

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



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PLANS COVER \$0 COST-SHARE PREVENTIVE CARE MEDICATIONS

Under the health reform law known as the Affordable Care Act, benefit plans must cover certain preventive care medications at 100% – without charging a copay, coinsurance or deductible.

These products include:

- U.S. Preventive Services Task Force A & B Recommendation medications
- Food and Drug Administration-approved prescription and over-the-counter birth control (contraceptives) for women
- Flu shot and other vaccines

To follow this law, OptumRx offers an updated list of no-cost preventive care medications. The list is posted on the PEHT website at pehtak.com. You can use your OptumRx member ID card to get the products on this list for no cost if they are:

- Prescribed by a health care professional
- Age- and condition-appropriate
- Filled at a network pharmacy

These products are available at no cost to you on both standard and high-deductible or consumer-driven health plans.

To find a network pharmacy, login to optumrx.com, select “Pharmacy Locator” on the right hand side of the screen and enter your zip code or call the number on your OptumRx member ID card.

If you get these drugs or products from an out-of-network pharmacy, you will have to pay the full cost for them. Male forms of birth control are not currently considered preventive care medications under the Affordable Care Act.



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!

STEP INTO THE NEW YEAR BY TRACKING FITNESS IN GO365



There are a multitude of fitness options that you can take advantage of with Go365, and many will earn you easy points, fast. To take advantage of these point opportunities, you have a few options. You can connect a fitness device or app, connect a partner gym or virtual fitness option, or take a picture of your at-home workout.

To learn how to connect a fitness device or app, go to apps.humana.com/marketing/documents.asp?file=3075527. To connect a partner gym or virtual fitness option, go to Go365.com, sign in, click the "Quick Links" button in the upper right hand corner, click on "participating fitness facilities" and follow the steps to connect. Lastly, to earn daily fitness points with an at-home workout, just take a picture of your at home workout and submit it through the Go365 website or mobile app.

Daily fitness can earn you a maximum of 50 points per day. If you've never tracked daily fitness before, you'll get 500 points for the first lifetime verified workout logged. You'll also earn 750 points for logging a verified workout in Go365 for the first time in a program year. That can start you off with 1,250 points!

Depending on what your device or app tracks, you can receive one point for every 1,000 steps that you take, five points for every 15 minutes above 60 percent of your maximum heart rate, or five points per 100 calories you burn if the burn rate exceeds 200 calories per hour, or 10 points for partner gyms and at-home workouts. (Go365 will automatically award points for the device/workout with the highest value).*

BONUS: If you exceed 50 workout points in a week, Go365 will give you an additional 50 points that week. Or if you exceed 100 weekly workout points, you'll receive an additional 100 points!

**You will be awarded for one workout across workout types per day – whichever workout that awards you the most points across fitness devices/options.*

OTHER WAYS TO KICK START YOUR PROGRAM AND GET TO BRONZE:

- Complete the Go365 Health Assessment on the dashboard page of the Go365 website (go365.com) or the Go365 mobile app.**
- Complete a biometric screening with your primary care physician. To find more information on completing this, log into your Go365 website page and click on Activities >> Prevention >> Biometric Screening.

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.*



WE'RE MOVING!

The Trust will be moving its offices the first week of February. Return calls may be delayed during the week of our big move. Thank you for your understanding!

Effective February 1, 2021,

our new address* is:

2550 Denali St.

Suite #1614

Anchorage, Alaska 99503

**Please use our current address until 2/1/21.*

DENTAL CARE IS AN IMPORTANT PART OF YOUR WELL-BEING

Dental insurance helps you to reduce costs for routine dental care and unexpected dental expenses.

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You generally pay less for services when you visit in-network dentists because the percentages you pay for the care you receive are based on discounted rates.

The Aetna Dental Administrators program has a large network of dentists, including many specialists. Today, there are over 262,000 dental practice locations in the network.

Finding a dentist near you is easy. Use our online directory to access providers specific to your plan benefits. You'll enter the location for your search on the home page. Enter zip code, city, county or state for your search, which can range up to 100 miles from your location.

aetna.com/docfind/custom/aetnadentalaccess

The directory lists several primary care dentists who perform routine dental care and cleaning. The Aetna directory also lists dental specialists, such as these:

Endodontist: Dentists who specialize in maintaining teeth through endodontic therapy – procedures, involving the soft inner tissue of the teeth, called the pulp.

Oral surgeon: A dentist who has special training in surgery to correct problems of the mouth and jaw.

Orthodontist: A type of dentist who specializes in straightening crooked teeth.

Pediatric dentist: Dentists who provide oral health care for infants and children through adolescence

Periodontist: A doctor concerned with the structures surrounding and supporting the teeth

Prosthodontist: A doctor concerned with the design, manufacture and fitting of artificial replacements for teeth and other parts of the mouth.

The directory provides office details, dentist experience, ratings and reviews and plan/network information.

HOW WELL ARE YOU SLEEPING?

Research has shown that sufficient, good-quality sleep is as important to your well-being as adequate nutrition and regular exercise.

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Both your mind and body require sleep to cope with stress, fight illness and remain resilient. But with many competing priorities to balance, getting enough good-quality rest can be a struggle.

Your SupportLinc Member Assistance Program (MAP) has a new resource available to help you stay at your best – the Sleep Fitness Toolkit.

Learn what causes common sleep problems and improve your ability to fall asleep, stay asleep and wake up refreshed with the 5 Keys to Better Sleep:

- Body Sync
- Light
- Exercise
- Nutrition
- Environment

This single-source website also features the Sleep Basics flash course (a short video), guided meditations for bedtime relaxation, tip sheets, helpful apps and more. Check out the Sleep Fitness Toolkit at sleepfitness.tools today!

And please remember – for “in-the-moment” support and guidance to help manage work and home, you can reach SupportLinc at 1-888-881-LINC (5462) or visit supportlinc.com. Log in with username: peht.



VISIT SUPPORTLINC SLEEP FITNESS TOOLKIT TODAY

Get guidance, useful tips and resources – all in a convenient, easy-to-navigate website. Making some simple changes can help you fall asleep easier, stay asleep all night and wake up refreshed every day.



SUPPORT  LINC
MEMBER ASSISTANCE PROGRAM

[WWW.SLEEPFITNESS.TOOLS](https://www.sleepfitness.tools)

PROVIDENCE EXPRESSCARE RETURNS TO FULL-SERVICE CARE

Two Providence ExpressCare clinics in Alaska are open now to full-service care seven days a week, from 7 a.m. to 7 p.m. Make an appointment easily at providenceexpresscare.org.

- **Huffman Clinic - 1389 Huffman Park Dr Suite 110, Anchorage, AK 99515**
- **Tikahtnu Clinic - 1118 North Muldoon Road, Anchorage, AK 99504 (Tikathnu Commons)**

Opening in mid-January 2021:

- **Eagle River Clinic – 17101 Snowmobile Ln. Suite 114, Eagle River, AK 99577**

The clinics are ready to care for all patients including those with COVID-19 and influenza-like symptoms. The clinics offer rapid COVID-19 testing of symptomatic patients, influenza testing and influenza vaccination after a clinic visit with one of our providers. Higher acuity issues will continue to be triaged to our Emergency Departments.

ExpressCare is well-prepared to safely care for patients in need of same-day care. Following CDC and public health advice, we have established clear guidelines to open safely including:

- Screening all patients over the phone and at entry
- Daily screening of all staff and providers
- Mandatory masking for all patients, visitors and staff
- Mandatory hand hygiene for all patients, visitors and staff

- Rigorous cleaning protocols and frequent disinfecting of high-touch surfaces
- Adapting our site and all spaces to accommodate physical distancing
- Ample supplies of personal protective equipment (PPE) to safely perform evaluations, procedures
- Signage that prominently displays steps and actions regarding safety
- Signage and videos that educate patients on steps to reduce spread of infection

Reminder: co-pay is only \$25 for an office visit unless on an HDHP plan.

GET CARE VIRTUALLY

See a health care provider without going to a doctor's office. Our ExpressCare virtual services can treat and diagnose through online video appointments. Visit virtual.providence.org to get started.



REVIEW YOUR PHARMACY BENEFITS

The OptumRx prescription drug formulary is regularly reviewed and adjusted.

This list includes prescribed medications or other pharmacy care products, services or supplies chosen for their safety, cost, and effectiveness. Brand and generic prescription medications are placed into three cost levels known as tiers.

To create the list, OptumRx is guided by the Pharmacy and Therapeutics Committee. This group of doctors, nurses, and pharmacists reviews which medications will be covered, how well the drugs work, and overall value. They also make sure there are safe and covered options.

WHEN DOES THE FORMULARY CHANGE?

- Medications may move to a lower tier at any time.
- Medications may move to a higher tier when a generic equal becomes available.
- Medications may move to a higher tier or be excluded from coverage on January 1 or July 1 of each year.

When a medication changes tiers, you may have to pay a different amount for it. Members who are negatively impacted by formulary changes will be told in advance by letter.

NEW YEAR, NEW HEALTHY YOU

High hopes for a healthy 2021 are shared by everyone who endured the stressful challenges of 2020. The New Year brings renewed resolutions to improve our personal health and well-being, commitments that can deliver great benefits to our lives.

Of course, protecting yourself from coronavirus infection should be a top priority until a vaccine is widely available. Older adults and people who have underlying conditions like lung or heart disease, cancer or diabetes are at increased risk of severe illness from COVID-19 illness. They should take extra precautions.

These familiar suggestions from the Centers for Disease Control are still important:

- Wash your hands often.
- Cover your mouth and nose with a mask when around others.
- Avoid close contact (within six feet) with people who are not feeling well.
- Clean and disinfect frequently touched surfaces.
- Limit contact with other people as much as possible.
- Avoid all cruise travel and non-essential air travel.
- Get a seasonal flu shot for 2021. While a flu shot will not protect against COVID-19, shots have been shown to reduce the risk of flu illness, hospitalization and death. Getting a shot can also save healthcare resources for the care of patients with COVID-19.

OTHER TIPS TO HELP YOU LIVE A HEALTHY 2021:

Eat a Healthy Diet: Make healthy food choices and build meal plans around fruits, vegetables, whole grains and low-fat dairy products. Include lean meats, poultry, fish, beans, eggs and nuts.

Move More, Sit Less: Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least two days a week.

Rethink Your Drink: Drink lots of liquids, but substitute water for sugary or alcoholic drinks to reduce calories and stay safe. Sugary drinks may bring on weight gain, type 2 diabetes, heart or kidney disease, tooth decay and gout. Need more flavor? Add slices of lime, lemon or berries!

Get Your Rest: Adults need at least seven hours of sleep per night. Being active during the day can help you sleep. Try to go to bed and get up at the same time each day – even on weekends. Avoid large meals, caffeine and alcohol before bedtime.

Don't Use Tobacco: If you quit smoking today, you will improve your health and reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free support is available at 1-800-QUIT-NOW.

Be Safe in the Sun: Just 15 minutes in the sun's ultraviolet rays can damage your skin. Wear layered clothes and apply broad-spectrum sunscreen with at least SPF 15. Even in cold, winter weather, the sun can damage your skin. UV rays, not the temperature, do the damage. Long-sleeved shirts, hats and sunglasses are your friends.

Brush Your Teeth: Keep your teeth and gums clean and prevent cavities and gum disease. Brush twice a day with fluoride toothpaste. Drinking fluoridated water helps keeps teeth strong.

Get Regular Checkups: Visit your doctor regularly for preventive services like cancer and diabetes screenings. See your dentist, too, for checkups to keep tooth decay at bay.

Know Your Health History: Talk to your family and your doctor about your family health history. Learn all you can about your risk factors for disease and work to reduce that risk.





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Public Education
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