

# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

SEPTEMBER/OCTOBER  
2020 ISSUE

*Public Education*  
HEALTH TRUST 

## PUBLIC EDUCATION HEALTH TRUST 2020 TRUSTEE ELECTION

Polls will open Sept. 21, 2020, for the Public Education Health Trust Board, Seat C. The ballot with the biographies for candidates for Seat C will be available online at [www.pehtak.com](http://www.pehtak.com) on Sept. 21, 2020.

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 C, with a term of Jan. 1, 2021 to Dec. 31, 2023 (three-year term).

**POLLS OPEN**

SEPT. 21, 2020

**POLLS CLOSE**

5 P.M. AKDT ON OCT. 20, 2020



# 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 before September 30!**

## TAKE YOUR GO365 HEALTH ASSESSMENT\*!

### 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 Health Assessment, it shows as an option within the app dashboard for both Android and iOS users as well.

### 3. Earn points and bucks

- Thru September 15: ALL subscribers who complete the health assessment will receive an additional 245 bonus Go365 points.
- 2500 Bucks (\$25) will be raffled off to 45 winners who complete their health assessment by September 15.

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

- Your points and status will reset, but your 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 achieving 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 towards reaching bronze or silver status. Earn more points and bucks, and start off the new plan year right on October 1!**

## PARTICIPATE IN GO365 AT HOME TO EARN GREAT REWARDS!

During these strange times we are in, Go365 has made it easier for you to engage in Go365 while at home and social distancing.

Check out these great Go365 options for engaging at home:

- NEW at-home workout option
  - Available on web and app
  - Submit a selfie or screen shot of at home workout
  - 10 points, subject to daily workout calculation
  - Proof required within seven days of activity: selfie, screenshot
- Virtual fitness facility options: Echelon and FitnessOnDemand (FOD)
  - Members can connect Echelon and FOD within the fitness facility finder on Go365.com to earn 10 points as a virtual gym option.
  - 25-30% discount off Echelon equipment in Go365 Mall Discounts tab
  - Free access to FOD's workouts for a few months (timing still to be confirmed)
- Virtual races now accepted as Go365 athletic events
  - Many virtual races can be found online for free; find one today and participate for Go365 points!

Additional Go365 updates:

- Go365 Mall
  - Use bucks to donate to Feeding America COVID-19 Relief
  - New gift card options: AMC Theatres, Applebee's, Barnes & Noble, Bloomin' Brands, Brinker Restaurants, Crate & Barrel, CVS, Darden, FandangoNOW, GameStop, Home Chef, Home Depot, iTunes, Kohl's, Panera, REI, Restaurant.com, Ruth's Chris, Sam's Club, Shutterfly, Sony PlayStation, Spotify, TJX Brands, Walmart, Xbox

\*Adult children are not eligible to earn points or bonus points for Health Assessment completion.

\*\*Only subscribers (Go365 primary account holder) have access to spend bucks in the Go365 Mall.

# DIRECT CONTRACTS DELIVER BENEFITS FOR OUR MEMBERS

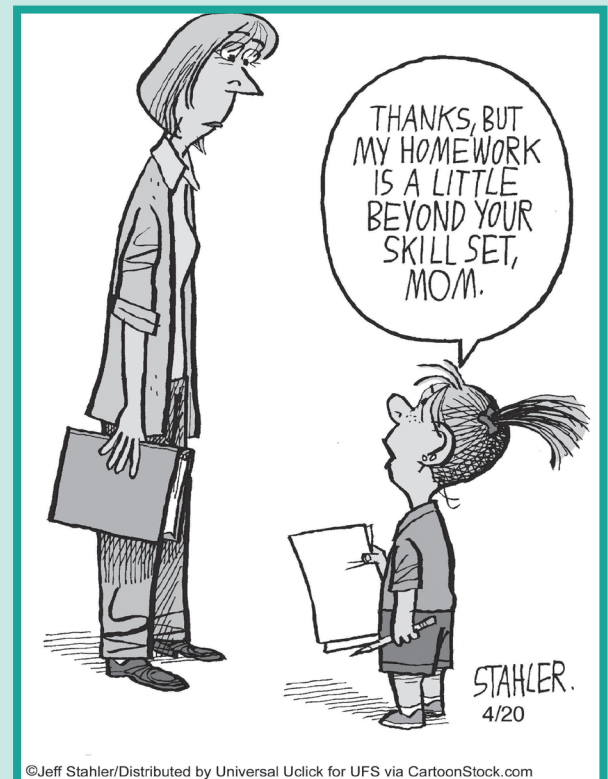
**You asked and we listened! When a national PPO contract does not meet the needs of providers, they have the option of negotiating a direct contract with the Trust for the benefit of our members.**

PEHT now has direct contracts with 62 providers to ensure you have access to high-quality, low-cost providers in network.

**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  
Brian Yelverton  
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. Thomas Desalvo/  
Dr. Konstantine Bunde  
Dr. Weston Hopkins  
Express Care Clinic  
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  
Larson Chiropractic

Logan Larson  
Luminary Chiropractic Care  
Medevac Alaska  
Midnight Sun Oncology  
Natural Family Health  
Northstar Chiropractic  
Pemberton &  
Young Counseling  
Pioneer Peak Orthopedics  
Providence Alaska  
Medical Center  
Ramirez Chiropractic  
Restoration Wellness  
Rhyneer Caylor Clinic  
Sharon Litwin  
Silver Moon Acupuncture  
Snow Blossom Acupuncture  
Solomon's Porch  
Soma Wellness  
Spine and Joint  
Rehabilitation Specialists  
True North TMS  
Valley Allergy  
Valley Medical Care  
Wendi Compton-Karuna  
Counseling  
Wild Iris Integrative  
Massage (Lawton)  
Willow Medical  
and Wellness  
Wisdom  
Traditions  
Counseling  
Services  
Wolf Eye Center



## DID YOU KNOW?

**Imaging Associates** is in the Aetna network and able to provide therapeutic injections along with other specialized services. For more information or to schedule an appointment, please call:

**Anchorage office: (907) 222-4624**

**Valley office: (907) 746-4646**

**[www2.imagingak.com](http://www2.imagingak.com)**

**You can view your health plan's direct contract listings at [pehtak.com/direct-contracts](http://pehtak.com/direct-contracts), which shows providers that have completed an in-network contract negotiation directly with PEHT to benefit you and your family.**

# BE AWARE OF RISKS FOR BREAST CANCER

October is Breast Cancer Awareness Month, an annual international campaign started in 1985 that was organized by breast cancer charities to increase awareness of the disease to help women (and men) in need today.

## DID YOU KNOW?

### Physical activity reduces the risk of breast cancer.

Exercise boosts the immune system, whether you take a brisk walk in the neighborhood or go to the gym. It also keeps your weight in check. Just 30 minutes a day will make all the difference.

### Breast self-exams should be done every month.

Look for changes in breast size, feeling a palpable lump, dimpling of the breast, inversion of the nipple, redness or scaliness of the breast skin or the nipple/areola area, or nipple discharges. You should have a physical every year that includes a clinical breast exam.

### Mammograms may cause slight discomfort.

Mammograms compress the breast and may be painful. Patients who are sensitive should schedule the procedure a week after their menstrual cycle, when breasts become more tender. Research shows that a woman has higher risk if she began menstrual cycles before age 12, if she has not given birth, had a child at age 30 or older, or began menopause after 55.

### Smoking is a confirmed risk factor breast cancer.

If you are a smoker who stops smoking (on your own or with help from a quit-smoking program), you raise your odds for living a healthier life.

### A healthy diet helps prevent the disease.

If you eat a low-fat diet (30 grams or less), plenty of green and orange veggies, and lots of fruits, you will reduce your risk of developing breast cancer. High-fat diets stimulate estrogen production that can trigger tumor growth.

### Drinking alcohol can increase the risk of breast cancer.

Research shows that one drink a day slightly increases the risk. More than one drink a day (beer, wine or mixed drink) boosts that risk factor.

### Oral contraceptive and HRT have links to breast cancer.

Risks increase for women who use birth control pills for more than five years. But because there is a low amount of hormones in the pills today, the risk is small. Women with a known risk should not be placed on hormone replacement therapy (HRT).

### A family history of breast cancer boosts risks.

But, research shows that only 5-10% of people diagnosed with breast cancer have a family history of this disease.

### Stress may raise cancer risks.

Studies show that stressful and traumatic events can suppress immune functions, which can give cancer cells an opportunity to gain advantage in establishing a presence in the body.

### There is free support available for you.

Here are three organizations offering resources where support is available at no charge:

- American Cancer Society @ [cancer.org](https://cancer.org)
- National Breast Cancer Foundation @ [nationalbreastcancer.org](https://nationalbreastcancer.org)
- The Cancer Support Community @ [cancersupportcommunity.org](https://cancersupportcommunity.org)

*Sources: National Breast Cancer Foundation, American Cancer Society*

## YOUR COACH IS A TEXT AWAY!

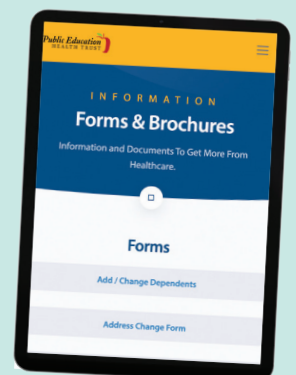
Textcoach™ is a convenient, stigma-free platform that allows you to text with your coach at any time – on mobile or desktop – without worrying about scheduling conflicts. Every communication between you and your coach is encrypted and secure. Best of all, our coaches have at least five years of clinical experience and are board certified, which ensures you get the best quality support for technology-driven care.

Connecting with a coach is easy! To get started, click the Textcoach™ icon on the SupportLinc web platform, download the app or visit [www.text.coach](https://www.text.coach) to begin texting with a counselor today.



## PEHT NOTICES

All PEHT Legal Notices are available to you on the PEHT website. Go to [www.pehtak.com](https://www.pehtak.com) and hover over the **Documents** tab and select **Forms & Brochures**. 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**.





# EASY ACCESS TO ALL YOUR BENEFITS THROUGH MIBENEFITS PORTAL

The miBenefits portal is one of the best tools you can imagine. With just one login, miBenefits gives you access to information on all your benefits.

If you haven't already created your account, now is the time to take this important step. Go to [miBenefits.ebms.com](https://miBenefits.ebms.com), create an account and take advantage of this dynamic portal.

It will make your life easier and provide you with all the details you need to manage your benefits – explained to you in easy-to-understand language.

The miBenefits portal presents at-a-glance views of your healthcare activity!

## 1. Track Deductibles

It is simpler than ever to track where you are in terms of meeting your deductible or reaching an out-of-pocket maximum. This information is presented visually as well as numerically.

## 2. Check Claim Status

In real time, you can check the status of your claim. Your three most recent claims appear right here on the home page. Just click for more real-time details or to see your full claim history.

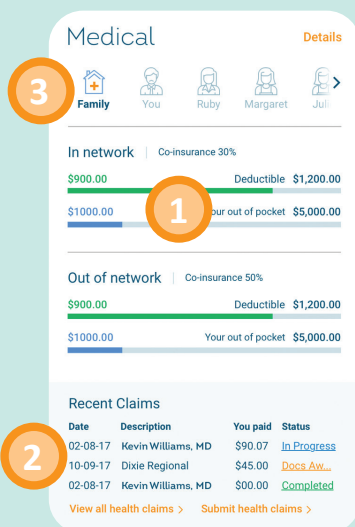
## 3. Monitor Each Family Member

If you are on a family plan, you will be able to view each person's individual status. All you have to do is simply click between tabs.

With just three clicks, you can accomplish almost everything you need on the portal. Fill a prescription, find a physician, appeal a claim, look up coverage information, and more.

Navigation is easy on the miBenefits portal. The menu on the far left allows you to perform common tasks with just one click, such as:

- Order a new ID card
- Update HIPAA authorization
- Request certificate of coverage



## HOW TO GET STARTED

To set up access to the miBenefits portal, grab your ID card and go to [miBenefits.ebms.com](https://miBenefits.ebms.com) and click "Register Now" to set up your account. Or you can download the miBenefits app from the App Store or Google Play.

Your plan ID card is the passport that allows you to submit claims and navigate health service with ease. It contains a lot of information for such a small document. Here's what it all means.

## 1. Eligibility Information

Your group name, group number and policy ID number all act as identifiers to help healthcare providers verify the type of coverage you have for various health services, and to arrange payment for the services they provide.

## 2. Medical Coverage

The pricing options available to you are listed in this section. Please refer to the website listed on your card to find a provider or determine how your claim may be priced.

## 3. Pharmacy Coverage

Your claims for medical prescriptions are processed under a different program by an outside vendor. Contact information will appear here, along with BIN and PCN numbers needed by pharmacies to submit claims for you.

## 4. Member Contact information

Get in touch to resolve any questions about benefits, claims or services you are eligible for.

## 5. Provider Contact Information

Your doctors can get in touch to ask a question, submit a claim or obtain pre-authorization for your inpatient procedure or hospital stay.



**Do you need help understanding your ID card?**  
**Does it have information not explained here?**  
**Log on to the miBenefits portal or call Member Services for assistance!**



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JULY / AUGUST QUIZ WINNER:

**MARY  
JUAREZ**