



Like us on Facebook at **Public Education Health Trust**



Follow us on Twitter @**PEHTAK**

P1 / Diabetes Awareness Month

P2 / Network Access & BridgeHealth

P3 / Teladoc™

P4 / Cartoon, Massage Therapy Changes & Seasonal Recipe

P5 / Managing Holiday Stress & SupportLinc

smart living

a publication of the Public Education Health Trust



NOVEMBER/DECEMBER

NATIONAL DIABETES AWARENESS MONTH

The holiday season may be filled with fond memories of your grandma’s homemade pumpkin pie or your great uncle’s amazing hors d’oeuvres. Maybe you prefer making a mad dash to the only open restaurant in town on a holiday. Or perhaps you’re more of the TV-dinner-by-the-tree type.

No matter your holiday eating memories or traditions, healthful holiday eating is challenging. But when a person is managing diabetes, knowing how and what to eat over the holidays can seem even more daunting.

Make a goal to stay in control of your diabetes through planning.* Consider the following tips to get you through the season:



- Don’t let a weird holiday meal time cramp your style. If the turkey’s ready at 4 p.m., and you normally have lunch at noon, you can stay in charge. Bring snacks to have on hand throughout the day. Be the guest who brings the veggie tray... and munch on it until the official meal begins. Have a light snack during your regular meal times to tide you over until dinnertime.
- Make meals work for everyone, including yourself. If you’re cooking, you’re in control of the ingredients. If you’re not the chef, encourage him or her to work with your options. You could even choose recipes together in advance! Research tasty holiday foods that work with your regular meal plan so you can keep your body on track. Check out some recipes at <http://www.diabetes.org/mfa-recipes/recipes/>.
- Make your holiday sugar cravings work in your favor! Consider passing on the pie alamide. Instead, bring some tasty fruit options for everyone to enjoy. You can get a kick of natural sugar and feel great about the healthy choice you made. Plus, your meal-mates probably won’t mind a healthier alternative to the typical holiday dessert binge.

29.1 MILLION

29.1 million people have diabetes



That’s about 1 out of every 11 people

Remember, even if it’s a “day off” from work, it’s still a “day on” for diabetes control. You can take care of yourself and make fun, new memories. Plus, your loved-ones will be happy you’re taking care of yourself so they can celebrate many more holidays with you!

***Remember to visit with your provider for medical advice specific to your needs.**

NETWORK ACCESS IN ALASKA

We want to share some good news with you regarding network access in Alaska. Member efforts are having tremendous impact in our community, speaking with their providers regarding joining or participating in a network. Alaska Heart joined the network in July. As the largest cardiology group in Alaska, the impact of this contract will greatly benefit the Trust's membership. There are now four Preferred Orthopedic Surgeons in Anchorage. If you live or seek care within 50 miles of Anchorage, the following orthopedic surgeons are participating in the AETNA ASA network:

- Dr. Mark Caylor
- Dr. Steven Tower
- Dr. Jeffrey Parker
- Dr. George Rhyneer

Since there are now four in-network orthopedic surgeons, **effective January 1, 2017**, we are no longer providing in-network benefits for non-participating orthopedic surgeons within 50 miles of Anchorage. You will need to use the in-network providers listed above to receive the in-network benefits. If you are currently receiving services from a non-participating surgeon, please contact the Trust's office for additional information about your options. Non-Emergency orthopedic services continue to be available through the BridgeHealth program.

The Trust continues to pursue network agreements with many providers. Up-to-date network information is available at www.aetna.com/asa. The above list is subject to change as more providers sign contracts with either AETNA or with the Trust directly.

The following providers have signed direct contracts with the Trust. Their names will not appear on the AETNA.COM/ASA list. However, these providers are considered in-network for Public Education Health Trust members.

- Wasilla Surgery Center
- Mat-Su Integrative
- Jaded Wellness
- Summit Family Practice
- Dr. Habir Makin
- Wisdom Traditions
- Natural Family Health
- Valley Allergy
- Wolf Eye Center
- Dr. Natalie Beyler
- Soma Wellness
- Dr. Nell Wagoner
- Snow Blossom Acupuncture
- New Bridge Therapy



Don't go through the surgery process alone. BridgeHealth can help find the best solution for you. Our suite of tools, services, and dedicated Care Coordinators are available to help you when considering a planned surgery. Below is a cost comparison of BridgeHealth centers versus In State facilities.

Partners in reducing costs for elective surgeries. Orthopedic Procedures Cost Comparison are seen below. In addition members have zero deductible and zero out of pocket expenses when utilizing the BridgeHealth program. Members travel with partner/spouse, adult companion of their choice.

In State Billed Charges

Procedure	Year	Location	Average Billed Charges
Single Knee Replacement	2015/2016	Anchorage	\$82,115
Single Knee Replacement	2015/2016	Mat-Su	\$118,843
Double Knee Replacement	2015/2016	Anchorage	\$150,177
Hip Replacement	2015/2016	Anchorage	\$83,900
Rotator Cuff	2015/2016	Anchorage	\$87,000
Rotator Cuff	2015/2016	Mat-Su	\$89,000

BridgeHealth—Centers of Excellence

Procedure	Year	Location	Billed Charges
Single Knee Replacement	2015/2016	Seattle	\$24,000
Single Knee Replacement	2015/2016	Houston	\$21,500
Single Knee Replacement	2015/2016	Arizona	\$21,500
Hip Replacement	2015/2016	California	\$24,000
Hip Replacement	2015/2016	Seattle	\$24,000
Rotator Cuff	2015/2016	Seattle	\$17,000

TRUSTEE ELECTION RESULTS

Congratulations to **Kathy Bell** and **Steve Beyers** as the candidates chosen to serve Public Education Health Trust members in Seats D and E, respectively.

PLAN TO MANAGE HOLIDAY STRESS

Managing stress throughout the holidays can take an average, jolly Santa and turn him or her into a scrooge! It's an awful feeling to count down to your holiday of choice for the sole purpose of wanting it to be over, rather than enjoying the special time of the year with family and friends. Planning is vital in managing holiday stress. Consider a few tricks of the trade as you navigate the upcoming holiday season.

PLAN your budget. If your family's wish lists consist of several ultra-expensive gifts, help them narrow the field. Consider creating homemade gifts, like personalized coupons. You could also invest your money in a family trip to create memories, rather than pile up on items that will lose their appeal in the New Year. Strategize your gift giving before you shop so you don't have to stress about your pocket book later.

PLAN your schedule. Set a weekly designated shopping day, wrapping day, holiday goodie baking day, etc. You're only one person, and you can't be expected to do it all at once. Pace yourself.

PLAN to delegate. Decide which family member is helping with which activity to prepare for hosting your holiday party or family get-together. Maybe you'll assign your daughter the vacuuming and your husband the snow shoveling. Perhaps your son enjoys dusting. Grandma may want to set the table and dry the dishes after the big meal. Every task doesn't have to land on you.



PLAN your meals. Grabbing a quick burger and fries while you're out shopping for gifts or finding the perfect tree may be convenient, but this could add to the holiday pounds and make you feel sluggish. Pack quick and healthy snacks to keep with you as you hustle through the holiday preparations. This will help you feel more in control of yourself and keep your health goals in line.

PLAN a mental health check. Take time to pray or meditate daily. Try a new yoga move. Journal regularly. Visit with a professional about how you're feeling. Contact SupportLinc to learn more about counseling options and to find a mental health provider who will meet your needs. Learn more here: <http://supportlincmap.com>

Planning can help you take control of this busy season without letting it affect your physical and mental health. You can choose whether you want to be a Santa or a scrooge.

MEMBER ASSISTANCE PROGRAM

SupportLinc is there for you!

Challenges in life can appear in many different forms. Perhaps you are going through a breakup or a divorce with a partner. Or maybe you're trying to manage the stress of caring for your children and your aging parents simultaneously. It could be that a legal or financial situation is making you feel out of control.

No matter the cause of your life challenge, Public Education Health Trust supports you. That's why they've partnered with the member assistance program called SupportLinc. You can call SupportLinc at any time of the day on any day of the year, and a caring team member will be there to assist you. SupportLinc provides professional referrals and face-to-face counseling for personal and work-related concerns, such as any of the following:

- Stress
- Depression
- Grief and loss
- Marriage and relationships
- Substance abuse
- Anxiety
- Anger management
- Work-related pressures
- Family issues

Call SupportLinc at **1-888-881-LINC (5462)**. Or, visit **www.supportlincmap.com** to learn more about your options with SupportLinc. Use the following logon credentials:

Username: peht

Password: member

Take advantage of the opportunity to care for your mental and emotional wellbeing. Let SupportLinc's team guide you through your challenges. You can live your life the way you want it to be lived, and SupportLinc can help you get there.





LEARN MORE ABOUT YOUR TELADOC™ BENEFITS

Imagine this...

You wake up one morning with cold-like symptoms. You don't want to take time off from work, but you need care now. **What can you do?**

1



You consider urgent care, but don't want to spend the time and money.

2



Then you call Teladoc®.

3



The Teladoc doctor calls you back about your symptoms.

4



Turns out you have sinus problems.

5



You pick up an antibiotic at your local pharmacy on your way to work.

6



**Problem solved.
Boss happy.**

What is Teladoc? Teladoc provides a national network of U.S. board-certified doctors available 24/7/365 to resolve many of your medical issues. It's quality care when you need it at a price you can afford.

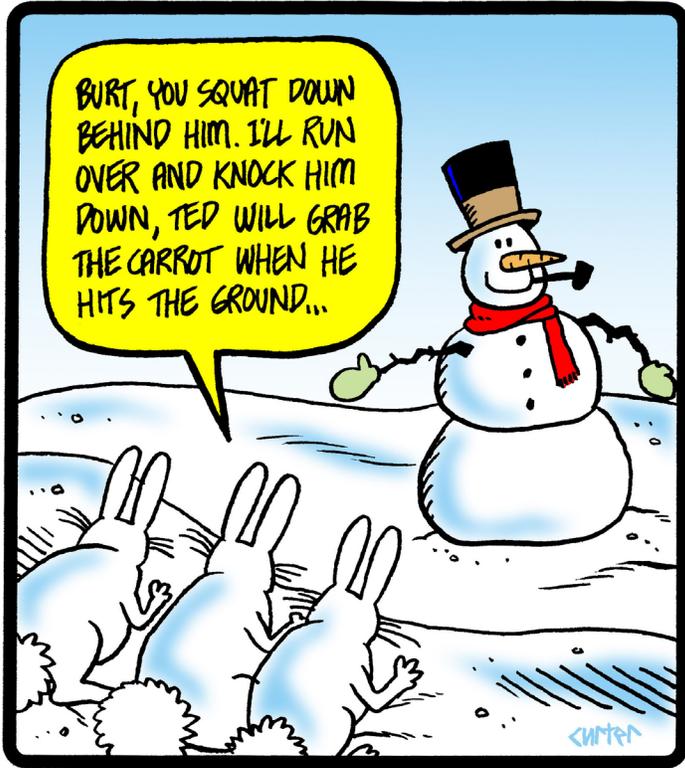
Effective 7/1/2016 members of PEHT's High Deductible Health Plan will have a \$45 consult fee. Plans A-G have access to Teladoc free of charge.

 MyDrConsult.com

 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

 1-800-TELADOC

 Teladoc.com/mobile



MASSAGE THERAPY PLAN CHANGES

Massage therapy is effective treatment for decreasing muscle stress, pain, and tension.

Effective January 1, 2017, a massage therapy Plan of Care will no longer be required and services will no longer be reviewed by Episode of Care. You will have access to 20 massage therapy visits per calendar year, subject to your in-network benefits. Once you meet the 20-visit calendar year maximum, no additional massage therapy services will be provided. Choose in-network providers to get the most out of this benefit. Locate them here: www.aetna.com/asa.

Remember that massage treatment should not substitute medical care. Chat with your doctor about your massage experiences and how they fit into your overall health plan.

Source: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-2004574>

HEALTHY RECIPE *Halibut Packets with Mushrooms & Polenta*

Garlicky mushrooms spiked with bacon make a lovely garnish for halibut and polenta. We can't decide what we like best about this dish: the flavors, healthfulness, ease or the fact that there is so little cleanup! Serve with steamed green beans tossed with olive oil, whole-grain mustard and a squeeze of lemon.

Makes: 4 Servings **Active Time:** 30 minutes **Total Time:** 45 minutes

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 4 slices center-cut bacon, chopped
- 1 cup sliced red onion
- 4 cloves garlic, minced
- 8 ounces sliced mixed mushrooms
- ¼ cup white wine, preferably Pinot Grigio
- 1 14- to 18-ounce tube prepared polenta, sliced into 8 rounds
- 4 5-ounce halibut, or cod fillets, skinned
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup sliced fresh basil

PREPARATION

1. Preheat oven to 450°F. Tear off 4 sheets of parchment paper or foil (about 12 by 24 inches each); if using foil, coat with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add bacon and cook until softened and starting to brown, 2 to 3 minutes. Add onion and garlic. Cook, stirring occasionally, for 2 minutes. Stir in mushrooms and cook until beginning to brown, 4 to 7 minutes. Add wine and scrape up any browned bits. Remove from the heat.
3. To make packets, set a sheet of parchment or foil with a long side closest to you. Fold in half from a short end, then open like a book. Place 2 slices of polenta on one side. Set a fillet on the polenta and sprinkle with salt and pepper. Divide the mushroom mixture among the packets, spooning it over the fish. Close the packets and seal the edges with small, tight folds.
4. Place the packets on a large baking sheet. Bake the packets until the fish is just cooked through, about 14 minutes. (Carefully open one packet to check for doneness—be cautious of the steam.) Set each packet on its own plate. Cut an X in the top with scissors and carefully fold open. Serve sprinkled with basil.



Source: <http://recipes.millionhearts.hhs.gov/recipes/halibut-packets-mushrooms-polenta>

Nutrition Facts

Servings Per Recipe 4	
Amount Per serving	
Calories 276	
	% Daily values *
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Monounsaturated Fat 5g	
Cholesterol 76mg	25%
Potassium 905mg	26%
Sodium 569mg	24%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	64%

* 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



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.



How Much Do You Know?

WIN A \$50 GIFT CARD!



Follow us on Twitter
@PEHTAK



Like us on Facebook at **Public Education Health Trust**

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!**