

# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

*Public Education*  
HEALTH TRUST 

NOVEMBER / DECEMBER  
2020 ISSUE

## ANDREWS RETAINS BOARD SEAT

Josh Andrews has been elected by PEHT members to retain seat C for a three-year term beginning January 1, 2021. Andrews was born and raised in Southeast Alaska and has been in education since 1997. He served the Trust from 2006 to 2009 and has been back as a board member since 2015. He enjoys the Trust work and finds it satisfying to work with such a high-functioning board.

**THANK YOU TO ALL  
WHO PARTICIPATED IN  
VOTING THIS YEAR!**





# IT'S A NEW GO365 PLAN YEAR!!

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

- Your points and status reset, but your bucks remained the same. Bucks can be saved for up to four years before you need to spend them in the Go365 Mall.\*\* If you have any bucks expiring, it will be stated at the top of the Go365 Mall page on the Go365 website.
- You can now work toward achieving Bronze status again!
- You received 10% bonus points to start the new Go365 plan year based on the number of points you have before October 1.

So get started today working towards reaching Bronze or Silver status. Earn more points and bucks, and start off the new plan year right!

## 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. You have two options to complete the health assessment:

### 1. Online at **Go365.com**

- Sign into **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.

Once you complete the health assessment, you can:

- Earn up to 1,250 points for completing it within the first 90 days of our program year.\*
- Unlock recommended activities for more points- and bucks-earning potential.
- Reach higher status levels.
- Subscribers can spend bucks in the Go365 Mall for items like fitness devices, Amazon.com gift cards and much more!\*\*

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 points for health assessment completion.*

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

## CONGRATULATIONS "DON'T BE BLUE" CAMPAIGN WINNERS

Aimee Bellah	Mary Feldman
Alison Reppel	Maya Curtis
Amanda Kuipers	Meghan Nedwick
Anessia Farrell	Melissa Chisham
Ashley Kelly	Nathan Chud
Caroline Bourquin	Nicholas Sawyer
Charles Carte	Nicholas Tabaczka
Christine Terry	Patricia Zugg
David Porter	Renee Valdez
Debra Adams	Richard Brock
Emily Pereira	Robin Cunningham
Hillary Barnes Martinez	Sandra Campbell
Jamie Kitzman	Sarah Ploesser
John Driscoll	Sarah Reed
Joshua Rockey	Shelley Ax
Julianne Luce	Sheryl Bagg
Julie Saunders	Sonya Cook
Kathleen Weidemaier	Susan Lilly
Kelly Frost	Tommy Pettit
Kendall Wessler	Tristan Berkey
Kim Evans	Uwe Hoffman
Kristen Adams	William Culbertson
Lorna Salchenberg	

## PEHT EGG HUNT COMING SOON!

We're working on a fun, new opportunity for PEHT members to win \$50. Details will be announced in the January/February newsletter.

## STAY TUNED!

# TIPS ON HOW TO REDUCE YOUR PRESCRIPTION COSTS

OptumRx is the pharmacy benefits manager for Public Education Health Trust, and works with you to help lower your prescription costs and get the most value from your prescription benefits.

At OptumRx, we work to help you get the medication you need to stay on track, and stay healthier. Below are a few ways to reduce your prescription medication cost.

## USE GENERIC MEDICATIONS

Prescription medications are reviewed often for safety, effectiveness and value. Prescription cost is just one reason to put a drug on or take a drug off the formulary list when other similar medications are also covered. A formulary is used by doctors to review plan-approved medications for common conditions.

Now, more than ever, it's important to watch your healthcare dollars and spend them wisely. One of the ways to do that is to choose generic medications, when possible.

Benefits of switching to generic medications:

- They are approved by the U.S. Food and Drug Administration (FDA) to be safe and work as well as brand-name medications.
- They provide the same clinical benefit as brand-name drugs.
- Switching to generics may save you money.

Now is the time to talk to your doctor and learn about possible generic medications that may work for you.

## HOME DELIVERY PHARMACY

Home delivery is an easy way to get your medication delivered to your home and may help you save money. Home delivery also helps you stick to your doctor's plan. Public Education Health Trust allows up to a 90-day supply of maintenance medications to be mailed to your home through the OptumRx home delivery pharmacy. OptumRx home delivery offers our lowest rates. These lower rates help the Trust lower insurance premiums. Signing up for home delivery is easy.

Enroll by using any of these options:

- ePrescribe – Your doctor can send an electronic prescription to OptumRx.
- Online – Register at [optumrx.com](https://optumrx.com).
- By mobile app – Download the OptumRx app from the Apple App Store or Google Play.
- By phone – Call the number on your member ID card.

## COUPONS & DISCOUNTS

Look online for discount cards and coupons that may reduce your out-of-pocket cost.

- Drug manufacturers coupons or patient-assistance programs may be available.
- Use an Optum Perks™ free prescription discount card.
  - Visit [perks.optum.com](https://perks.optum.com) to get your card and start earning potential discounts.
  - Each card is pre-loaded with discounts for most FDA-approved medications.
  - You can save up to 80% on their medications, even without insurance.
- The amount you pay using a coupon may not count toward your plan's deductible and/or out-of-pocket limit.

## ASK YOUR DOCTOR TO USE PRECHECK MYSCRIPT

PreCheck MyScript from OptumRx shows covered medications, any lower-cost options, and calculates how much you will pay.

This technology is embedded within the doctor's existing health records, so it works with their normal workflow. It can help make decisions in real-time.

## OPTUMRX MEMBER WEBSITE

Visit [optumrx.com](https://optumrx.com) to view drug pricing at several retail pharmacies and home delivery. This website can also provide information about your drug coverage and plan benefits.

## QUESTIONS? WE'RE HERE TO HELP.

Call OptumRx at the number on your member ID card. Visit [optumrx.com](https://optumrx.com) to find a network pharmacy or find out more about your benefits.



# ANTIBIOTICS ARE NOT ALWAYS THE ANSWER FOR AN ILLNESS

Most cough and cold illnesses are caused by viruses. Antibiotic use can only cure bacterial illnesses — not viral illnesses.

Teladoc and the Centers for Disease Control and Prevention remind us that viral illnesses, like colds, usually go away without treatment in a week or two. When an antibiotic is not prescribed, ask your doctor or pharmacist what can be used to relieve symptoms.

Taking antibiotics for viral illnesses:

- Will not cure you or your child's illness.
- Will not help you or your child feel better.
- Will not keep others from catching you or your child's illness.

There are risks when taking any prescription drug. Antibiotic use can cause complications, ranging from an upset stomach to a serious allergic reaction. Your doctor will weigh the risks and benefits before prescribing an antibiotic.

Antibiotics only treat bacterial infections. If you have a viral infection like a cold, talk to a doctor or pharmacist about symptom relief. This may include over-the-counter medicine, a humidifier or warm liquids.

Antibiotics are life-saving drugs. Using antibiotics wisely is the best way to preserve their strength for future bacterial illnesses.

Most sore throats do not require an antibiotic. Only one in five children and one in 20 adults seen by a doctor for a sore throat has strep throat, which is treated with an antibiotic. Your doctor can only confirm strep throat by running a test.

Green mucus is NOT a sign that an antibiotic is needed. As the body's immune system fights off an infection, mucus can change color. This is normal and does not mean you need an antibiotic.

## STAY SAFE, STAY HEALTHY

As we transition back into public settings again, it's important to continue safety measures so you remain healthy. Teladoc offers these doctor-recommended tips to stay well in public:

**Continue social distancing:** People still have COVID-19 and can pass the virus on, so it's best to keep practicing the 6-feet distance rule.

**Wear a cloth face mask when going out:** It's important to wear a mask, especially if you're in a situation where remaining 6 feet apart may be challenging since many people can carry the virus without symptoms.

**Wash your hands:** Washing hands about 10 times per day for 20 seconds has shown to be very effective in reducing the spread in similar viral diseases like SARS, a virus in the coronavirus family.

**Seek medical attention if you think you have COVID-19:** Using virtual care will allow you to seek care early on from the comfort of your home and prevent the spread of COVID-19. Please stay home if you get sick or don't feel well.

Learn more and get the latest testing information at [Teladoc.com/coronavirus](https://www.teladoc.com/coronavirus)

# AETNA ONLINE PROVIDER DIRECTORY HELPS YOU STAY HEALTHY

Finding a doctor or other health care professional is an important part of staying healthy. The Aetna online directory helps make it simpler. It offers you up-to-date information about providers — and it's available online, anytime.

## PROVIDER DETAILS

To visit Aetna's online directory, go to [aetna.com/asa](https://aetna.com/asa). Begin searching for a doctor using your location — ZIP, city, county or state. You can use either the general or category search to see provider details that typically include:

- Board certification
- Hospital affiliation
- Medical school/year of graduation
- Gender
- Website address (if available)
- Specialties
- Languages spoken

You can also see additional provider information such as:

- Participation information\*
- Other office locations
- Whether they're accepting new patients
- Maps, driving directions

## ADDITIONAL FEATURES

You'll be able to find specialty care on the directory, too, like a list of transplant facilities or pediatric congenital heart-surgery facilities that are part of Aetna's Institutes of Excellence™ network.

## NARROWING YOUR SEARCH

Want to refine your search even further? Multiple options are available. You can easily:

- Filter by provider characteristics such as:
  - Specialty
  - Languages spoken
  - Gender
  - Board certification
  - Hospital affiliation
  - Accepting new patients
  - Performance — such as Aexcel\*\* providers or Institutes of Excellence and Institutes of Quality® facilities
- Expand or reduce the geographic radius of your results
- Sort by best matched or distance
- View a map to see the locations of results and get driving directions
- Print results

If you wish to view additional information about providers, detail pages are available (on selected providers).

\* Although listed, Sutter Health facilities and providers in Northern California may not be in network for all plans. Be sure to check with your human resources representative or call the number on the back of your ID card before making an appointment or being treated.

\*\* Aetna's Aexcel program-designated high-performance specialists in 12 specialties: cardiology, cardiothoracic surgery, gastroenterology, general surgery, neurology, neurosurgery,

# TIPS TO STAY HEALTHY DURING COLD AND FLU SEASON

It is cold and flu season, a time to take extra precautions to avoid getting sick, especially as we focus on remaining healthy amid the COVID-19 pandemic.

The best way to prevent the flu, which is a serious contagious respiratory illness, is by getting vaccinated every year. The Centers for Disease Control and Prevention recommends a yearly flu vaccine as the most important step in protecting against flu viruses.

Getting a flu vaccine during 2020-2021 will be more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the healthcare system, conserving scarce medical resources for the care of people with COVID-19. While all age groups over 6 months remain priorities for vaccination, additional emphasis this flu season will be on adults at higher risk from COVID-19 complications.

## YOUNG AND OLD AT RISK

People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Vaccination also is important for healthcare workers, and other people who live with or care for people at higher risk to keep from spreading flu to them. This is especially true for people who work in long-term care facilities, which are home to many of the people most vulnerable to flu and COVID-19.

The CDC estimates that last season, fewer than half of Americans got a flu vaccine and at least 410,000 people were hospitalized from flu. Increased vaccination coverage would reduce that burden. Most flu vaccines protect against the four flu viruses that research suggests will be most common. While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce the severity of illness.



If you get the flu, the CDC recommends that you stay home for at least 24 hours after your fever subsides – except to get medical care or other necessities. Your fever should be gone without the need of a fever-reducing medicine.

## HEALTHY REMINDERS

Here are several other ways to stay healthy during cold and flu season:

- Get enough sleep
- Reduce stress
- Eat right and get regular exercise
- Get a flu vaccination, and discuss with your health care provider if you are due for other vaccinations
- Stay home and limit your contact with others, especially if you are sick
- Avoid touching your nose, mouth and eyes
- Use tissues for coughs and sneezes and dispose of them in the trash
- Avoid unnecessary travel
- Avoid sharing objects





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This publication was created and sent to you  
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# WANT TO WIN \$50?

Take our newsletter  
survey at **pehtak.com!**



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Follow us on Twitter  
**@PEHTAK**



SEPTEMBER / OCTOBER QUIZ WINNER:

**MAGGIE  
DONNELLY**