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smart living
a publication of the Public Education Health Trust

Public Education
HEALTH TRUST 

JULY/AUGUST

YOUR BRIDGEHEALTH™ BENEFITS

BridgeHealth is a surgery benefit program that is offered to you through PEHT. The suite of tools, services and dedicated Care Coordinators are available to help you when considering a planned surgery. Then, if surgery is right for you, this program may actually lower your out-of-pocket costs while improving the quality of care and the entire experience.

BridgeHealth 

BRIDGEHEALTH IS OFFERED TO YOU AT NO EXTRA COST – YOU'RE ALREADY ENROLLED!!



> **Gain access to decision support:** If you are considering surgery, that's when to contact BridgeHealth. It's at this important juncture that you can start off with less anxiety and focus more fully on your options. No worries. That's the BridgeHealth way.

> **Get top-quality care:** If you decide to have surgery, you want the best care. BridgeHealth's stringent standards in selecting providers, verified by external data, deliver top-tier options.

> **Save Money:** BridgeHealth has pre-negotiated agreements with care providers that lower your plan sponsor's healthcare costs as well as those of the actual surgery. These savings, which can be significant, are passed on to you.

> **Let your Care Coordinators help:** BridgeHealth provides you with dedicated Care Coordinators who will guide you toward your most informed decision.

FEEL NO PAIN IN YOUR WALLET!!

How? BridgeHealth pre-negotiates rates for a wide variety of surgical procedures with top tier providers across the nation. These rates translate to lower costs for you. More reasons to take advantage of BridgeHealth include: You'll know about any costs upfront — no surprises after surgery! Your health plan offers the BridgeHealth surgical benefit to deliver more value, quality and cost savings to you.

Refer to your PEHT Plan Benefits Booklet to learn more about your BridgeHealth Surgery Benefit or call the BridgeHealth Staff at 888.387.3909 with any questions you may have!

PREVENTIVE CARE FOR WOMEN

Preventive services are intended to help you remain healthy and to find any health issues early while there is a greater chance of recovery. Many people are unaware that preventive care is available to them at no cost at all.

Preventive services include:

- Immunizations
- Lab Test
- Physical Exams
- Prescriptions



It's important to know how the service is classified. The same service could be preventive (free) or diagnostic (medical claim).

PREVENTIVE CARE: No symptoms present; used to prevent health problems. **Free to patient at in network providers/facilities. visit www.aetna.com/asa to find a network provider and facility for your appointment and labs.*

DIAGNOSTIC CARE: Symptoms are present; monitoring current medical condition(s); follow up on abnormal test results. **Subject to deductible, copayment and coinsurance at in network providers and facilities. visit www.aetna.com/asa to find a network provider and facility for your appointment and labs.*

The services listed in this packet are preventive services. Make sure they are for preventive purposes and completed by an in-network doctor. **Visit www.aetna.com/asa to find a network provider and facility for your appointment and labs*

Questions about preventive care?

Call Customer Service at the number on the back of your insurance card and review the information contained in your Plan Document.

| ASSESSMENTS, SCREENINGS AND COUNSELING | RECOMMENDATIONS |
|--|---|
| BRCA | Counseling about genetic testing for women at higher risk. |
| Breast Cancer Mammography | Screenings every 1 to 2 years for women over 40. |
| Breast Cancer Chemoprevention | Counseling for women at higher risk. |
| Cervical Cancer | Screening for sexually active women. |
| Chlamydia Infection | Screening for younger women and other women at higher risk. |
| Domestic and interpersonal violence | Screening and counseling for all women. |
| Gonorrhea | Screening for all women at higher risk. |
| Sexually Transmitted Infection (STI) | Counseling for sexually active women. |
| Human Papillomavirus (HPV) | High risk HPV DNA testing every three years for women with normal cytology results who are 30 or older. |
| Human Immunodeficiency Virus (HIV) | Screening and counseling for sexually active women. |
| Osteoporosis | Screening for women over age 60 depending on risk factors. |
| Well-Woman Visits | To obtain recommended preventive services. |

STAYING SAFE DURING EXERCISE AND PHYSICAL ACTIVITY

There's a way for almost every older adult to exercise safely and get meaningful benefits. To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Wear appropriate shoes for your activity.
- Warm up before exercising, and cool down afterwards.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.
- Dress appropriately for the temperature outdoors, or opt for an indoor activity if it's very hot or cold.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

ENDURANCE. Listen to your body. Your breathing may become faster, but you should still be able to talk.

STRENGTH. You will need a chair to do many of the strength exercises on the Go4Life website. Be sure to choose one that is sturdy.

BALANCE. Have that sturdy chair handy or a person nearby to hold on to for your balance exercises if you feel unsteady.

FLEXIBILITY. Always warm up before stretching exercises—a few minutes of walking works well.



Quick Tip

Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

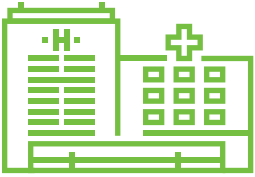
VISIT

www.nia.nih.gov/Go4Life

- Read more safety tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

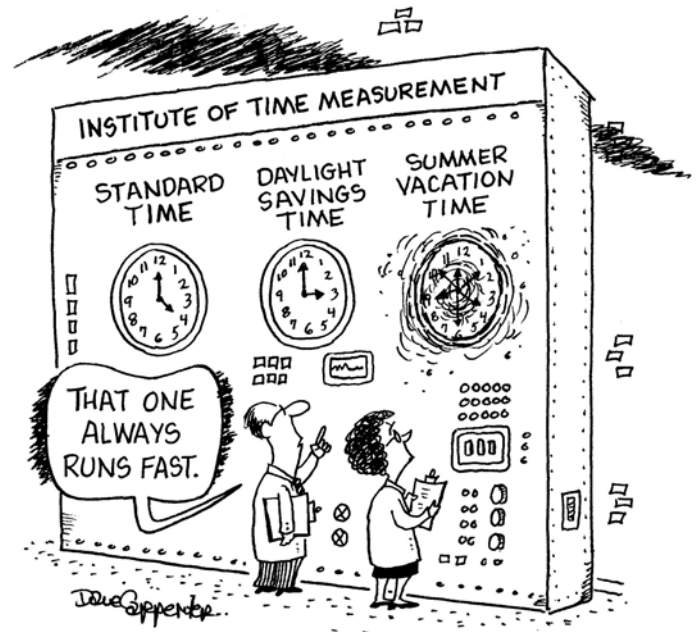


ALASKAN PROVIDERS RESPOND TO PEHT MEMBERS REQUEST



The AETNA network has grown by 250 members in the past 9 months. To find an AETNA provider in your area please visit www.aetna.com/asa

If your provider has not yet joined the Aetna Network, urge them to visit <https://www.aetna.com/health-care-professionals/join-the-aetna-network/how-to-apply.html> and request an application. They'll need to complete the credentialing process and Aetna will review the information and notify the provider when the credentialing process is complete.



HEALTHY RECIPE

Slow-Cooker Quinoa-Summer Squash Casserole

As this layered slow-cooker squash casserole recipe cooks, the liquid from the tangy tomatillo salsa and summer squash is absorbed by the quinoa, adding tons of flavor to the final dish.

Makes: 10 Servings Active Time: 30 minutes Total Time: 4 hours on Low Setting

INGREDIENTS

- 12 ounces tomatillos, husked, rinsed and chopped
- 1 pint cherry tomatoes, chopped
- 1 poblano or bell pepper, chopped
- 1/2 cup finely chopped white onion
- 1 tablespoon lime juice
- 1 teaspoon salt
- 1 cup quinoa
- 1 cup crumbled cotija or feta cheese, divided
- 2 pounds small yellow summer squash, cut into 1/4-inch slices
- 2 tablespoons chopped fresh oregano

PREPARATION

1. Combine tomatillos, tomatoes, pepper, onion, lime juice and salt in a medium bowl.
2. Coat a 5- to 6-quart slow cooker with cooking spray. Layer quinoa, 1/3 cup cheese and all of the squash in the slow cooker. Top with another 1/3 cup cheese. Spread the tomatillo mixture on top; but don't stir the ingredients together. (Refrigerate the remaining cheese to use for the topping.)
3. Cover and cook on Low for 4 hours. Serve sprinkled with oregano and the remaining 1/3 cup cheese.



<http://recipes.millionhearts.hhs.gov/recipes/slow-cooker-quinoa-summer-squash-casserole>

Nutrition Facts

| | | | |
|---|-----------|------------------|--------|
| Servings Per Recipe 10 | | | |
| Amount Per serving | | | |
| Calories 111 | | | |
| | | % Daily values * | |
| Total Fat | 3g | | 5% |
| Saturated Fat | 1g | | 5% |
| Trans Fat | 0g | | |
| Monounsaturated Fat | 0g | | |
| Cholesterol | 3mg | | 1% |
| Potassium | 526mg | | 15% |
| Sodium | 286mg | | 12% |
| Total Carbohydrate | 18g | | 6% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 6g | | |
| Protein | 5g | | 10% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| Nutrients | 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 |

PRESCRIPTION HOME DELIVERY

Are you taking a "long-term" medication?
Enroll in home delivery. Save money and time.



LEARN MORE TODAY!

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SAVE MONEY



- 90-day supply usually costs less than the same amount at retail pharmacies
- Free delivery

SAVE TIME



- Delivery wherever you choose
- Automatic refills available

WE'RE HERE TO HELP



- Pharmacists available 24/7
- Member services 24/7

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BOARD OF TRUSTEE ELECTIONS

Public Education Health Trust is asking for your nominations for a Board of Trustee to serve from **January 1, 2017 to December 31, 2019**. This is an excellent opportunity to participate on a progressive board that represents the collective interests of the 17,000 Public Education Health Trust members.

Some of the benefits of participating as an elected Trustee include:

- Excellent training in:
 - Leadership and forward, progressive thinking
 - National conferences in self-funding health benefits
 - Healthcare costs and containment
 - Professional skills development
- No personal costs entailed
- Ability to make a difference
- Recognition associated with a high performing board

Nominees must be a participant of the Public Education Health Trust and be eligible to receive benefits in one or more benefit programs under this Plan by virtue of status as an employee. A nominee must be participating in the health plan and have not waived coverage, is either an active member of NEA-Alaska and an active member of the local association if one exists, or an active employee of NEA-Alaska.

If you have an interest in serving, a willingness to lead, and are highly accountable and willing to accept the responsibility of a Trustee, the necessary education and training to serve will be provided. The Trustees meet quarterly and some travel may be required. If you are interested in serving as a Trustee, please submit a biography of no more than 100 words. Biographical statements sent to all eligible participants will be strictly limited to 100 words, starting with the first word of the first sentence of the entry. No biographies will be taken over the telephone. The Trust also needs to know the employing district and affiliation.

Please send biographies no later than September 15, 2016 to:

Public Education Health Trust
Attention Rhonda Kitter, Chief Financial Officer
4003 Iowa Drive
Anchorage, AK 99517

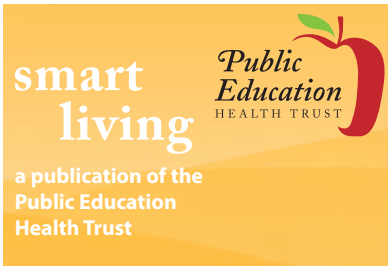
Or email directly to rkitter@pehtak.com

Should you have any questions please feel free to contact **Rhonda Kitter** at (907) 274 -7526 or (888) 685 -7526. We look forward to hearing from you.



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

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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!**