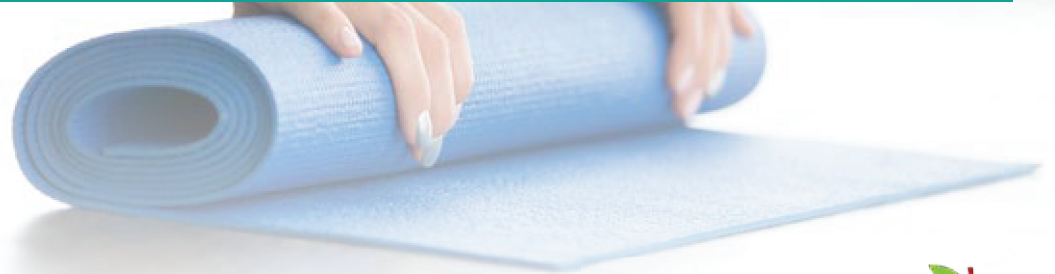


# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



Public Education  
HEALTH TRUST 

JANUARY / FEBRUARY  
2019 ISSUE

## 5 TIPS FOR A NEW YOU IN THE NEW YEAR

After the frenzy of the holiday season quiets down, who doesn't pause and take a look ahead with high hopes for a new year full of good health and personal growth?

Perhaps you are well on your way to meeting your new year resolutions. Good luck! If you haven't had time to ponder a new you for the new year, here are five easy tips that might help get you started!

**GET MORE SLEEP.** Anyone over the age of 18 needs eight hours of sleep every night, according to the National Sleep Foundation. Studies show lack of sleep contributes to hypertension, depression, heart issues, weight gain, memory loss and other problems.

Don't drink coffee or other caffeinated drinks two hours before bedtime, and don't skip dinner. Turn off the TV, put the phone aside, calm your mind and then get a good night's sleep.

**EXERCISE MORE.** We're not talking about training for a marathon, unless you really want to. Start small. Take the stairs instead of the elevator. Push away from your desk. Stretch. Go for a brisk walk. Get your heart rate up. Do a few planks a day.

Get in a daily routine at home, work or the gym. Walk. Run. Swim. Find a workout partner for support. Make exercise part of your life.

**DRINK MORE WATER.** Always carry a water bottle to keep you hydrated. After all, you are 60% water. It's cheap, plentiful, and will help you cut down on coffee and sugary drinks.

**EAT MORE GREENS.** You don't have to go all vegan, but get more vegetables, fruits, legumes, nuts, seeds and whole grains in your diet. Try Meatless

Mondays, and watch your intake of refined sugar and processed foods.

Eat more healthy carbs like quinoa, chickpeas, brown rice and beans. Pack your own snacks to avoid the vending machines and cookie plates at work. Your body will thank you!

**DECLUTTER YOUR LIFE.** In your physical space, find ways to simplify things. Set little, achievable goals. No need to devote a whole day or weekend to the task. Just set aside an hour and dive in. Do what you can. Two examples:

- Clean out a clothes closet. Ask yourself: Does it fit? Is it damaged? Have I worn it in the last year?
- Organize your desks at home and work. Sort papers into three categories: File. To-Do. Trash.

In your mental space, be intentional. Evaluate time spent scrolling social media. Call or hang with a good friend or family member and have a real conversation. Meditate. Read for fun. Hard as it may be, don't fret about things out of your control.

A decluttered life reduces anxiety. Combined with a good diet, regular exercise and ample sleep, you'll live a healthier life in the year ahead and beyond!



# STAY ON TRACK WITH YOUR NEW YEAR GOALS

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

## GET STARTED WITH THE GO365 HEALTH ASSESSMENT!:

You have a variety of ways to get started. One of those ways is completing your Health Assessment (HA). You have two options to complete the HA:

### 1 ONLINE AT GO365.COM

- Sign into [www.Go365.com](http://www.Go365.com).
- Find the Health Assessment in your Dashboard if you haven't completed it this program year.

### 2 SIGN INTO THE GO365 APP (AVAILABLE FOR DOWNLOAD FROM THE APPLE STORE OR GOOGLE PLAY).

- Android users: Tap Go365 Health Assessment from the app menu (menu icon is the three lines in upper left corner of app).
- iOS users: Tap Go365 Health Assessment within "More Menu."
- If you haven't completed the HA, it shows as an option within the app Dashboard for both Android and iOS users.

## Once you complete the HA, you can:

- Learn your Go365 age.
- View your detailed health report.
- Earn up to 1,250 Points for completing it within the first 90 days of our program year.\*
- Unlock recommended activities to earn even more Points and Bonus Bucks.
- Reach higher Status levels.
- Subscribers can spend Bonus Bucks in the Go365 Mall for items like iTunes gift cards, Apple products, Amazon.com gift cards and more!\*\*

## WHAT'S IN IT FOR YOU?

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

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

*\*Adult children are not eligible to earn Points or Bonus Bucks for Health Assessment completion.*

*\*\*Only subscribers (Go365 primary account holders) have access to spend Bonus Bucks in the Go365 Mall.*



*"Lookin' good, Frosty!"*

# INETICO IS YOUR PARTNER IN IMPROVING AND MAINTAINING YOUR GOOD HEALTH

## HEALTHY LIFESTYLE PARTNERSHIP: What is it? Why should you participate? Here are the Top 10 reasons why you should use it!

Today in the U.S., chronic disease is the major cause of disability and the main reason why people seek healthcare. It consumes 78% of healthcare spending. Your employer health plan has a **Healthy Lifestyle Partnership Program** available to you at no cost. The benefits are numerous.

- 1 The program provides you with the services of an experienced Disease Case Manager should you or a covered dependent have a chronic, long-term condition that needs to be managed.
- 2 Management of chronic diseases can delay the progression of disease, improve quality of life and increase life expectancy. Patients who are better educated on how to manage and control their conditions receive better care.
- 3 The program decreases the need for high-cost interventions (emergency-room visits, hospital admissions) leading to less out-of-pocket expenses.
- 4 Good quality care for people with chronic disease often involves numerous healthcare providers across multiple settings. A Disease Case Manager acts as the “quarterback” in coordinating treatment with your providers.
- 5 The Disease Case Manager is there to assist you in complying with and adhering to proper medical and prescription drug protocols. Your plan may even offer an incentive to participate.
- 6 The Disease Case Manager monitors the extent to which the chronic illness is controlled, conducting regular checks to identify early signs of complications and making referrals to specialist care when warranted.
- 7 Having someone coordinate care and monitor compliance reduces stress on the patient and their family.
- 8 Prescription drugs for chronic conditions will be reviewed and moved to generic when possible.
- 9 Conditions such as asthma, diabetes, hypertension, chronic kidney disease and coronary artery disease greatly improve when properly managed with a Disease Case Manager helping the patient.
- 10 Chronic disease is particularly suitable for remote management, especially when there is continuity between the patient and the Disease Case Manager.



The Healthy Lifestyle Partnership Program can help you manage your chronic disease for FREE!

4913 W. Laurel St., Suite A,  
Tampa, FL 33607  
(877) 608-2200  
[www.INETICO.com](http://www.INETICO.com)

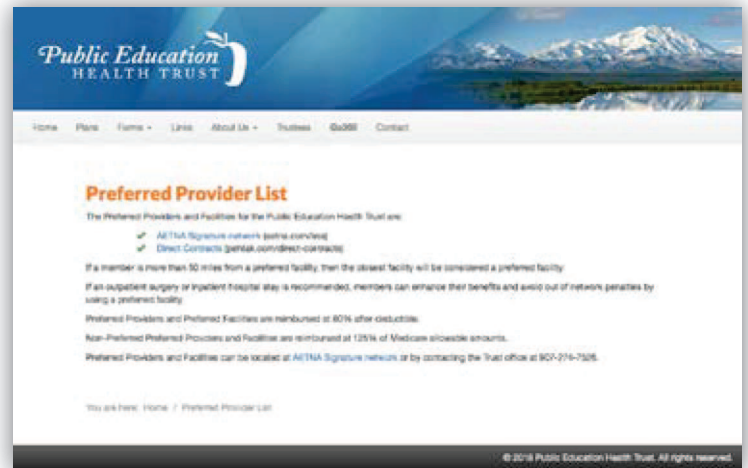


In addition to accessing the Aetna Signature Administrators network, PEHT has chosen to form direct contracts with a number of local providers that provide great care to members of the PEHT benefit plan.

Access directories for both networks by visiting [www.pehtak.com](http://www.pehtak.com) and clicking on "Looking for a Preferred Provider or Facility?" under the Quick Links.

This brings you to information regarding your Preferred Provider Lists and a link to both the AETNA signature network ([aetna.com/asa](http://aetna.com/asa)) and the PEHT Direct Contracts ([pehtak.com/direct-contracts](http://pehtak.com/direct-contracts)).

These lists are the most up to date information regarding provider network status. Be sure to verify provider status on this site and by asking your provider's office each time you visit the doctor.



## FINDING MOMENTS FOR MINDFULNESS

SUPPORT  LINC  
EMPLOYEE ASSISTANCE PROGRAMS

With our busy lifestyles, it can seem like a challenge to work mindfulness into your schedule every day.

However, finding mindful moments may be easier than you think. Here are some basic exercises to work into your everyday routine:

**As you wake up, take a few moments to yourself.** Notice how you feel and what your first thoughts are, free of judgment.

**Eat mindfully.** Choose healthy, nutritious foods. Set aside time to eat them and notice the tastes, smells and textures.

**Pay attention.** Listen closely to those you're talking with. Commit new names to memory.

**Take breaks.** Throughout the day, work in time for walking and stretching, noticing how it makes your body feel.

For more information and free resources, visit [www.mindfulness.tools](http://www.mindfulness.tools).

# HERE'S A CHECKLIST FOR YOUR CHECKUP

You can help control your healthcare costs if you stay involved in making decisions about your health and informed about programs and practices that will help you stay healthy.

## WHEN CHOOSING A PROVIDER, REMEMBER:

- Find a good healthcare provider BEFORE you get sick.
- Find one who is in the PEHT provider network, Aetna Signa Administrators (ASA). Use the DocFind Online directory at [www.aetna.com/asa](http://www.aetna.com/asa).
- Compare fees for service. Not all providers charge the same. If the provider is not in the ASA network, ask whether they will balance bill.
- Find a provider who utilizes a facility in the ASA network when procedures are needed.
- Make sure the provider utilizes Qwest Diagnostics for lab tests.

## YOU HAVE A ROLE, TOO:

- Practice medical self-care at home. Wash your hands. Sneeze into your elbow.
- Get plenty of sleep.
- Don't skip breakfast.
- Eat more well-rounded, balanced meals.
- Drink plenty of water.
- Make time to exercise. Walk, bike, run, lift weights – whatever gets your heart rate up.
- At first sign of a health problem, observe and record your symptoms.

FOR MEDICATIONS, TESTS & TREATMENTS YOU MAY WANT TO ASK:

- What's the name of the medication or procedure?
- Why do I need it?
- What are the risks?
- How do I take this medication?
- How do I prepare for any tests?



HERE'S TO YOUR GOOD HEALTH IN 2019 AND BEYOND!



## BEFORE YOU VISIT YOUR PROVIDER:

- Verify your provider is in the Aetna network.
- Make a note of your family health history.
- Prepare a list of any medications you are taking.

## DURING YOUR VISIT:

- State your main problem first.
- Describe your symptoms.
- Describe past experiences with the same problem.



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.

## SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



Follow us on Twitter  
**@PEHTAK**



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

Follow us on Twitter and  
like us on Facebook to take  
a short quiz about this  
edition of SMART LIVING  
for your chance to be  
entered into a drawing for  
a \$50 Visa Gift Card!

# HOW MUCH DO YOU KNOW?

COMPLETE THE QUIZ  
AND WIN \$50!

---

NOVEMBER/DECEMBER  
QUIZ WINNER:

**JASMINE BUTLER**