

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

Public Education
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MAINTENANCE MEDICATIONS MOVE TO THREE-MONTH FILL

Have you been prescribed a maintenance medication? If so, you're not alone. Millions of Americans take maintenance medications — those you take on a regular basis. The medications treat or prevent a wide range of ongoing or long-term conditions, such as high blood pressure, diabetes or allergies.

Starting November 1, 2019, maintenance medications must be filled in three-month supplies. Public Education Health Trust (PEHT) members will get two grace fills at a retail location, up to a 34-day supply. You must then switch to a three-month supply. If you do not take action after the second grace fill, your 30-day prescription will be rejected.

A new prescription is needed for the three-month fill. Members can fill it through OptumRx® home delivery or any network retail pharmacy.

How can I save money on maintenance medications?

Many maintenance medications are available in generic form. This means they may cost less, but will work the same way as more expensive

brand-name drugs. PEHT allows for a three-month supply of your maintenance medications through OptumRx home delivery. Home delivery is a safe and convenient way to get your medication and may help you save money.

OptumRx home delivery offers our lowest rates and is likely to reduce your costs. Lower rates let the Trust have lower insurance premiums that are charged to you.

Signing up for home delivery is easy. Enroll by using any of the following options:

- **ePrescribe** - Your doctor can send an electronic prescription to OptumRx.
- **Online** - Register at optumrx.com.
- **By phone** - Call the number on your member ID card.



GET EVERYTHING YOU CAN OUT OF GO365 FOR YOUR HEALTH AND WELLNESS!

Your Go365 plan year is almost over! Take advantage of all of its benefits before the plan year renews on October 1!

Try to get to Bronze and Silver Status to get your maximum benefits by September 30.

TAKE YOUR GO365 HEALTH ASSESSMENT!*

1. Go online at Go365.com.
 - Sign into www.Go365.com.
 - Find the health assessment in your dashboard if you haven't completed it during 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 health assessment, it shows as an option within the app dashboard for both Android and iOS users.

Once you complete the assessment, you can:

- Learn your Go365 age.
- View your detailed health report.
- Unlock recommended activities for more points- and Bonus Bucks earning potential.
- 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!**

There are many other ways to earn points both on the Go365 mobile app and the Go365 website. The goal is to get as many members as possible to get to Silver Status before the plan year rolls over. Getting started is as simple as taking your health assessment or logging a verified workout.

WHAT HAPPENS WITH THE NEW GO365 PLAN YEAR ON OCTOBER 1?

- Your points and status will reset, but your Bonus Bucks will remain the same and can be saved for up to four years before you need to spend them in the Go365 Mall.**
- You can work toward Bronze+ Status again after October 1.
- You will receive 10% bonus points to start the new Go365 plan year based on the number of points you have before October 1.

Get started today working toward reaching Bronze or Silver Status. Earn more points and Bonus Bucks, and start off the new plan year right on October 1!

**Adult children are not eligible to earn points or bonus points for health assessment completion.*

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



PROTECT YOURSELF: KNOW THE SYMPTOMS OF BREAST CANCER

In Alaska and around the world, October is Breast Cancer Awareness Month, the annual health campaign that major breast cancer charities organize to boost awareness of the disease and raise money for research into its cause, prevention, diagnosis, treatment and cure.

Breast cancer mortality is **decreasing** for both black and white women, especially among younger women.

However, even though death rates are going down, we need to do more to **level the field**.



www.cdc.gov/cancer/breast



While October is the time when the most attention is paid to the disease, there are things people can do every day to check for symptoms or lower their risk of breast cancer, which is the second most common cancer found in women in the U.S. There are many kinds of the disease in which cells in the breast grow out of control.

SYMPTOMS

Breast cancer presents different symptoms, and many are not noticeable without a professional screening, such as a mammogram or ultrasound. Here are some warning signs:

- Thickening or swelling of part of the breast
- New lump in the breast or armpit
- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood

If you have signs that worry you, be sure to see your doctor right away. Remember, these symptoms may occur with other conditions that are not cancer.

RISK FACTORS

Studies show that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older.

Here are some other risk factors you cannot change:

- **Genetic mutations.** Women who have inherited certain genetic changes are at higher risk of breast cancer.
- **Reproductive history.** Early menstrual periods before age 12, starting menopause after age 55, having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise risks.

- **Having dense breasts.** Women with dense breasts are at higher risk.
- **Personal history of breast cancer or certain non-cancerous breast diseases.** Women who have had breast cancer are more likely to get the cancer a second time.
- **Family history.** A woman's risk is higher if she has a mother, sister, or daughter or multiple family members on either side of the family who have had breast cancer.
- **Previous treatment using radiation therapy.** Women who had radiation therapy to the chest or breasts (such as for treatment of Hodgkin's lymphoma) before age 30 have a higher risk.
- **Women who took the drug diethylstilbestrol (DES),** which was given to some pregnant women in the U.S. between 1940 and 1971 to prevent miscarriage.

LOWER YOUR RISK

You can't change some factors, but you can help lower your risk of breast cancer by taking care of your health in these ways:

- Exercise regularly, be physically active.
- Keep a healthy weight, particularly after menopause.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

For more information, visit the Centers for Disease Control and Prevention at cdc.gov/cancer/breast.

For a free "Know the Symptoms" guide, visit the National Breast Cancer Foundation at resources.nationalbreastcancer.org/know-the-symptoms/

Content source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention

PUBLIC EDUCATION HEALTH TRUST 2019 TRUSTEE ELECTION

Polls will open **September 20, 2019**, for the Public Education Health Trust Board, Seat D and Seat E. The ballot with the biographies for Seat D and Seat E will be available online at www.pehtak.com on **September 20, 2019**.

Once you click on the link to the online ballot your full name is the login and your password is your health plan member number located on your health plan ID card.

The individuals with the highest vote count will be placed into Seat D and Seat E, with a term of **01/01/20 to 12/31/22 (3 year term)**.



**POLLS OPEN 8AM
SEPTEMBER 20, 2019
AND CLOSE 5PM ON
OCTOBER 21, 2019**

PEHT 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**.

[Home](#) [Plans](#) [Forms](#) [Links](#) [About Us](#) [Trustees](#) [Contact](#)

Public Education Health Trust Forms

We've assembled all the latest documents covering a variety of situations and needs related to managing your plan or benefits. If you believe a document is in error or missing, please contact us.

Public Education Health Trust Forms

Authorization for Medical Record Release	EBMS Claim	Travel Request Form
Domestic Partnership Enroll/Dissolve	Address Change	Coverage Waiver
Add / Change Dependents	VSP Claim Form	Claim Appeal Form
Enrollment Form		

Public Education Health Trust Prescription Forms

Formulary Drug List	Mail Order Enrollment
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Public Education Health Trust Notices

COBRA Continuation Coverage	Notice of Privacy Practices
Women's Health and Cancer Rights Act 1998	Medicare Drug Coverage

RECENT HEADLINES REGARDING FEDERAL HEALTHCARE

- **May 2018:** Trump Administration releases American Patients First Blueprint.
- **February 2019 - June 2019:** Five different laws on Surprise/Emergency Balance Billing and Price Transparency introduced in the House and Senate. All are in various committees.
- **May 2019:** Department of Health and Human Services finalizes rules requiring pharmaceutical manufacturers to disclose drug prices in all advertisements.
- **June 2019:** Big Pharma sues U.S. government to block disclosure rules.
- **June 2019:** Trump issues Executive Order 13877 of June 24, 2019: Improving Price and Quality Transparency in American Healthcare to Put Patients First.
- **June 2019:** Department of HHS issues new regulation 45 CFR 156.130 passed on June 24, 2019, and effective January 1, 2020. It narrows the scope of when manufacturer coupons and other pharmacy discounts can apply to a member's maximum out-of-pocket amount.
- **July 2019:** Federal judge agrees with Big Pharma. Drug companies can continue to advertise without disclosing their pricing.
- **July 2019:** Trump issues Executive Order 13879 of July 10, 2019: Advancing American Kidney Health.
- **July 2019:** IRS expands list of preventive care for Health Savings Account participants to include certain care for chronic conditions.

PROVIDENCE EXPRESS CARE CLINICS

As part of our partnership with Providence, the Public Education Health Trust is pleased to announce that five Express Care clinics are scheduled to open beginning this fall, close to where you live and work. Clinic locations will include:

- 347 W. 104th Ave. (Near Cabela's)
- 1389 Huffman Road (Near Carrs)
- 2900 Seward Highway (Midtown Mall)
- 1118 N. Muldoon Road (Tikahtnu Commons)
- 17101 Snowmobile Lane (Eagle River)

Express Care clinics are designed around you, open every day of the week with extended hours to fit your busy schedule. Same-day appointments, online scheduling and virtual options will all be available. More details to come.

LIST OF DIRECT CONTRACTS GROWS FOR MEMBERS

When PEHT members ask, we listen! When a national PPO contract does not meet the needs of providers, they have the option of negotiating a direct contract with the Trust for the benefit of its members.

PEHT now has direct contracts with 63 providers to ensure you have access to high-quality, low-cost providers in network. The list includes Providence, which has been in the network and now have a new rate that benefits you and the Trust.

The following providers have responded to patients' requests and have completed an in-network contract negotiation directly with the Trust for the benefit of you and your family.

- Alaska Family Health Center
- Alaska Natural Health Solutions
- Alaska Oncology and Hematology
- Alaska Surgery Center
- Alpine Chiropractic (Dr. Fuller)
- Alyeska Vascular Surgery
- Amy Smith, LCSW, CDCI
- Anchorage Neurosurgical Associates, Inc.
- Arctic Chiropractic at Eagle River
- Arctic Chiropractic East
- Arctic Chiropractic East Anchorage
- Arctic Chiropractic Huffman
- Arctic Chiropractic South
- Arctic Chiropractic West Mat-Su
- Arctic Rehabilitation & Physical Therapy
- Back in Action Physical Therapy
- Birds & Bees Midwifery
- Denali Orthopedic Surgery
- Dimond Chiropractic
- Dr. Brendan Kiernan
- Dr. Brent Taylor
- Dr. Harbir S. Makin
- Dr. Laurence Wickler
- Dr. Leslie Morris
- Dr. Madeline Morrison
- Dr. Sharon Schaefer
- Dr. Weston Hopkins
- Fireweed Counseling and Wellness
- Free By The Sea
- Gagnon Plastic & Reconstructive Surgery
- Healing Therapeutics-Mark Stiubhard
- Ideal Family Medicine
- Jaded Body Wellness and Spine Institute
- Juneau Obstetrics & Gynecology
- Larson Chiropractic
- Lemon Tree Family Medicine
- Logan Larson, Professional Counselor
- Luminary Chiropractic Care
- Medevac Alaska
- Midnight Sun Oncology
- Natural Family Health
- New Bridge Therapy Services
- Northstar Chiropractic
- Pemberton & Young Counseling
- Pioneer Peak Orthopedics
- Providence Alaska Medical Center
- Ramirez Chiropractic
- Restoration Wellness
- Rhyneer Caylor Clinic
- Silver Moon Acupuncture
- Snow Blossom Acupuncture
- Solomon's Porch
- Soma Wellness
- Spine and Joint Rehabilitation Specialists
- True North TMS
- Turnagain Functional Therapy
- Valley Allergy
- Valley Medical Care
- Wild Iris Integrative Massage (Lawton)
- Willow Medical and Wellness
- Wisdom Traditions Counseling Services
- Wolf Eye Center

You can view your health plan's direct contract listings at the following link, which shows providers that have completed an in-network contract negotiation directly with PEHT to benefit you and your family.

<http://pehtak.com/direct-contracts>

DID YOU KNOW?

Imaging Associates is in the Aetna network and able to provide therapeutic injections along with other specialized services.



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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!



**JULY/AUGUST
QUIZ WINNER:
MICHAEL BACKUS**