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smart living
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Public Education
HEALTH TRUST

MARCH / APRIL

EMERGENCY ROOM VERSUS URGENT CARE FACILITIES



By utilizing in-network Urgent Care Facilities, you can say "Goodbye!" to unnecessary Emergency Room visits!

For most, it's a habit to head to the emergency room (ER) if we're suddenly sick or injured. But what if you have an urgent, but non-life-threatening, medical issue like a broken arm or sprained ankle? A long ER wait time and a hefty hospital bill might not be the best option. Did you know that there are quicker, more affordable and more convenient treatment options close to you? You can find these options at your local urgent care facility.

Many urgent care facilities are open seven days a week — even nights, weekends and holidays — with no appointments necessary. This is a wonderfully convenient option for common ailments and accidents you may normally head to the ER for. If you're in a non-emergent situation, you're sure to find an urgent care facility near you and by utilizing one, your savings can really add up. Many Americans have to deal with out-of-pocket costs like deductibles or copays, but the lower cost you'll end up paying for participating urgent care visits will be such a relief.

Urgent Care Facilities offer plenty of services

Do you think that an Emergency Room is the only option when it comes to handling your health issues? Urgent care centers offer not only care for serious, non-life-threatening medical issues but also plenty of other services. Urgent care Facilities can provide or treat:

- Fractures
- Whiplash
- Sports injuries
- Falls (less than seven feet)
- Cuts and minor lacerations
- Allergies
- Sinusitis
- Cough
- Infections
- Flu
- Gastritis
- Skin lesion removal
- Burns and rashes
- Vaccinations
- Bronchitis and more

continued on next page....

ER VERSUS URGENT CARE continued....

Seven great reasons to try urgent care

If you've already seen and saved at your local urgent care center — congratulations. You've taken a giant step toward protecting your health and your wallet. If not, there are plenty of reasons to start:

- No appointments needed. Just walk right in.
- Convenient hours. Some clinics are open seven days a week, with extended evening, weekend and holiday hours, just like the ER.
- Lower prices. Lower copays and out-of-pocket costs.
- Less waiting. The average ER visit tops four hours, while urgent care visits are generally an hour or less.
- Many locations. With approximately 3,432 (and growing) centers nationwide, it's easy to find one near you.
- Fully staffed by doctors. Clinics are overseen by doctors, with doctors providing the service.
- Connections with local ERs. If you need more extensive care, you'll be referred to the closest ER.

Finding a clinic is easy

Get familiar with the urgent care and walk-in clinics in your neighborhood before you need them.

Here's how:

1. Visit **www.aetna.com/asa**.
2. Click on "**Find a Doctor.**"
3. Select "**Urgent Care Facilities**" or "**Walk-In Clinics.**"

SOURCE: Aetna



"Here is my absence note. I had Spring fever."



DID YOU KNOW?

miBenefits provides enrolled plan members with 24/7 access to their personal benefits and other healthcare information.

Did you know you can View and Print your Plan Document through miBenefits?

- **Log in to miBenefits***
- **Select "Account Details" on the top menu bar**
- **Select the "Plan Document" tab**
- **Click on the Plan Document**
- **A PDF of your Plan Document will be downloaded to your computer**
- **Once the download is complete, open the document**
- **Click File > Print and select the printer**
- **That's it!**

*How do I access miBenefits?

1. Visit **www.ebms.com** and click "**Log In**" on the top left-hand side of the screen.
2. For registered users, enter your username and password.
3. For new users, select the "**Not a Registered User?**" option within the login page, use your insurance card to complete our simple registration form. EBMS will validate your eligibility status, giving you full access to miBenefits.

March is National Workplace Eye Wellness Month

Every day, approximately 2,000 work-related eye injuries are reported for medical treatment. Depending on the nature of one's job, these incidents may include; common eye injuries such as chemical burns, scratched eyes, and eye bleeding; computer vision syndrome; or contagious eye infections. Fortunately, 90 percent of all eye injuries can be prevented through proper protection and safe practices. Therefore, whether you sit in an office, operate heavy machinery, or work with animals for a living, it is important to safeguard yourself at work.

In an effort to raise eye safety awareness and increase injury prevention, March has been declared "Workplace Eye Wellness Month." Here are six tips to prevent work-related eye injuries:

1. If required for your job, wear properly fitted safety glasses, goggles, or face shields that are required for your job and use anti-dust and anti-fog sprays to help prevent buildup on the lenses. Also, follow the safety instructions provided with the equipment, materials, or tools you are using.
2. Store protective equipment carefully when it's not in use. Wash it regularly with mild soap and water. Any damage to lenses or shields can result in inadequate protection.
3. Be prepared in case of an emergency by equipping a workplace with an eye wash station. Also keep sterile eye solution on hand.
4. Adapt your computer and work environment to reduce eye strain. Proper viewing habits can help prevent development of the symptoms associated with Computer Vision Syndrome.
5. Follow the 20/20/20 rule – if you work on a computer, take a 20 second break every 20 minutes and shift your vision to something else 20 feet away.
6. Prevent eye infections by washing your hands after handling pets, livestock, and animal waste.

One of the most important steps employees can take to preserve their eyesight is to have their eyes examined annually. Eye exams will help detect any unseen injuries or signs of more serious conditions like glaucoma and cataracts. To check your Vision Benefits, refer to your PEHT Medical Benefits Booklet.

SOURCE: <http://www.mass.gov/portal/>

HEALTHY SPRING RECIPE

Chili-Rubbed Tilapia with Asparagus & Lemon

Tilapia, a relatively plentiful fish, has the unfortunate reputation of being dull. All it needs is a spice rub, a familiar barbecuing technique that works just as well indoors. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

Makes: 4 Servings **Active Time:** 20 minutes **Total Time:** 20 minutes

INGREDIENTS

- 2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces
- 2 tablespoons chili powder
- 1/2 teaspoon garlic, powder
- 1/2 teaspoon salt, divided
- 1 pound tilapia, Pacific sole or other firm white fish fillets
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice

PREPARATION

1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

SOURCE: <http://recipes.millionhearts.hhs.gov/recipes/chili-rubbed-tilapia-asparagus-lemon>



Nutrition Facts			
Servings Per Recipe 4			
Amount Per Serving			
Calories 211			
		% Daily values *	
Total Fat	10g		15%
Saturated Fat	2g		10%
Trans Fat	0g		
Monounsaturated Fat	6g		
Cholesterol	57mg		19%
Potassium	681mg		19%
Sodium	419mg		17%
Total Carbohydrate	8g		3%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	26g		52%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Equals	300g	375g
Dietary Fiber	Equals	25g	30g

EATING HEALTHY ON THE GO!



INTRODUCE YOUR FAMILY TO THE IDEA OF **GO**, **SLOW**, AND **WHOA** FOODS TO HELP THEM EAT HEALTHIER.

Today's families are more on the go than ever, spending many hours each week in the car, making it seem hard to make time for your family to eat healthy, nutritious foods.

Increased time spent in the car has led many families to eat on the go. According to the U.S. Department of Agriculture, 48 percent of the money spent on food in this country pays for meals eaten away from the home.

During hectic days, families need energy to keep them going, but they often end up choosing more convenient foods that are high in fat, added sugar and calories. This year, you can introduce your family to the idea of **GO**, **SLOW** and **WHOA** foods to help them eat healthier. **GO** foods are low in fat, sugar and calories and are "nutrient dense" (rich in vitamins and other nutrients). Try to avoid **SLOW** and **WHOA** foods that are higher in fat, added sugar and calories and that, often, offer fewer nutrients.

Whether you're off to a Saturday away game or driving your children to their weekly activities, use the tips in the next column for healthier eating:

- **Pack GO foods ahead of time.** If you have a busy day with your family planned including time in the car pack healthy snacks in a small cooler or tote bag before you leave. Consider water, fresh fruit or veggies, low-fat cheese sticks, whole-grain crackers or a low-sugar cereal portioned into baggies.
- **Make healthy choices at fast-food restaurants.** Sometimes, when you are traveling by car, fast food is the only option. Try making healthier choices such as sandwiches without cheese, salads with low-fat or fat-free dressing, replacing French fries with sliced fruit, and swapping fried meats for grilled options.
- **Read the labels.** Stopping at convenience stores for a snack can easily lead to unhealthy choices. Looking at the nutrition label can help you and your children make the best choice. Pick snacks or beverages that are low in calories and added sugar — some stores stock fat-free or low-fat yogurt, fruit or individually portioned trail mix. Try to remember that some prepackaged foods may look like a single serving but actually contain multiple servings.

For more ways to encourage eating right visit We Can! (Ways to Enhance Children's Activity & Nutrition)* at <http://wecan.nhlbi.nih.gov>.

Developed by the National Institutes of Health, We Can! provides parents, caregivers and communities with free tips, tools and guidance to help children ages 8–13 maintain a healthy weight by improving food choices, increasing physical activity and reducing screen time.

Source: <http://www.nhlbi.nih.gov/>

This private, secure website is designed just for you. All of your pharmacy plan information is available and kept up-to-date in real time.

EASY ACCESS ALLOWS YOU TO:

- Manage all your prescriptions on a single dashboard
- Update your information and complete health profile
- for home delivery
- Order mail order refills
- Compare prices at local pharmacies
- Find your lowest prescription cost
- Locate your pharmacy and get driving directions
- Keep track of your health history
- Learn more about your drugs
- Take it all with you through the mobile app
- Manage prescriptions for your dependents and family members, where appropriate

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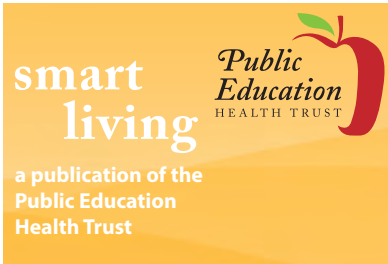
All your PEHT Legal Notices are available to you on the PEHT website. Simply go to **www.pehtak.com** and hover over the **Forms** tab and select **"Notices."** Scroll down the page and you will find the Public Education Health Trust Notices. Here you will find **Medicare Part D Disclosure, Notice of Privacy Practices, Medicare Drug Coverage, Woman's Health and Cancer Rights Act 1998** and **COBRA Continuation Coverage**.

The screenshot shows the Public Education Health Trust website. The header features the organization's logo and a navigation menu with links: Home, Plans, Forms, Links, About Us, Trustees, and Contact. Below the menu, a section titled "Public Education Health Trust Forms" includes a brief introduction and a link to "contact us". A box titled "Public Education Health Trust Notices" contains five buttons: Medicare Part D Disclosure, Medicare Drug Coverage, COBRA Continuation Coverage, Notice of Privacy Practices, and Women's Health and Cancer Rights Act 1998. At the bottom, a breadcrumb trail reads "You are here: Home / Forms".



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

This publication was created and sent to you
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How Much Do You Know?

WIN A \$50 GIFT CARD!

Congratulations to Chris Sawyer!

The winner of the January/February PEHT Newsletter Quiz!



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Follow us on **Twitter** and Like us on **Facebook** to take a short five question quiz about the information presented in this edition of [smart living](#) for your chance to be entered into a drawing for a **\$50 Visa Gift Card!**