

SMART LIVING

a publication of the Public Education Health Trust

Public Education
HEALTH TRUST

January/February 2018 ISSUE



OPTUMRX: OPIOID RISK MANAGEMENT PROGRAM

About 4.5 million Americans abuse prescription pain killers, costing the U.S. more than \$78 billion annually. What's worse is that someone **dies** from an opioid overdose every 18 minutes.

Opioid abuse is a national healthcare crisis. That's why PEHT is partnering with OptumRx, your pharmacy benefit manager, on the Opioid Risk Management program. Effective January 1, 2018, the program strives to prevent opioid misuse and support high-risk populations through a multi-dimensional approach.

Opioid dependence can start within just a few days of using these medications, so it's important that patients understand the risks. Opioids are prescription-only pain medications generally used to manage acute pain for short periods of time. They may also be used for longer periods for select patients, such as those with cancer. However, extended use and not taking opioids as prescribed can lead to serious side effects, including addiction, overdose, and death.

Through the Opioid Risk Management program, members will learn prevention and proper usage of opioid pain medication. PEHT cares about its members and is taking steps to eliminate the opioid epidemic. Together, PEHT and OptumRx will provide you with the information you need, so you can make informed decisions.

Are you one of the 60 percent of Americans who have unused opioid painkillers at home? Store these medications in original labeled packaging and lock them in a cabinet or drawer. Or, simply flush unused medications down the toilet. It's important: About 70 percent of opioid abusers get drugs from friends or family.

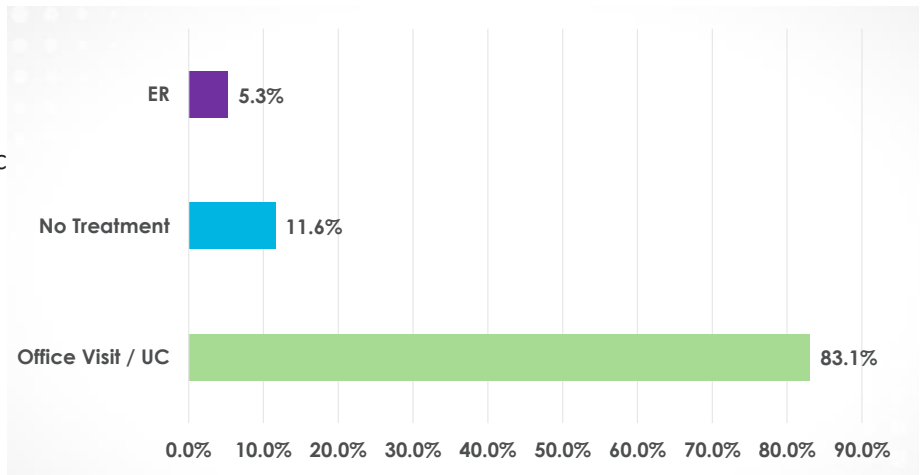


TELADOC: SAVING MONEY ONE CALL AT A TIME

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.

PEHT members utilized Teladoc more than 1,900 times, as of the end of the third quarter of 2017. This resulted in a net savings of \$511,187. So, what would PEHT members have done without Teladoc? They would have gone to the ER, visited an urgent care center, or just not have received any treatment at all. Those choices are all costly.

For instance, \$2,661 is the average cost of a single ER visit. Yet, members of PEHT's High Deductible Health Plan have a \$45 Teladoc consult fee. Plans A-G have access to Teladoc free of charge. Plus, it takes an average of four hours waiting at the ER for non-emergency problems and 19 days to see a primary care physician. With Teladoc, you'll talk to a physician within 10 minutes.



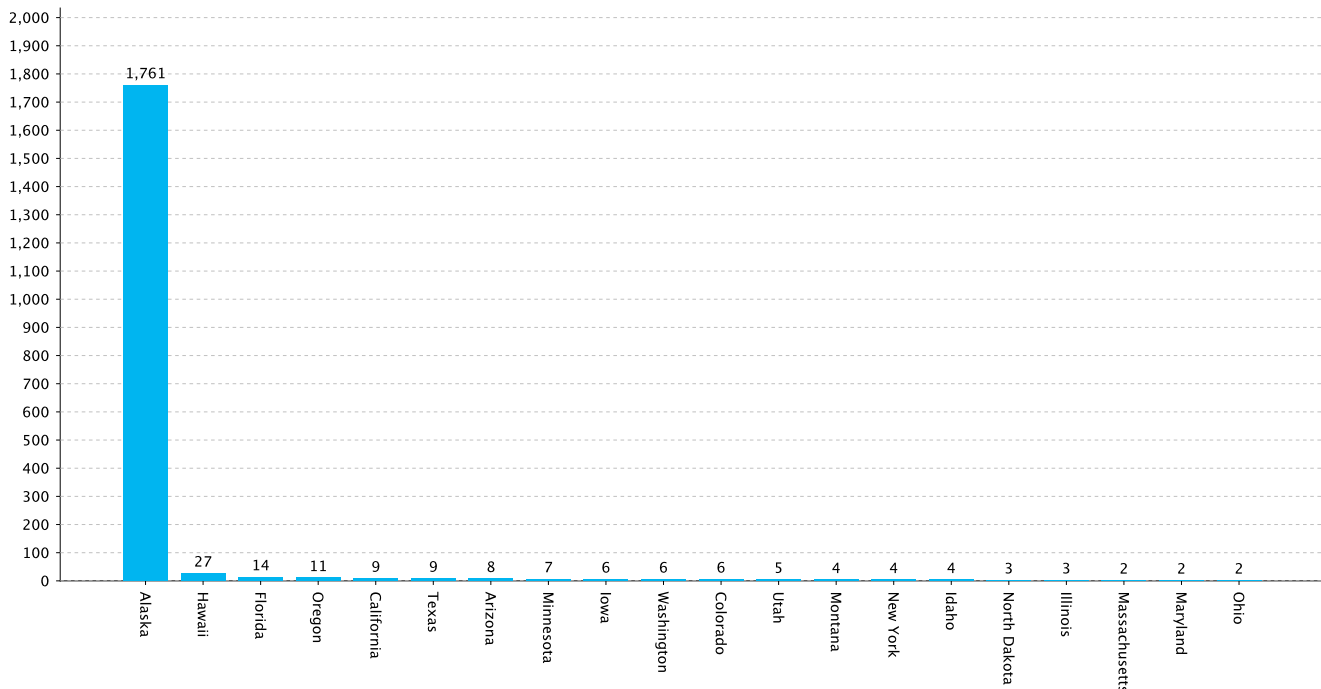
TELADOC UTILIZATION BY STATE AMONG PEHT MEMBERS

Top 20 States by Visit Count

Products Selected: General Medical

Start Date: 10/01/2016

End Date: 09/30/2017



 [MyDrConsult.com](https://mydrconsult.com)

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

 **1-800-DOC-CONSULT (362-2667)**

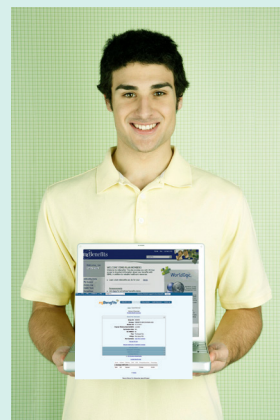
 [Teladoc.com/mobile](https://teladoc.com/mobile)

Snapshots



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.

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: STAIRS



You may love them, or you may hate them. However, the reality is that staircases are found in buildings throughout the country. They're a reality we're sometimes faced with daily. So, why not use them to help us meet our fitness goals? Try a couple of these tips on your work break or even at home with your own beloved staircase.

Hike the stairs. Nothing beats a burst of cardio! Run them, walk them, or lunge them. Heck, try a combination of those. You just need one flight with 10 steps to get the job done. Remember that your entire foot should fit on the step with each step you take.

Step it up... and then down. Stand at the bottom of the stairs. While facing the staircase, step one foot onto the second step, getting your legs to a 90 degree angle. Push off and then back down. Get an even more vigorous workout in by adding a jump to your push. Start with 10 reps on each leg.

Planks. Yes, planks can be done on a staircase. Start in a plank position at the bottom of the stairs, and then walk your right hand up to the next step. Then, walk your left hand up to meet it. Go all the way to the top, and then jog back down to do it again. Who said planks can't be fun?

Dip it. Tone your arms with tricep dips on the stairs. First, face away from the stairs. Place your palms on the step, shoulder width apart, and then push your legs out in front of you. Bend your elbows and lower your upper body toward the floor. Shoot for a 90 degree angle. Then, push yourself back up. That's one repetition. See how many you can do in 30 seconds!

Push it. Add some creativity to your pushups with stairs. Face the step and place your palms down, shoulder width apart. Push out your legs, while keeping your back straight. Let yourself down and push yourself up. Try three pushups in a row before resting. Repeat.

Let your staircase catapult you into your New Year's Resolution health kick. And then, stick with it. After all, there isn't a city block to be found without a set of stairs. Use them to your advantage.

Get Go365 Points! With Fitness Habits on Go365, members can earn 25 points per month for engaging in a healthy activity, such as going to park or parking further away at work. Now, that's just another reason to fall for fall group fitness.



HEALTHY RECIPE SPINACH EGG BAKE

Makes: 6 servings

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

INGREDIENTS

- 2 ¼ cups Spinach, frozen, chopped, thawed, and drained
- 6 Eggs, large (1 ¼ cup of whole liquid eggs can be substituted for fresh eggs)
- 1 tablespoon Feta cheese, crumbled
- 1 teaspoon Onions, dehydrated, chopped
- ½ teaspoon Black pepper, ground
- ½ teaspoon Salt, table
- Nonstick cooking spray



DIRECTIONS

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip below).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips below).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish in the oven. Bake for 15 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds.
8. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3 ¾". Serve immediately.

NOTES

CACFP Crediting Information: 1 piece provides 2 oz. equivalent meat alternate and 1/4 cup vegetable.

Variations: Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

Chef Tips: Before whisking, puncture each egg yolk with a fork to make whisking faster and easier. It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.



Feel like some Go365 points? Sync your Go365 and MyFitness Pal apps and use the Go365 Weekly Log feature to earn 10 points weekly!

Nutrition Facts

6 servings per container

Serving size 1 Piece

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 0mcg 0%

Calcium 127mg 10%

Iron 2mg 10%

Potassium 0mg 0%

*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.

Source: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/spinach-egg-bake>

NEW YEAR, NEW YOU!

Leave behind the times of forgotten resolutions! Let the Go365 wellness program help you stay on track with your wellness goals throughout the year!

Take advantage of your Go365 Recommended Activities to help set and keep those resolutions!

Recommended Activities are set for you by the Go365 program based on your Health Assessment answers and/or Biometric Screening results. They're a combination of overarching goals and supporting personalized activities that are specific and most relevant to you based on your Health Assessment responses or other health profile information. Just follow these easy steps to see these recommended activities and activate these goals and resolutions!

1. Sign into Go365.com (recommended activities do not display within the Go365 App).
2. From the main screen, click "Activities" from the top menu.
3. Filter to the "Recommended" category.
4. **Watch this video on how to complete Recommended Activities.**
<https://youtu.be/bIS8vFNWvIs>

Within the list of recommended activities, find one of interest and learn how Go365 will help you achieve it. You're not limited to completing one at a time, so pick more than one if you want! Note: activities indicated with a clock symbol will require you to click "Start this activity," others may not, so be sure to read the details fully.

What's in it for you?

- Gain access to tools and resources most relevant to your level of wellness.
- Earn Points for completing recommended activities. More Points earns more Bucks to spend in the Go365 Mall!
- Watch your Status grow with the more Points you earn. Higher Status levels mean more Bonus Bucks!



Make sure to complete your Health Assessment and Biometric Screening to see all points opportunities through Recommended Activities!

AND THE WINNERS ARE.....

During the last month we did a drawing for three brand new FitBit devices to people who completed their Go365 Healthy Assessment prior to November 1st. Let's all congratulate the winners!

- ➔ **NATALIE WASHINGTON**
- ➔ **NATHAN KORTHUIS**
- ➔ **KIYO MATSUMOTO**

Don't miss out on your opportunities to engage in your well-being through the Go365 program!

NINE WAYS TO CUT HEALTHCARE COSTS

BECOMING INFORMED AND INVOLVED HELPS YOU CONTROL YOUR HEALTHCARE COSTS

1. **STAY HEALTHY.** Healthy lifestyles and regular preventive services are the best ways to keep costs down.
2. **USE SELF-CARE WHEN YOU CAN.**
3. **GET YOUR PROFESSIONAL CARE FROM A PRIMARY CARE PROVIDER.** Family physicians, internists, pediatricians, nurse practitioners, and other primary care providers are the best place to start for most health problems.
4. **REDUCE YOUR MEDICAL TEST COSTS.** Don't agree to expensive medical tests until you understand how they will help you. No test can be done without your consent.
5. **REDUCE YOUR DRUG COSTS.** Ask your doctor about every prescribed medication. Ask what would happen if you chose not to take a medication. Don't expect to get a prescription for every illness; sometimes self-care or nondrug remedies are all you need. If prescribed medication is required, consider generic, rather than name brand.
6. **USE SPECIALISTS FOR SPECIAL PROBLEMS.** When your primary doctor refers you to a specialist, a little preparation and good communication can help you get your money's worth. Before you go see a specialist...
 - Know the diagnosis or suspected diagnosis.
 - Learn about your basic treatment options.
 - Know what your family doctor would like the specialist to do, such as take over the case, confirm the diagnosis, conduct tests, etc.
 - Make sure that any test results or records on your case have been sent to the specialist.
 - Ask your primary doctor to remain involved in your case. Ask the specialist to send new test results or recommendations to both you and your primary doctor.
7. **USE EMERGENCY SERVICES WISELY.** In life threatening situations, modern emergency services are worth their weight in gold. However, they often charge far more for routine services. Emergency rooms charge two to three times more for routine services than a doctor's office. Also, your records are not available, so emergency room doctors have no information on your medical history. Use good judgment in deciding when to use emergency medical services. If you feel you can safely wait to see your regular doctor, do so. Apply home treatment in the meantime. However, if you feel that it is an emergency situation, go to the emergency room.
Prepare for the emergency room:
 - Call ahead to let them know you are coming.
 - If there is time, take your medical records with you.
 - As soon as you arrive, tell the emergency room staff why you think it is an emergency.
8. **SAVE HOSPITALS FOR WHEN NEEDED MOST.** When you need to be in the hospital, good consumer skills can help improve the quality of care you receive. If you are very sick, however, ask your spouse or a friend to help watch out for your best interests.
 - Ask, "Why?" Don't agree to anything unless you have good reason. Agree only to those procedures that make sense for you.
 - Provide an extra level of quality control. Check medications, tests, injections, and other treatments to see if they are correct. Your diligence can improve the quality of care that you receive.
 - When you get an itemized bill, check it and ask about charges you don't understand.
 - Know your rights. Most hospitals have accepted the Patient's Bill of Rights, developed by the American Hospital Association. Ask your hospital for a copy.
9. **GET SMART ABOUT YOUR MEDICAL NEEDS.** Learn as much as you can about your medical problem. Your research may turn up new options. If you need help understanding a complicated problem, or want to learn more about your options, ask your doctor for any written information he/she might have to lend you. If you find something interesting, make a copy for your doctor and discuss it at your next visit.



MEDEVAC PROVIDING WORLDWIDE TRANSPORTATION FOR MEMBERS IN NEED

PEHT and EBMS want to ensure the quality of care for members who have a medical emergency while traveling internationally or within the U.S. That's why you have access to a Medical Evacuation program through EBMS' Carelink.

MedEvac provides comprehensive management of international and domestic air ambulance services, when required medical care is not available at the member's current location. This specialized, one-stop shop becomes the member's advocate, expediting transport to a location where the member can receive appropriate care.

MEDEVAC OFFERS THE FOLLOWING:

- Medical transport via medically equipped aircraft
- 24/7 live, international telephone availability by dedicated staff
- Dedicated Medical Evacuation Care Coordinators
- Verification of benefits and eligibility coverage
- Identification of the destination facility for treatment
- Selection and coordination with the air ambulance carrier
- Negotiations with non-participating providers to minimize claims cost
- Medical escort for members stable enough to fly commercial.

- Logistical support related to immigration guidelines, international entry requirements, Homeland Security, and Border Patrol

MEDEVAC COORDINATES THE FOLLOWING TYPES OF TRANSPORTATION:

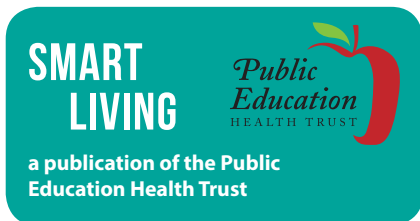
- Emergency air ambulance
- Complex ground transport
- Medical escort
- Commercial travel assistance





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**NOVEMBER/DECEMBER QUIZ WINNER:
LORENE LYNN**

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



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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!