

SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



WALTERS RETAINS BOARD SEAT

Tim Walters has been elected by PEHT members to retain seat B for a three-year term beginning January 1, 2022.

Walters is a teacher in the Mat-Su School District and has served as a Trustee since 2013. His interest in healthcare and commitment to the Public Education Health Trust stems from his work in his local association. Over the years, he's seen the importance of healthcare grow to be one of the most important concerns for educators and their families.

He's committed to serving the Trust and offering the best healthcare coverage at the lowest cost.

Please join us in congratulating Mr. Walters!

THANK YOU TO ALL WHO PARTICIPATED IN VOTING THIS YEAR!



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IT'S A NEW GO365 PLAN YEAR!!

WHAT'S HAPPENED WITH THE NEW GO365 PLAN YEAR ON OCTOBER 1?

- Your points and status reset, but your bucks remained the same. Bucks can be saved for up to four years before you need to spend them in the Go365 mall**. If you have any bucks expiring, it will be stated at the top of the Go365 Mall page on the Go365 website.
- You can now work toward achieving Bronze+ status again!
- You received 10% bonus points to start the new Go365 plan year based on the number of points you had before October 1.

So, why wait? Get started today and begin working toward reaching Bronze or Silver status. Earn more points and bucks, and start off the new plan year right!

GET STARTED WITH GO365!

You have a variety of ways to get started. One of those ways is completing your Health Assessment (HA), and you can move to Bronze Status in minutes! You have two options to complete the HA:

1. Online at **Go365.com**
 - Sign into **Go365.com**
 - Find the Health Assessment in your Dashboard if you haven't completed it this program year
2. Sign into the Go365 App (available for download from the Apple Store or Google Play)
 - Android users: Tap Go365 Health Assessment from the App menu (menu icon is the three lines in upper left corner of App)
 - iOS users: Tap Go365 Health Assessment within "More Menu"

- If you haven't completed the HA, it shows as an option within the App Dashboard for both Android and iOS users as well

You can also move to Bronze Status quickly by completing a daily workout. There are a variety of ways you can track daily fitness:

- Log steps through a connected fitness device or app. Earn 1 point for every 1,000 steps.
- Track calories or heart rate through a connected fitness device or app. Earn 5 points for every 15 minutes or 100 calories burned.
- Go to a partner fitness facility or use a partner digital fitness connection and earn 10 points per day.
- Submit a selfie as photo proof of your workout through our virtual workout option "Verify your workouts" and earn 10 points per day.

Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per 24-hour period from 12:00 a.m. – 11:59 p.m. Go365 members may earn a maximum of 50 daily fitness Points. For a list of all device and app connections, visit humanaservice.force.com/Go365Commercial/s/article/device-and-workout-guide-365-comm to see the Device and Workout Guide.

Have further questions? Check out the Go365 Community Page here: humanaservice.force.com/Go365Commercial/s/

Don't miss out on your opportunities to engage in your well-being through the Go365 program!

**Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.*

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



STAY HEALTHY DURING COLD, FLU AND VIRUS SEASON

Obviously, no one wants to be under the weather, but it's important to remember that what might be slight cold might lead to hospitalization or worse for someone with a chronic condition like diabetes or high blood pressure. To protect yourself, your loved ones and all people around you, it's crucial that we do what we must to take steps to stop the spread of germs.

Luckily, the most effective strategies are simple and stressless! Read on to see the best steps that you can take to ensure your health and that of others during this year's cold and flu season.

GET VACCINATED

The best way to protect yourself against the flu and COVID-19 is by getting both annual seasonal flu vaccine and a COVID-19 vaccine. Despite varying opinions, vaccines are proven to dramatically cut your risk of getting the flu or COVID-19 and make hospitalizations highly unlikely if you were to catch either virus.

WEAR A MASK

Masks provide an added layer of protection against the spread of germs and has the added benefit of keeping you from touching your nose or mouth unconsciously.

KEEP YOUR DISTANCE

Avoid close contact with people who are sick to help keep germs away. And when you're feeling on the sickly side, return the favor. Stay home to keep from spreading your illness to others.

COVER UP

When you cough or sneeze, block your mouth and nose with a tissue. Dispose of tissues in a lined wastebasket and wash your hands or use hand sanitizer afterward. Respiratory illnesses like the flu and COVID-19 are spread by coughing and sneezing (airborne particles) and unclean hands.

BE MINDFUL OF YOUR HANDS

Do your best to keep your hands away from your face. When a person touches germ-contaminated hands to their eyes, nose or mouth, they can become infected.

WASH WELL

It's simple but true: Handwashing prevents illness. Follow these five steps every time you wash to stop the spread of germs:

1. Wet your hands with clean, running water. Turn off the tap and apply soap.
2. Lather your hands—focus on the backs of your hands, between fingers and under nails.
3. Scrub for at least 20 seconds (sing "Happy Birthday" twice if you need a timer).
4. Rinse your hands under running water.
5. Dry your hands using a clean towel.

CLEAN SURFACES

Wipe down counters, doorknobs and other frequently touched surfaces at home and at work. This is extra important if someone around you is sick.

TAKE CARE OF YOUR OVERALL HEALTH

The better your health, the better your body will be able to fight off germs. Be sure to get plenty of sleep, eat a healthy diet, drink water and other fluids, stay active and manage stress.

Your Public Education Health Trust (PEHT) health plan provides access to U.S. board-certified, practicing physicians by phone or video through Teladoc, when you have symptoms of a minor illness. Teladoc's experienced, licensed doctors are available 24/7 – and within minutes! Visit teladoc.com to learn more!

THE FLU VS. COVID-19

Over the past year and half or so, we've all heard a lot of things regarding the pandemic, and most of us have probably heard that the coronavirus disease 2019 (COVID-19) is similar to influenza, or the flu.

And while it's true that COVID-19 and the flu are both contagious respiratory diseases caused by viruses and have some common symptoms, they each often affect people very differently. Also, it's important to remember that since the flu has been around much longer, doctors know a lot more about how to treat and prevent it, while we all continue to learn more about COVID-19.

Visit cdc.gov/flu/symptoms/flu-vs-covid19.htm for more information on how the viruses (and resulting illnesses) are somewhat alike as well as how they are ultimately, very different.

PEHT BOARD MEMBER GETS SOME SERIOUS NATIONAL PRESS — AND A LOT OF LOCAL LOVE

Bridget Weiss, Juneau School District Superintendent, was one of just 29 administrators, teachers and staff named nationwide as: "...Educators Who Saved a Pandemic School Year" in the September issue of Time Magazine.

It doesn't take too much imagination or digging in our collective consciousnesses of what the uncertainty felt like in back in February of 2020 when it became clear the pandemic was real and coming to our country, to Alaska and to our own communities. As educators, who are surrounded by the young and old by necessity, this was a terrifying time that simply preceded the unprecedented upheaval in learning and our lives that followed.

At PEHT, we believe and know and heard countless stories of heroism and sacrifice on behalf the education of our young Alaskans, yet Bridget's is one we can all be proud of.

At the outset, she began working with colleagues to prepare as she followed reports of a spreading virus. Then in March, and only a day before the U.S. declared a state of emergency because of COVID-19, Superintendent Weiss was informed that a student in her district was exhibiting symptoms of the illness.

She and her team dove into action – took risks, showed real courage and

foresight – amid so much uncertainty. Bridget was able to persuade the City and Borough of Juneau (CBJ) to let the district close all schools for three days so administrators could strategize their long-term remote-teaching plan. Training teachers to lead virtual classes, providing Chromebooks to its 4,600 students and ensuring Internet access to each child (sometimes through setting up hotspots throughout in the community), and daily food deliveries to the kids were all part of it.

The Juneau School District nurses and health assistants also ran a COVID-19 hotline, and when vaccines became available for eligible kids, the district had already laid the groundwork to vaccinate them quickly, inoculating more than 600 students within two days once the age was dropped to 12.

Since that time, Superintendent Weiss has overseen four clear operational phases the district has implemented, which began with the improvised distance learning, to more organized distance learning in fall of 2020, to hybrid distance and in-person learning in spring of 2021, to essentially full-time in-person learning this fall.

On behalf of all of us at PEHT, we would like to thank all of our members and educators across Alaska for all that they have done for our kids and communities and congratulate Bridget Weiss and her team for their incredible work and well-deserved recognition!

HOLIDAYS WITH PROVIDENCE EXPRESSCARE

November ushers in cooler temperatures, dark days and, of course, the holiday season. Winter days and holidays also mean we spend more time indoors and more time huddled close together, making it easier to catch the flu.

That's why your nearby Providence ExpressCare offers flu shots, every day of the week at locations and hours convenient for your busy schedule. Flu shots are offered at no cost to PEHT members and any of your family members covered by this health plan. For those without insurance, flu shots run just \$40 for self-pay/\$65 for high dose.

When you need care now or your regular physician isn't available, turn to Providence ExpressCare for treatment of the following conditions:

- Cold, flu and allergies
- Cough, congestion and asthma
- COVID-19 symptoms
- Cuts and scrapes
- Eye, nose and throat issues, strep throat
- Skin conditions
- Sprains and strains
- Urinary tract infections

SPECIAL HOLIDAY HOURS

Because illnesses and injuries can happen any day, including holidays, all ExpressCares remain open 365 days a year. However, we will adjust our hours on the holidays listed below.

- 7 a.m. to 4 p.m. on Thanksgiving Day, Christmas Eve Day and Christmas Day*

*Our Providence ExpressCare Virtual team will be available from 7 a.m. to 7 p.m. on these holidays.

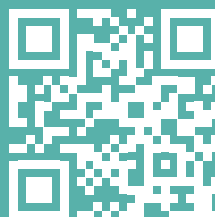
EXPRESSCARE LOCATIONS AND HOURS

All ExpressCares are open 7 a.m. to 7 p.m., seven days a week

- Providence ExpressCare – Huffman: 1389 Huffman Park Drive, Suite 110, Anchorage, AK 99515
- Providence ExpressCare – Midtown Mall: 600 E. Northern Lights., Suite D, Anchorage, AK 99503
- Providence ExpressCare – Tikahtnu: 1118 N. Muldoon Road, Anchorage, AK 99504
- Providence ExpressCare – Eagle River: 17101 Snowmobile Ln., Suite 114, Eagle River, AK 99577

NEW LOCATIONS COMING SOON:

- Providence ExpressCare – Wasilla: 1861 E. Parks Hwy., Wasilla, AK 99654
- Providence Urgent Care – 1301 Northern Lights, Anchorage, AK 99503



VISIT **EXPRESS.CARE** OR SCAN
THE QR CODE TO FIND SAME-
DAY CARE NEAR YOU.

NON-EMERGENCY MEDICAL TRAVEL BENEFITS AVAILABLE WITH PRE-APPROVAL

Benefits for non-emergency medical travel may be payable for transportation by commercial airline (coach class only, with at least a 14-day advanced fare) or ferry from the place where the illness or injury occurred to the nearest area where necessary professional treatment can be obtained, unless the plan administrator finds a longer trip is necessary.

For reimbursement consideration, commercial airline flights may only be scheduled for departure 1-2 days in advance of the first appointment or 1-2 days after the last appointment related to the condition being treated. Consideration for additional days may be given upon approval by the plan administrator.

All non-emergency commercial travel must be pre-approved by the plan administrator (or their designate) using the "Public Education Health Trust Non-Emergency Medical Travel Request Form" or no benefits will be provided. The form can be found at [pehtak.com](https://www.pehtak.com)

Contact the Health Trust by phone. In Anchorage call (907) 274-7526; outside of Anchorage call (888) 685-7526. Business hours are Monday-Friday, 8 a.m.-4:30 p.m. (AKDT).

TRANSPORTATION BENEFITS

Transportation benefits in any one calendar year will be limited to two round trips.

Transportation benefits apply only to the illness or conditions covered under this plan. They do not apply to dental care benefits, vision services, routine care or preventive care exams unless approved by the plan administrator.

A local physician must certify that needed services are not available locally. Transportation benefits for any foreign healthcare will not be covered, including Canadian healthcare.

Transportation benefits will not be given for diagnostic or second-opinion diagnosis unless diagnostic services cannot be provided locally and are deemed medically necessary by the plan administrator. The physician must provide written certification or detailed medical documentation of the existing condition in advance of the trip.

Non-emergency transportation charges will only be allowed for a patient who is a covered person, except for the following circumstances:

- If the patient is a covered person under 18 years of age, then the transportation charges of a parent or legal guardian accompanying the child will also be allowed.
- If the patient is a covered person over age 18 and has a mental disorder or physical disability that requires the assistance of a caretaker post-procedurally or during travel, the transportation charges of a parent, legal guardian or assigned caretaker accompanying the patient will also be allowed.

After the travel has occurred, a "Public Education Health Trust Non-Emergency Medical Travel Completed Form" must be submitted with the boarding passes and the receipts of the travel, signed off by the attending physician, or no benefits will be provided.

AETNA ONLINE PROVIDER DIRECTORY AVAILABLE 24/7

An important part of staying healthy is finding a doctor or other health care professional. The Aetna online directory is available anytime and makes it easy for you to access up-to-date information about providers.

PROVIDER DETAILS

To visit Aetna's online directory, go to aetna.com/asa. Begin searching for a doctor using your location — zip code, 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 such as:

- Participation information*
- Other office locations
- Whether they're accepting new patients
- Maps, driving directions

ADDITIONAL FEATURES

You'll also be able to find specialty care on the directory like a list of transplant facilities or pediatric congenital heart-surgery facilities that are part of Aetna's 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).

** Although listed, Sutter Health facilities and providers in Northern California may not be in network for all plans. 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.*



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WANT TO WIN \$50?

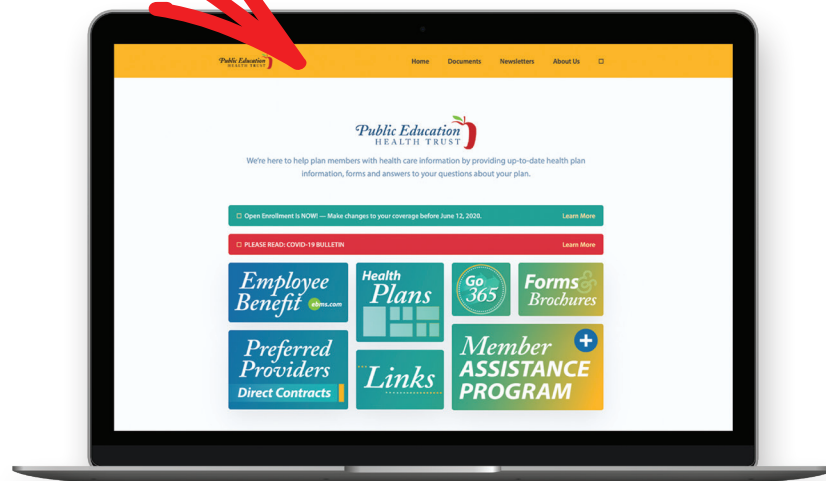
Visit **pehtak.com** to access important documents, links and more. While you're there, be on the hunt for the link to be entered to WIN \$50! (Where's that link? Here's a hint: don't miss the important "notices" at **pehtak.com**.)



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@PEHTAK



SEPTEMBER / OCTOBER WINNER:
**TABITHA
SHERMAN**