



BREAST CANCER AWARENESS

As October approaches, the buzz of Breast Cancer Awareness Month is resonating in communities across the nation. Sports teams wear pink at their games. Organizations spearhead awareness walks. Individuals wear pink ribbons to honor those affected by the disease.

Yet, what exactly is this disease that kills more than 40,000 women in the U.S. each year? Breast cancer is a group of diseases that affects breast tissue. Symptoms can include the change in shape or size of the breast, pain in the breast, nipple discharge, and a new lump. However, some people have no symptoms of the disease.

Breast cancer follows only skin cancer as the most common cancer among women in the U.S. With every community in the nation impacted by this disease, many myths still persist. So, let's get a few things straight.

MYTH: If a woman finds a lump in her breast, she must have breast cancer.

TRUTH: A small amount of lumps equate to cancer. However, she should talk to her provider if she finds a lump or notice changes in your breast tissue. She should remember to perform self-exams on her breasts regularly to continue to monitor her health.

MYTH: If a woman's family members have had breast cancer, she'll develop it, too.

TRUTH: Having a family history of breast cancer can place people in a higher risk group for the disease. However, only about 10 percent of women with breast cancer have a family history of the disease.

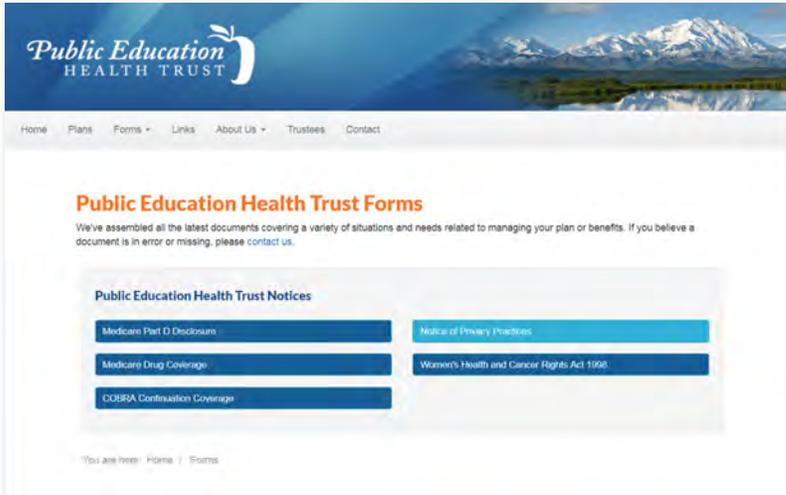
MYTH: If a woman has BRCA1 or BRCA2 in her DNA, she will develop breast cancer.

TRUTH: Normally, the BREast CANcer susceptibility genes, BRCA1 and BRCA2, help protect women from getting cancer. However, when there are changes or mutations in one or both of these genes, cells are more likely to divide and change quickly, which can lead to cancer. She should talk to her provider to learn more about her personal situation.

MORE THAN 2,000
MEN IN THE U.S.
WERE DIAGNOSED
WITH BREAST
CANCER IN 2014,
AND 465 MEN DIED
FROM THE DISEASE.

PUBLIC EDUCATION HEALTH TRUST NOTICES

All PEHT Legal Notices are available to you on the PEHT website. 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.**



TRUSTEE ELECTIONS

Nominations for trustee elections are open until September 15. Email the autobiography of your nominee to rkitter@pehtak.com.

Trustee elections take place September 25 through October 25. Cast your ballot at www.pehtak.com.

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

SEASONAL AFFECTIVE DISORDER:

Soon, we'll hear the sounds of squeaky, new shoes filling the hallways. Soon, we'll roll in fallen leaves and explore pumpkin patches. Soon, we'll get lost in corn mazes and have hot chocolate on hayrides. Yet, with all of the fun that comes with fall, why can't we shake the dreary feelings?

Seasonal Affective Disorder, or SAD, is linked to season changes and comes to life at about the same time each year for many people. Johns Hopkins Medicine estimates that 10 to 20 percent of Americans have SAD. The condition can be identified by increased drowsiness, irritability, lessened attentiveness, and other symptoms.

Although many associate SAD with the fall and winter months, some people also suffer from the condition in the spring and summer. No matter which season you're feeling down, remember there are some quick fixes that could help you improve your mood and get back to your normal self.

Consider exercising, eating healthfully, getting enough sleep, and limiting alcohol consumption to a moderate amount. And soak up natural light! Open up the blinds and let in the light. You could also consider taking a trip to a sunny, warm location to give yourself a boost when you need it most.

If you're just not beating the blues, and you feel sad for several days, please see your doctor. SAD can be treated with light or phototherapy, as well as psychotherapy. Your provider may also prescribe medication. Get help **immediately** if you feel a sense of hopelessness or have thoughts of suicide.

Feeling sad occasionally is normal. However, you deserve to make happiness your normal state. Don't hesitate to seek help so you can create your new normal... every season of the year.



Sources: http://www.hopkinsmedicine.org/health/awareness/cope-with-seasonal-depression.html?utm_source=twitter&utm_medium=social&utm_content=120913+holiday+depression&utm_campaign=jhmsocial, <http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047>



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.

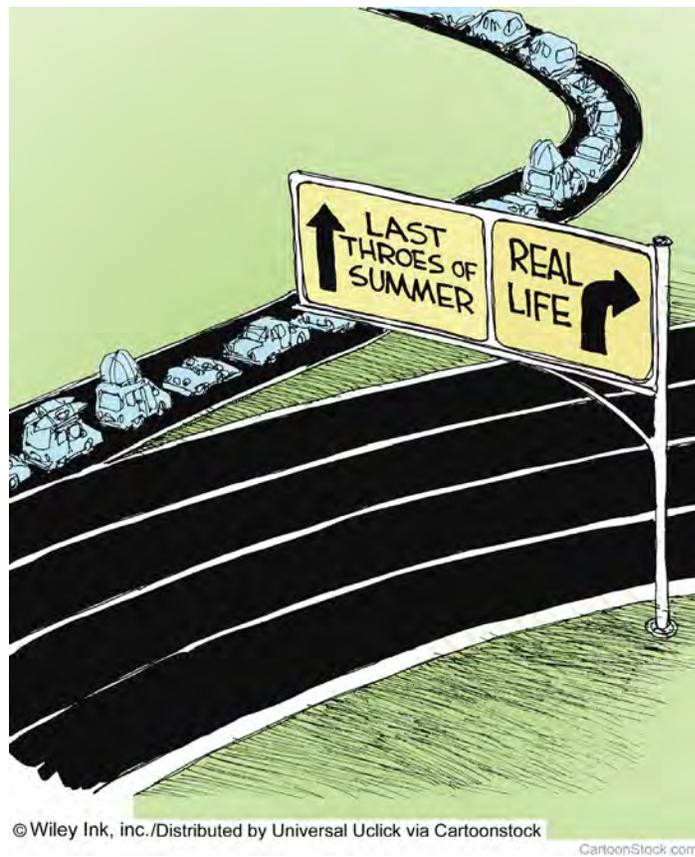
- View recent claims.
- View your benefit summary.
- View your account details.
- View the status of medical and flexible spending accounts.
- Request an ID card or a certificate of coverage.
- Update your account.
- Retrieve forms.
- Chat online with EBMS' Client Services Representatives during normal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



Find all of this and more by logging into your miBenefits account at www.ebms.com.

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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!



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WORKPLACE WORKOUT



MAKE YOUR WORKPLACE A WORKOUT SPACE

With your computer, stapler, and cup of coffee, you may think you have all of the office supplies you need for a successful day at work. However, workplace success starts with personal success, and that involves some body TLC. So, take care of yourself throughout the day by making your workplace a workout space. Consider loading up your working area with these five simple supplies.

1 – Be ready for a walk or even a jog up the stairs at a moment's notice by sneaking some sneakers under your desk. You never know when you'll need to sprint across the building or run a company errand. Save your dress shoes for the board room meetings and keep your feet feeling fresh for strenuous activities.

2 – Store a mat between your file cabinets. Keep it handy for a quick ab workout or to cushion your knees during pushups. Or, get your coworkers together for a lunchtime stretch or yoga break. You'll be prepared for whatever your body needs while you're at work.

3 – Keep light dumbbells under your desk. If you have a couple of extra minutes before a meeting, complete one set of 12 bicep curls. Try to fit in three sets throughout the day. You may start an office trend. They're small, reliable, and effective.

4 – Store a resistance band in your drawer. Use Pinterest or Google to find creative resistance band exercises. This small tool can help you get in a big workout throughout the day – and you won't even feel guilty about skipping the gym after work.

5 – If you dread getting on a treadmill, then jump rope on your work breaks instead. According to Mayo Clinic, jumping rope burns the same amount of calories as running. Try 20 minutes in the morning before work, two 15-minute jump roping breaks throughout the work day, and one 10-minute session when you get home.

Equipping yourself with a few small fitness tools in your work space can help you feel motivated to take on mini fitness challenges throughout the day. With a sweat session here and there, you'll find that you've exercised for an hour before you're ready to pack it up and head home for the day. Now that sounds like a successful day at work.



Source: mayoclinic.org

HEALTHY RECIPE S.S. ASPARAGUS PIE

Makes: 6 servings

"My mom and I created this recipe five years ago while having to live in Florida (my surgeon is there) for five months due to my surgery," says Sydney. "We were always trying new recipes and cooking a lot because I was in a wheelchair then. We have always eaten spaghetti squash in our house and I had asked my doctors, nurses, and therapists if they had ever tried it, but most of them had not even heard of it. We decided to come up with a dish for them to try and they loved it! It was so popular that I made it at least once a week as well as every surgery since. My nickname is now S.S. Sydney." (S.S. stands for spaghetti squash.)" -Sydney, Age 12



INGREDIENTS

- 1 spaghetti squash, halved and seeds removed
- 2 teaspoons olive oil
- ½ cup peeled and diced yellow onion
- 1 bunch asparagus, ends removed, cut into 1-inch pieces
- 3 garlic cloves, peeled and minced
- 5 large eggs
- 1 cup low-fat milk or skim milk
- 1 cup shredded low-fat cheese
- Salt and pepper to taste (to taste)

DIRECTIONS

1. Preheat the oven to 400°F and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake for about 50 minutes, or until tender. Set aside to cool slightly.
2. In a large sauté pan, heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat and set aside to cool.
3. In a large bowl, whisk together the eggs, milk, cheese, salt, and pepper, then add the cooled onion-asparagus mixture and stir to combine.
4. Using a fork, scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust. Press paper towels onto the crust to remove any excess moisture (or you can wring the squash out ahead of time). Pour the egg mixture onto the "crust" and bake for 40 minutes, or until the pie is firm and not wiggly. Enjoy!

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/ss-asparagus-pie>

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories **150**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 8g | 10% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | 22% |
| Vitamin D 0mcg | 0% |
| Calcium 179mg | 15% |
| Iron 2mg | 10% |
| Potassium 302mg | 6% |

*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.

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By **aetna**

NEW AETNA WEBSITE!

Did you know that Aetna, your preferred provider organization (PPO), has launched a new website, with a revamped **FIND A PROVIDER** tool? It's pretty nifty – and you can use it from any device. You'll love the comparison function, which allows you to look at multiple providers, side by side. You can also search by condition and email or text yourself provider details, such as directions.

Check it out for yourself. Just go to:

<https://asalookup.aetnasignatureadministrators.com/>

However, don't feel like you have to keep that link handy. The old Aetna website will automatically forward you to the new site. Plus, you can always go to www.ebms.com, select the Members option, and then select the **Provider Network Listing** page to locate the Aetna website.

FINDING DOCTORS AND QUALITY CARE IS EASY WITH THE AETNA ONLINE DIRECTORY!

You can search from any device — computer, tablet or mobile phone.

EASY, UP-TO-DATE SEARCHES

You want to know which doctors and hospitals you can go to. Simply visit our online directory at [ASALookup.AetnaSignatureAdministrators.com](https://asalookup.aetnasignatureadministrators.com). You'll be able to search for a doctor and learn more about them, too. Use it to:

- Get up-to-date provider information. There's lots of helpful information about network doctors and facilities. And it's updated daily.
- Compare. Finding the right doctor is important. Our tool lets you look at them side by side. So you can make the choice that's best for you.
- Get directions to the office. Email or text your doctor's contact information to yourself. Include a map with directions to make finding your doctor's office a breeze.

COMING SOON!

GO365: EARN YOUR WAY TO A HEALTHIER YOU

Getting motivated to get healthier just got a little easier. PEHT has partnered with Go365, a wellness rewards program, to provide members with resources to help make better lifestyle choices. Members who participate in Go365 can earn points – which translate into dollars – by tracking healthy activities.

POINTS AND BUCKS

Points are earned with activities, such as logging physical activity in a fitness app or device, keeping a sleep diary, tracking food intake, getting a flu shot, going to the dentist, donating blood, participating in online health coaching, using the online Go365 health calculators, and more.

Points earned through the designated activities translate into “bucks” that can be redeemed at Go365’s online mall to purchase e-gift cards to Amazon, Target, movie theaters, Lowe’s, and other retailers. The bucks can also be used to purchase fitness trackers and other items.

LEVELS

All participants start in the **Blue** status and begin to work their way up by earning points. To move to **Bronze**, members can complete their health assessment and/or their biometric screening or log a verified workout. After achieving **Bronze** status, participants work toward **Silver**, **Gold**, and **Platinum**. Participants become eligible for Bonus Bucks, surprise rewards, and monthly jackpot drawings, as they progress.

CONDITIONS

All members participating in the medical plan and their enrolled dependents are eligible to take part in this program. Every member 18 years or older can register and create their own account. The points and bucks earned through the program will track toward the family’s account. Each member 18 years and older can earn up to 30,000 bucks per year, equaling a \$300 value in Go365’s online mall. Only the member can spend the bucks within the mall.

NEXT STEPS

The partnership kicks off in October. All members will receive an ID card in the mail from Go365. You can use your Member ID number, found on this card, to register at www.Go365.com on or after October 1. Then, you can sign into your account at any time to view a personalized dashboard, connect a compatible fitness device or tracking app, track points, unlock activities, contact a health coach, participate in challenges with coworkers, and more.

After you register, you must complete a health assessment and participate in a biometric screening. You will be able to find ways to complete this screening at no cost to you on the Go365 website.

QUESTIONS?

Please contact Go365 or visit the Go365 community page.



Spend your Bucks IN THE Go365 MALL



As a Go365™ member, you earn Points for completing healthy activities. You get one Buck for each Point you earn, plus Bonus Bucks when you reach a higher Status. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the App to see all the great products, deals and offers Go365 has to offer.

GET REWARDED WITH GO365!



Popular brands

E-gift cards



Fitness and exercise equipment



Electronics



Deals and offers



Bucks cannot be used on discounts. Discounts must be purchased with a credit or debit card. Merchandise subject to availability and may change without notice.

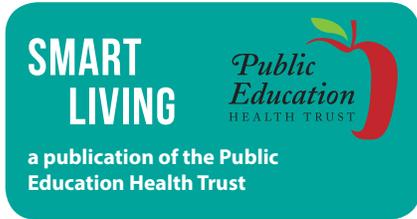
Charities





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

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JULY / AUGUST QUIZ WINNER: JULIA WIGREN

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