

SMART LIVING

a publication of the Public Education Health Trust



JULY / AUGUST ISSUE



UTILIZING THE AETNA PROVIDER NETWORK

Selecting a doctor and other health care professionals for you and your family is important. Aetna's online directory, DocFind, is a premier online search tool. Updated listings of participating doctors, dentists, other medical professionals, and facilities are available 24/7.

DocFind helps you make informed choices by providing you with information about healthcare professionals. This includes information about medical school attended, board certification status and gender, as well as information about the provider's offices, such as handicapped access, etc. Other features include maps, driving directions, and listings of other office locations. Log into www.aetna.com/asa to check it out.

Use DocFind's "Search by Location" to locate a specialist or change your primary care physician.

1. Select the type of healthcare professional or facility you wish to find, such as primary care physician, specialist, dentist, medical hospital, or pharmacy.
2. Enter the geographic information for the area where you wish to find a participating healthcare professional.
3. Narrow your search by selecting the "Advanced Search" tab. Follow the steps above and then select specialty, gender, languages spoken, hospital affiliation, and/or name. Or, request a list of all healthcare professionals who match your geographic and plan requirements.
4. That's it! You will be presented with a list of health care professionals who match your criteria. You can obtain additional information about each provider by clicking on the "View Details" link.

Use DocFind's "Search By Name" option, if you already know the name of the healthcare professional you're trying to contact.

1. Select the type of healthcare professional you would like to find.
2. Input the name of the individual healthcare professional you wish to find.
3. Enter the geographic information for the area where you wish to find a participating health care professional.
4. It's that easy! You will be presented with a list of health care professionals or facilities that match your requirements. You can obtain additional detail about a particular provider by clicking on the "View Details" link.

Log into www.aetna.com/asa today for easy access to up-to-date information on participating health care professionals and facilities!

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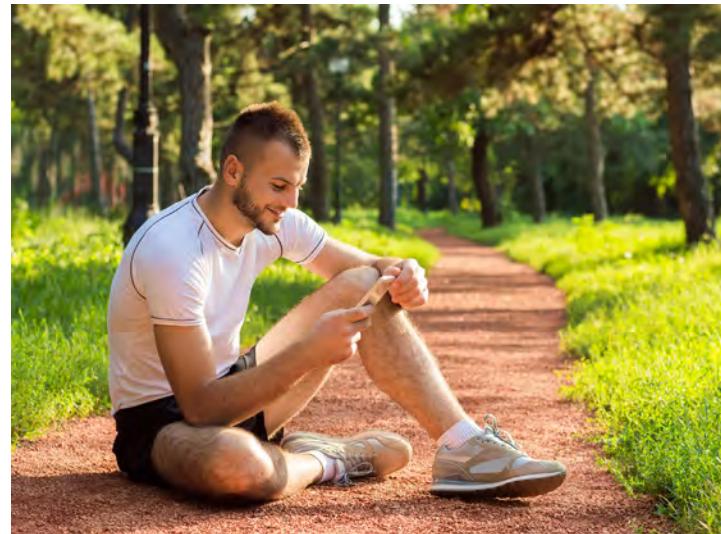
MANAGING CHRONIC ILLNESSES

It's no secret that the leading cause of death and disability in the U.S. comes down to one common denominator: chronic diseases. Heart disease, stroke, cancer, type 2 diabetes, obesity, arthritis, and other chronic conditions are plaguing half of Americans. Chronic illnesses are making us sick and disabled, and they're hurting our pocket books, too. In fact, 86 percent of all healthcare spending in 2010 was for Americans with chronic conditions. What's worse is that most people in the U.S. and around the world die due to a chronic disease.

Yet, most chronic illnesses are preventable. **Only four detrimental lifestyle choices contribute to most Americans' chronic diseases.**

Lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption are the culprits. For instance, diet and exercise can prevent or delay type 2 diabetes. Also, tobacco cessation decreases the risk of heart attack and the lung cancer death rate.

Lesson learned: We need to take better care of ourselves. We can improve our lifestyle habits, and we can ensure we're getting regular health screenings.



HEART DISEASE AND STROKE ARE THE SECOND AND FIFTH LEADING CAUSES OF DEATH IN ALASKA.

BOARD OF TRUSTEE ELECTIONS

Public Education Health Trust is asking for your nominations for a Board of Trustee to serve in Seat B from **January 1, 2018 to December 31, 2020**. 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.

Benefits of participating as an elected Trustee:

- 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, must be either an active member of NEA-Alaska and an active member of the local association if one exists, or must be 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. Some travel may be required.

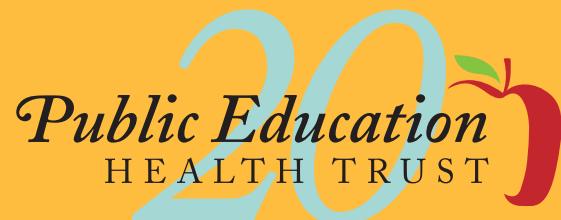
If you are interested in serving as a Trustee, please submit a biography of no more than 100 words. No biographies will be taken over the telephone. The Trust also needs to know the employing district and affiliation.

Please send biographies no later than September 15, 2017 to the following:
Public Education Health Trust
Attention Rhonda Kitter, Chief Financial Officer
4003 Iowa Drive
Anchorage, AK 99517

Or, email the biography directly to rkitter@pehtak.com.

Contact Rhonda Kitter at **(907) 274 -7526** or **(888) 685 -7526** if you have any questions.

**NOMINATIONS FOR
TRUSTEE ELECTIONS ARE
OPEN AUGUST 1 THROUGH
SEPTEMBER 15. THE
ELECTIONS WILL TAKE
PLACE IN SEPTEMBER/
OCTOBER.**





"Arnie fell asleep under his beach chair."

CartoonStock.com



miBenefits is a state-of-the-art, 24/7 health portal offered to you through your benefit plan. Enrolled plan members can access a variety of healthcare resources and benefit plan information.

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- View your benefit summary.
- View your account details.
- View the status of medical and flexible spending accounts.
- Request an ID card or a certificate of coverage.
- Update your account.
- Retrieve forms.
- Chat online with EBMS' Client Services Representatives during normal hours of operation.



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Do you need to register for miBenefits? It's as easy as 1, 2, 3!

1. Visit www.ebms.com and click "Log In" on the top left-hand side of the screen. Then select the "Not a Registered User" option.
2. Use your insurance card to complete our simple registration form.
3. EBMS will validate your eligibility status, giving you full access to the site!

WORKPLACE WORKOUT

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NO EQUIPMENT NEEDED!

While at work, sometimes the last thing we feel like we can think about is our exercise plans, right? We have emails to send, meetings to attend, and papers to push. However, exercise helps us stay alert, due to an increase in blood flow to the brain. It can also help us develop stamina, which is a plus when dealing with the demands of our jobs. Keeping fitness in mind, while tending to professional duties, can actually help us stay more focused and motivated at work.

Do you feel like you can't fit in the gym during your typical week? Try one of these exercises each day at work for the next week, and see how they impact your work performance.

Arm circles: Tone your arms and get your heart rate going to keep you alert for that next webinar. Face your thumbs toward the ceiling. With your arms extended, rotate forward and backward for 15 seconds each. Now, that's better than a shot of coffee to get you alert for the day.

Inchworm: You may want a little more privacy for this one, but it will definitely stretch you out. Start in the standing position, with your feet together. Drop your hands to the floor and inch your way out until you're fully extended. Your hands should be directly underneath your shoulders, while your body is horizontally facing the floor. Feel free to do a pushup while you're down there, or just inch your way back up to the standing position.

Leg swing: You can do this while standing in your cubicle or waiting in line to microwave your lunch in the break room. All you need to do is find a firm stance and then lift one leg to the side and back to the center. You may want to put your hands on your hips for balance. Try for 10 on each side without resting.

Planks: Do them on your hands. Do them on your elbows. Add some side planks to the mix. Your body should form a straight line from your head to your heels. Make sure you have your palms wide, and keep your eyes looking down at the floor to keep your body aligned.

Jumping jacks: No, you don't have to worry about tripping yourself with a rope on this one. Make them big with your arms fully extended, or flop your arms like a chicken (in a strong way) to get a different energy boost. Just 10 jacks between each email will do a body good.

It's up to you to get in your physical activity each week. The American Heart Association recommends 30 minutes of exercise each day, five days a week. So get in some of that activity before you're done with work for the day! An energy-boosting break here and there can help you reach both your personal and professional goals.



HEALTHY RECIPE

ALASKAN CEVICHE WITH MANGO

Makes: 6 servings



INGREDIENTS

- ½ cup fresh grapefruit juice
- 1 pound Alaskan rockfish fillets or any white, firm, fish (1-2 fillets, skin removed, chopped into bite-sized pieces)
- 10 Alaskan spot prawns or large shrimp (peeled, cleaned, and tails removed, then cut into bite-sized pieces)
- 6 plum tomatoes (chopped)
- 1 mango (peeled and chopped)
- ¼ cup chopped fresh cilantro leaves
- ½ cup chopped white onion
- ½ cup freshly squeezed lime juice
- ¼ cup freshly squeezed lemon juice
- ¼ cup freshly squeezed orange juice
- 1 teaspoon minced jalapeño or serrano chile (optional)
- 1 teaspoon Kosher salt

DIRECTIONS

1. In a medium saucepan over moderate heat, bring the grapefruit juice to a boil.
2. Add the rockfish and prawns, reduce the heat to a simmer, and poach the fish and prawns until just tender, about 3 minutes.
3. Transfer the fish and prawns to a non-aluminum bowl, cover, and chill in the refrigerator up to 3 hours.
4. In a large bowl, toss together the tomatoes, mango, cilantro, and onion.
5. Add the lime, lemon, and orange juices, the jalapeño or serrano chile, if using, and salt.
6. Add the chilled seafood, stir to combine, and taste to see if you want to add more salt, citrus, or spiciness.
7. Serve immediately or chill up to 2 hours for later use.

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/alaskan-ceviche-mango>

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories	100	% Daily Value*
Total Fat 1g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 40mg	14%	
Sodium 230mg	10%	
Total Carbohydrate 11g	4%	
Dietary Fiber 2g	7%	
Total Sugars 11g		
Includes 0g Added Sugars	0%	
Protein 12g	24%	
Vitamin D 0mcg	0%	
Calcium 31mg	2%	
Iron 1mg	6%	
Potassium 494mg	10%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUPPORTLINC myStrength: THE HEALTH CLUB FOR YOUR MIND™

Finding support to focus on your emotional health is important.

The myStrength program through SupportLinc provides web and mobile tools to help you stay mentally strong. myStrength is safe and secure – just for you. It offers personalized resources to help your focus and wellbeing.

To access myStrength, visit the SupportLinc website and click the ‘myStrength’ button at the top of the page. For more information, call the number below to speak with a SupportLinc representative.

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

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.

myStrength
The health club for your mind™

DIABETES PREVENTION: KEEPING FAMILIES HEALTHY

Diabetes doesn't just affect the person who's diagnosed; it affects the entire family. Help your children prevent or delay type 2 diabetes by encouraging them to eat a healthful diet, stay active, and keep a healthy weight. This doesn't just happen with a lecture; the entire family needs to get involved.

Choose healthy foods and drinks for your family. Stop bringing soft drinks into the house. Find a funky water bottle that your child will love taking everywhere, and encourage him/her to fill it up with water often. Stick to water to decrease sugar intake and limit calorie consumption.

Stock the refrigerator with fruits and vegetables. This will make it easier for you and your children to reach for a healthy snack when hungry, rather than a processed, caloric option. Keep grapes or bananas on the counter, and eliminate the candy dish.

If you end up stopping at the regular fast food joint after piano lessons, order salads with dressing on the side. Skip the crispy chicken; go for grilled. Better yet, drive past the fast food place and go home to a crock pot filled with vegetables and lean meats that have been simmering in goodness all day.

Get active as a family. Join a gym together. Throw front room dance parties. Go for a family bike ride. Coach your child's soccer team. Take a swim with your kid after their swimming lessons. Show your child how you incorporate fitness into your daily routine so they know they can do it, too.

Make activity goals as a family, and then turn them into fun! Try hosting a game night when your family has met a certain activity goal. Consider a trip to the ice skating rink for a family party. Create a scavenger hunt in your yard, or go on an adventurous hike. Use physical fitness activities to create happy, family memories for your children and yourself.

Sources: <http://www.diabetes.org/>, http://info.healthways.com/hubfs/Gallup-Healthways%20State%20of%20American%20Well-Being_2015%20Diabetes_vFINAL.pdf?t=1483567603927



Have you heard of A1c? It's the test used to diagnose diabetes. It also indicates average blood sugar levels for the past two to three months. It's important for people living with diabetes to take this test regularly to make sure blood sugar levels stay within range.

ANCHORAGE MEDICAL COST TRANSPARENCY ORDINANCE

Anchorage officials are making strides in the healthcare price transparency movement. In February, the Anchorage Assembly passed the Health Care Transparency Ordinance. This law requires medical providers and facilities in Anchorage to provide written or electronic healthcare cost estimates to patients, when requested. The ordinance also mandates that practitioners and facilities post notices about cost estimates to inform patients of their right.

What doesn't this law cover?

- Does not forbid differences between cost estimates and actual charges
- Does not require that providers and facilities report the data to government agencies
- Does not mandate publishing a list of prices
- Does not apply to emergency services

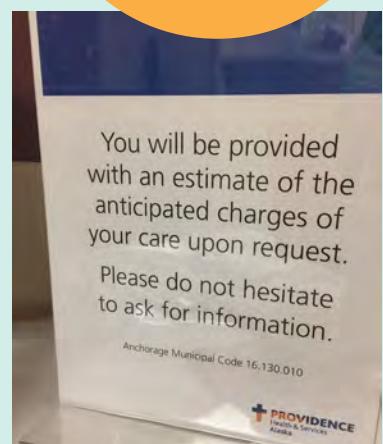
The Health Care Transparency Ordinance became effective April 29, 2017. Active enforcement will begin September 1, 2017.

Alaska's House Bill 123: Disclosure of Health Care Costs empowers Alaskans to be informed healthcare consumers by having access to medical costs. If passed, the bill will require providers to publish pricing information in public spaces and on their websites. Prices must also be submitted to the Department of Health and Social Services.

HB 123 was presented in Alaska's first regular session of the 30th Legislature and was passed by the House. It will be available for discussion in the Senate Health and Social Services committee in the second regular session of the 30th Legislature in January 2018.

Contact your senators to encourage support for the bill. Visit www.akleg.gov/ for contact information.

ALASKA RANKS FIRST AMONG STATES WITH THE HIGHEST HEALTHCARE SPENDING PER CAPITA. ONLY WASHINGTON, D.C. SURPASSES ALASKA IN HEALTHCARE SPENDING.



Source: Alaska Dispatch News, Alaska Public Media, <http://www.muni.org/Departments/health/COHO/Documents/Health%20Care%20Transparency%20Ordinance%20FAQ%204-14-17.pdf>



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



MAY / JUNE QUIZ WINNER: TODD SMOLDEN

HOW MUCH DO YOU KNOW? COMPLETE THE QUIZ AND WIN A \$50 GIFT CARD!



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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!