgeHealth, just with a new look that puts 'heart' front and center. Transcarent provides care coordination, support and access to high-quality surgeons when surgery is the most appropriate next step. Transcarent also means transparency where you never receive an unexpected bill for seeking surgical care.

Transcarent's promise:

- **Results:** Transcarent is committed to providing you with the best possible outcome, and it starts with access to select providers who have been verified to deliver the best results specific to your needs.
- **Affordability:** Transcarent is committed to providing optimal care at lower out-of-pocket costs to you.
- **Experience:** Our Care Coordinators handle all the details and are committed to giving a better health and care experience. It's the personal support and guidance everyone deserves.

Procedures offered by Transcarent include bariatric, cardiac, general, orthopedic, spine, vascular, women's health and neurological. Emergency, pediatric (under age 13), cosmetic, dental, diagnostic, vision and transplant procedures are not available through Transcarent.

Contact a Transcarent Care Coordinator at (855) 265-2874 or surgerycare@transcarent.com.

NEW BENEFIT POST-SURGERY OR WHEN SURGERY IS NOT AN OPTION

Virtual Physical Therapy is an alternative to in-person physical therapy for back, joint and muscle pain. You can skip scheduling appointments, travel and waiting in crowded waiting rooms and get started with Virtual Physical Therapy on your terms. No referral is needed and there's no copay — so it's no cost* to eligible members and family members 18+ enrolled in a qualifying health plan.



To learn more about virtual physical therapy benefits, visit experience.transcarent.com/peht/vpt/.

*Members enrolled in a high deductible health plan and have not met their deductible, may have a cost.

PUBLIC EDUCATION HEALTH TRUST 2022 TRUSTEE ELECTION

Polls will open **Sept. 19, 2022**, for the Public Education Health Trust Board, Seats D and E.

On this date, go to pehtak.com and click the "Vote here" link to view the candidates' biographies and begin the voting process.

The individuals with the highest vote count will be placed into Seats D and E, with a term of **Jan. 1, 2023 to Dec. 31, 2025** (three-year term).



**POLLS OPEN 8 A.M.
SEPT. 19, 2022, AND
CLOSE 5 P.M. ON
OCT. 17, 2022**

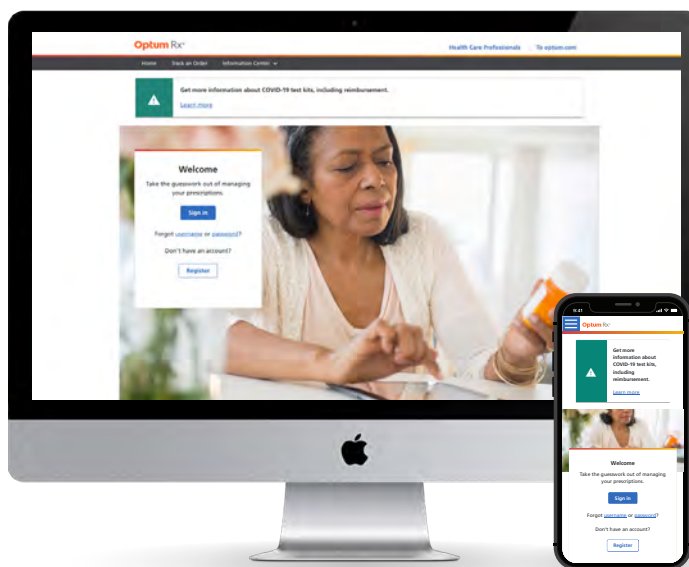
PHARMACY AT YOUR FINGERTIPS

The Optum Rx® website and app are convenient, easy and secure tools. Get the information you need to make the most of your pharmacy benefit. Sign up for an online account and you can:

- Check drug prices at pharmacies near you.
- Find a network pharmacy near you.
- Sign up for automatic refills and home delivery.
- Track home delivery order status.
- View claims and benefit information.

HOW TO SEARCH FOR SAVINGS TODAY:

1. Register for an account or login at optumrx.com.
2. Go to Member tools > Drug pricing and information.
3. Enter drug name and click on product name.
4. Select amount of medicine. Click Search.
5. Drug prices will show for retail pharmacies and home delivery.



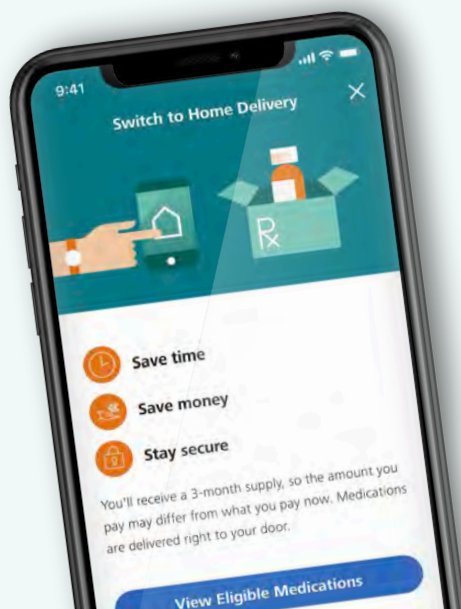
SKIP THE PHARMACY. WE DELIVER TO YOU.

Optum Home Delivery is an easy way to get your medication and may help you save money. Home delivery also helps you stick to your doctor's plan. Get up to a 90-day supply of maintenance medications delivered to your home.

Optum Home Delivery offers our lowest rates. This helps the Public Education Health Trust lower insurance premiums.

Sign up for home delivery using any of these options:

- **ePrescribe** – Your doctor can send an electronic prescription to Optum Rx.
- **Online** – Register at optumrx.com.
- **By mobile app** – Download the Optum Rx app from the Apple Store or Google Play.
- **By phone** – Call the number on your member ID card.



CONTINUOUS GLUCOSE MONITORS NOW AVAILABLE THROUGH YOUR PHARMACY BENEFIT

You can get a continuous glucose monitor (CGM) with a valid prescription. A prior authorization is not required to fill these products.

WHAT IS A CGM?

A CGM is a small wearable sensor that tracks your blood sugar levels. It helps diabetes patients manage their disease.

Below is a list of covered CGMs and the drug tier they fall under. Please check with your local pharmacy for availability.

CGM	DRUG TIER
Dexcom G5 ¹	Tier 2
Dexcom G6 ¹	Tier 2

¹ Go to optumrx.com or the mobile app to check prescription coverage. Coverage is subject to change.



DIRECT CONTRACT LIST UPDATES FOR MEMBERS

When a national PPO contract does not meet the needs of providers, they have the option of negotiating a direct contract with the Trust for the benefit of its members. The following providers have responded to their patients' requests and have completed an in-network contract negotiation directly with the Trust for the benefit of you and your family.

PEHT now has direct contracts with 83 providers to ensure you have access to high-quality, low-cost providers in network.

The following providers have responded to patients' requests and have completed an in-network contract negotiation directly with the Trust for the benefit of you and your family.

Alaska Family Health Center
Alaska Natural Health Solutions
Alaska Oncology and Hematology
Alaska Pain to Wellness Centre
Alaska Surgery Center
Alpine Chiropractic (Dr. Fuller)
Alyeska Vascular Surgery
Amy Smith, LCSW, CDCI
Anchorage Neurosurgical Associates, Inc.
Arctic Chiropractic at Eagle River
Arctic Chiropractic East Anchorage
Arctic Chiropractic East Mat-Su
Arctic Chiropractic Haines
Arctic Chiropractic Huffman
Arctic Chiropractic South
Arctic Chiropractic West Mat-Su
Arctic Chiropractic Wrangell
Artic Medical Center Matsu
Arctic Rehabilitation & Physical Therapy
Back in Action Physical Therapy
Birds & Bees Midwifery
Brian Yelverton
Catherine Kilby, MD
Complete Chiropractic and Sports Therapy
Dimond Chiropractic
Dr. Brendan Kiernan
Dr. Brent Taylor
Dr. Harbir S. Makin
Dr. Laurence Wickler

Dr. Leslie Morris
Dr. Madeline Morrison
Dr. Sharon Schaefer
Dr. Thomas Desalvo/Dr. Konstantine Bunde
Dr. Weston Hopkins
Express Care Clinic
Fireweed Counseling and Wellness
Free By the Sea
Healing Therapeutics-Mark Stiubhard
Ideal Family Medicine
Integrated Wellness and Center for Birth
Jaded Body Wellness and Spine Institute
Jennie Schroll, LCSW
Jennifer Hunt, AGNP
Jorgensen Family Chiropractic
Labor of Love Midwifery
Larson Chiropractic
Logan Larson
Luminary Chiropractic Care
Mary DeMers, DO
Mary Margaret Hillstrand ANP
Medevac Alaska
Midnight Sun Oncology
Mind, Body, Spirit Counseling and Consulting
Neurobehavior North, Inc
Northstar Chiropractic
Northstarr Cardiothoracic Surgery
Nutrition Partnership, LLC
Pemberton & Young Counseling
People's Integrative Wellness
Pioneer Peak Orthopedics
Prism Optical of Alaska
Providence Alaska Medical Center
Rainforest Pediatric Care
Ramirez Chiropractic
Restoration Wellness
Sharon Litwin
Silver Moon Acupuncture

Snow Blossom Acupuncture
Solomon's Porch
Soma Wellness
Spine and Joint Rehabilitation Specialists
Spine and Sport Injury Center dba Complete Family Care
Sports, Personal Injury and Chiropractic Consulting
The Talking Place, Child & Adolescent Counseling
Transitions Counseling; Tina McGauthiar
True North TMS
Valley Allergy and Asthma Clinic
Valley Medical Care
Wendi Compton-Karuna Counseling
Wild Iris Integrative Massage (Lawton)
Willow Medical and Wellness
Wisdom Traditions Counseling Services
Wolf Eye Center

You can view your health plan's direct contract listing by visiting pehtak.com/preferred-providers.

DID YOU KNOW?

Imaging Associates is in the Aetna network and able to provide therapeutic injections along with other specialized services. For more information or to schedule an appointment, please call:

Anchorage Office: (907) 222-4624

Valley Office: (907) 746-4646

imagingak.com

PEHT NOTICES

All PEHT legal notices are available to you on the PEHT website. Go to pehtak.com and hover over the **Documents** tab and select **Forms & Brochures**. Scroll down the page and you will find the Public Education Health Trust Notices. Here you will find **COBRA Continuation Coverage, Medicare Part D Disclosure, Notice of Privacy Practices and Women's Health and Cancer Rights Act of 1998**.

PEHT FALL REMINDERS

When big life changes happen, and they do, we are here for you.

Please remember that in the unfortunate case of a divorce, parents with dependent children, it is important that you provide us with a copy of your divorce decree along with any relevant custody agreement wherein one parent is responsible for the children's healthcare coverage.

Separately, if in the case PEHT provides secondary insurance coverage for your dependents or children and their primary coverage ends, please provide us with a Letter of Creditable Coverage (LOC) so that we are able to update their Coordination of Benefits (COB).

Have questions or don't know where to start? Please reach out to directly to EBMS — they'll get you the specifics and information you're looking for.



P.O. Box 21367 • Billings, MT 59104-1367

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

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WANT TO WIN \$50?

Visit **pehtak.com** to access important documents, links and more. While you're there, be on the hunt for the link to be entered to WIN \$50! (Where's that link? Here's a hint: don't miss the important "notices" at **pehtak.com**.)



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Public Education Health Trust



Follow us on Twitter

@PEHTAK



JULY/AUGUST WINNER:
**LEM
WHEELS**