

SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

BOARD OF TRUSTEE ELECTIONS

Public Education Health Trust is asking for your nominations for Board of Trustees representatives to serve in Seat B from Jan.1, 2022 to Dec. 31, 2024. This is an excellent opportunity to participate on a progressive board that represents the collective interests of the 16,000 Public Education Health Trust members.

BENEFITS OF PARTICIPATING AS AN ELECTED TRUSTEE:

- Excellent training in:
 - Leadership and forward, progressive thinking
 - National conferences in self-funding health benefits
 - Healthcare costs and containment
 - Professional skills development
- No personal costs entailed
- Ability to make a difference
- Recognition associated with a high-performing board

Nominees must be a participant in the Public Education Health Trust and be eligible to receive benefits in one or more benefit programs under this plan, by virtue of status as an employee. A nominee must be participating in the health plan and have not waived coverage.

If you have an interest in serving, a willingness to lead and are highly accountable and willing to accept the responsibility of a trustee, the necessary education and training to serve will be provided.

The Board of Trustees meets quarterly. Some travel may be required.

If you are interested in serving as a trustee, please submit a biography of no more than 100 words. No biographies will be taken over the telephone. The trust also needs to know the employing district.

Please send biographies no later than Sept. 15, 2021, to the following:

Public Education Health Trust
Attn: Rhonda Prowell-Kitter, Chief Financial Officer
2550 Denali St., Suite 1614
Anchorage, AK 99503
Or, email the biography directly to
rpk@pehtak.com.

**NOMINATIONS FOR TRUSTEE ELECTIONS
ARE OPEN AUGUST 2 THROUGH
SEPTEMBER 15. THE ELECTIONS WILL
TAKE PLACE IN SEPTEMBER/OCTOBER.**

Contact Rhonda Prowell-Kitter at (907) 274-7526
or (888) 685-7526 if you have any questions.



STAY MINDFUL OF YOUR HEALTH WITH GO365

Let Go365 help you stay focused on your health! Go365 is set up to increase your self-awareness regarding your health and wellness and help you take steps to improve! Focus on health, get to a higher status level... and all while earning more Bucks to spend in the Go365 Mall!

GET FOCUSED! LEARN MORE ABOUT YOUR HEALTH THROUGH A BIOMETRIC SCREENING

Have Go365? You're Eligible!

If you're enrolled in a PEHT medical plan, you have Go365 and are eligible for a biometric screening at no cost to you. Plus you'll earn Go365 points for completing your screening. To make completing your screening easier, we are offering at home biometric testing kits that can be shipped directly to your house. Once the test is completed, it is easy to return by mail. Your results will then be processed and automatically loaded to Go365.

ORDER YOUR KIT!

To order your kit, just visit our Health and Wellness Professionals website at <https://participant.solutionsforyourwellness.com/product/peht/> and complete the request form. When you order, you will pay upfront, but will be reimbursed by the Public Education Health Trust once your results are received and processed by Health and Wellness Professionals.

COMPLETE YOUR SCREENING!

The last step in completing your biometric screening is a visit with your primary care physician. To find more information on completing this log into your personal Go365 website page and follow this path: 'Activities' -> 'Prevention' -> 'Biometric Screening'

... And remember - completing the biometric screening can earn you up to 4,000 Go365 points!

STAY HEALTH SELF AWARE! TAKE A MINUTE AND COMPLETE THE GO365 HEALTH ASSESSMENT**

Complete the Go365 Health Assessment on the Dashboard page of the Go365 website (Go365.com) or the Go365 mobile app. Just take a couple of minutes to complete at least one section of the Health Assessment to get to Bronze! The Health Assessment is broken down into six different sections, to make it easy to answer each section at a time in just a couple of minutes. Just answer the questions to the best of your knowledge. Once complete, Go365 will provide you with your Go365 Age and your personal health report to give insight into where you currently are on your wellness journey and help you on your next steps.

** Health Assessment responses are private health information that follows all HIPAA guidelines and are not shared. Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.

Not registered for Go365 yet? Get started and register on the Go365 website or mobile app:

1. Online at Go365.com
 - Go to Go365.com
 - Click 'Register'
 - Register using your member ID*, DOB and zip code
 - Create a username and password
2. Go365 mobile app (available for download from the Apple Store or Google Play)
 - Download the Go365 mobile app
 - Click 'Register'
 - Register using your member ID*, DOB and zip code
 - Create a username and password

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



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BE EMPOWERED WITH OUR MIBENEFITS PORTAL

BE AN EMPOWERED HEALTHCARE CONSUMER

Comparison shopping has always been nearly impossible in healthcare. We're changing the game with our consumer-oriented transparency tools, available through the miBenefits portal.

You can compare hospitals and doctors based on quality measures and typical costs. You can easily identify the providers that have the best outcomes and the fewest complications. And you can make better choices with your healthcare dollars.

FAST, SIMPLE, AND FRUSTRATION-FREE!

Our latest technology allows you easier access to your healthcare information. Like a digital helping hand, our next-generation portal makes your life easier. The days of struggling to make sense of a confusing benefit statement

are gone. With our miBenefits portal, you'll login to a dynamic dashboard that puts everything you need right at your fingertips. We think you'll find it's even easier than calling our customer service center.

SIGN UP NOW!

- **Step 1:** Go to miBenefits.ebms.com
- **Step 2:** Click Register Now
- **Step 3:** Select Member
- **Step 4:** Enter in your Member ID (Found on your EBMS ID Card)
- **Step 5:** Enter in your Group Number and type in the Security Code in the gray box (Group Number is found on your EBMS ID Card)
- **Step 6:** Follow any additional instructions given. If you have any questions, please contact the number on the back of your EBMS ID card.

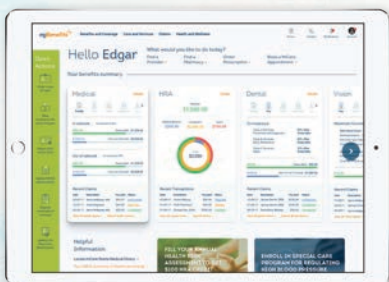
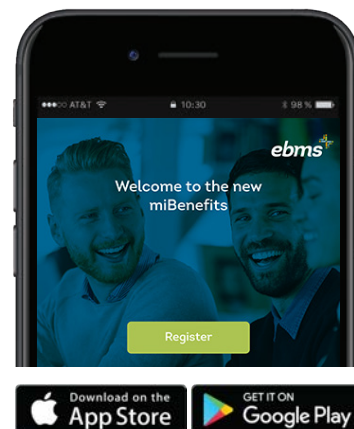
WHAT YOU'LL FIND IN THE MIBENEFITS PORTAL:

- One login for everything – medical, dental, vision, prescription and HSA/FSA
- Simplified navigation – get 80% of what you need right from the home page
- Quick-links to find a physician, order an ID card and perform other common tasks

Other features to check out:

- Claims status in real time
- Separate tabs for each family member on your plan
- At-a-glance tracking of where you are in terms of deductibles and out-of-pocket maximums

Also available for Apple and Android.



Manage your benefits online, right from your browser, with our miBenefits portal.

Our latest technology allows you easier access to your healthcare information.

To register for miBenefits, please visit miBenefits.ebms.com



TRUSTEE HIGHLIGHT

Kathy Bell has been a school nurse with the Anchorage School District (ASD) since 1994 and became a PEHT member just two years later. As a health professional and member of the ASD health committee Kathy found she had some big ideas. She also recognized that she had valuable experience and insight that she could use to improve the benefits and coverage for PEHT members.

She has run and been reelected to the Board of Trustees every three years,

bringing incredible value to the Board, and to PEHT's Alaskan educators and their families. She works hand in hand with the PEHT Plan Administrator and the other Trustees to contain healthcare costs and premiums.

Having worked throughout the district and the Anchorage community as a nurse she offers an in-depth understanding of the complexities of how to leverage benefits versus costs and always has members' wellbeing as her top priority.

MAKE THE MOST OUT OF YOUR COVERAGE AND UNDERSTAND THE BENEFITS AVAILABLE TO YOU

A little research can go a long way...

STAYING 'IN NETWORK' MAKES A HUGE DIFFERENCE

Insurance and provider networks can be complex, and we want to make sure you have the information and resources you need to make the best choices for you and your family. And this is important.

Always ensure that you are seeing a provider that is considered **'In Network'** for any of your upcoming services.



PEHT has a number of direct contracts with providers throughout Alaska – please be sure to check this list, either on pehtak.com or on the EBMS miBenefits site at miBenefits.ebms.com

If the provider you are scheduled to see does not appear on that list, please visit the Aetna website – you can access this through miBenefits, or directly at aetna.com/asa. This will ensure that your claims will be processed at the most favorable benefit level for the eligible services you receive.

If you are not able to find a provider that is in network by the Direct Contracts or with Aetna, your claims will be processed at the non-preferred provider & facilities benefit.

Non-preferred providers such as Alaska Native Medical Center, Alaska Regional Hospital, or Sutter Health Network facilities or any of their providers will result in an amount payable up to 125% of the Medicare equivalent rate for that service.

There are some situations where the out of network benefit can be bumped up. Those exceptions are listed within your Benefit

Booklet (you will find the exceptions just prior to the Schedule of Benefits). Members can always call EBMS to speak with the Call Center team on any questions you may have.

NON-EMERGENCY TRAVEL BENEFITS

Did you know that benefits are available for non-emergency medical travel and may be payable for transportation by commercial airlines? These are reserved for coach class only tickets, with at least a 14-day advanced fare as well as any ferry service needed from the place where the illness or injury occurred to the nearest area where treatment is available (unless the plan administrator finds a longer trip is necessary).

For reimbursement consideration, commercial airline flights may only be scheduled for departure 1-2 days in advance of the first appointment or 1-2 days after the last appointment related to the condition being treated.

Consideration for additional days may be given upon approval by the plan administrator.

All non-emergency commercial travel must be pre-approved by the plan administrator (or their designate) using the "Public Education Health Trust Non-Emergency Medical Travel Request Form" or no benefits will be provided. The form can be found at pehtak.com.

Contact the Health Trust by phone. In Anchorage call (907) 274-7526; outside of Anchorage call (888) 685-7526. Business hours are Monday-Friday, 8 a.m.-5 p.m. (AKDT).

TRANSPORTATION BENEFITS

As Alaskans, we know how important transportation benefits can be when emergency or non-emergency travel is needed. We want to make sure you know the ins and out of what's covered and the details you need so that, if necessary, you can take advantage of this great benefit. First, transportation benefits are limited in any one calendar year to two round trips and apply only to the illness or conditions covered under this plan. They do not apply to dental care benefits, vision services, routine care or preventive care exams unless approved by the plan administrator.

A local physician must certify that needed services are not available locally and transportation benefits for any healthcare outside of the U.S. will not be covered, including Canadian healthcare.

Transportation benefits are also not given for diagnostic or second-opinion diagnosis unless diagnostic services cannot be provided locally and are deemed medically necessary by the plan administrator. In this case, the physician must provide written certification or detailed medical documentation of the existing condition in advance of the trip.





Non-emergency transportation charges will only be allowed for a covered patient, except for the following circumstances:

- If the patient is a covered person under 18 years of age, then the transportation charges of a parent or legal guardian accompanying the child will also be allowed.
- If the patient is a covered person over age 18 and has a mental disorder or physical disability that requires the assistance of a caretaker post-procedurally or during travel, the transportation charges of a parent, legal guardian or assigned caretaker accompanying the patient will also be allowed.

After the travel has occurred, a “Public Education Health Trust Non-Emergency Medical Travel Completed Form” must be submitted with the boarding passes and the receipts of the travel, signed off by the attending physician, or no benefits will be provided. And finally, by submitting all this information to EBMS, your travel costs will be reimbursed.

MEDEVAC ALASKA

The direct contract with Medevac Alaska, an Alaskan-based emergency transportation provider, offers air emergency medical services to all Alaskan hospitals. With bases in Alaska, as well as in Arizona and Texas, Medevac Alaska can relocate patients to and from Alaska or any location within the U.S, Canada and Mexico.

Medevac Alaska continues to save health plan members and the PEHT health plan thousands of dollars annually. For instance, throughout the past three years, the average cost per mile for this type of service in Alaska cost \$132. Now, the contract is set at \$74 per mile. This saves an average of about \$14,000 per case.

In addition, the average take-off rate in Alaska is \$15,131. Yet, PEHT’s contract with Medevac Alaska is \$8,000. Plus, this contract leverages a 25 percent discount on all medical supplies and services for PEHT health plan members. And, since Medevac Alaska is in-network, members won’t receive balance bills!

Call Medevac Alaska 24/7 at 1-877-985-5022. Learn more at medevacalaska.com.

AIRCRAFT TYPE	BASE DESTINATION	APPROX. MILES
Light Jet	Anchorage-Seattle	1,435
Light Jet	Klawock-Anchorage	724
Light Jet	Yakutat-Anchorage	373
Turboprop	Dillingham-Anchorage	329
Turboprop	Dutch Harbor-Anchorage	795
Turboprop	Glennallen-Anchorage	156
Turboprop	Klawock-Anchorage	724
Turboprop	McGrath-Anchorage	220
Turboprop	Seward-Anchorage	79
Turboprop	Yakutat-Sitka	16

AIR-AMBULANCE SERVICE

PEHT provides for air-ambulance service for necessary medical treatment. Per the benefits booklet, the allowable reimbursement amount is up to 125% of the Medicare-equivalent rate unless otherwise negotiated. No deductible applies. Charges in excess of this amount will not apply toward the covered person’s medical coinsurance maximum out-of-pocket amount or super global maximum out-of-pocket amount and will be considered the responsibility of the patient.

PEHT partners with EBMS’ CareLink to assist members with air-medevac needs.

Pre-notification is strongly recommended for members who require air-ambulance service. When this medical evacuation service is provided, the covered person, physician, or facility should contact CareLink. Call CareLink at (800) 228- 9118 for pre-notification of services and to coordinate and pre-negotiate allowable charges.

The charge for this service will be covered, at the allowable amount, if the air-ambulance service is to the nearest hospital or skilled nursing facility where necessary treatment can be provided. The plan administrator may approve a longer trip if it is medically necessary. The covered benefit is up to 125% of Medicare-equivalent rates unless otherwise negotiated. PEHT has standing negotiated contracts with **LifeMed** and **Medevac Alaska**.

PEHT does not have negotiated agreements with Guardian or AirLift Northwest. In our attempts to arrange an agreement, both firms have referred to their membership policies that individual families may purchase. We encourage all our members to review their materials and memberships for their family needs evaluation. We reimburse medically necessary, but non-negotiated medevac flights up to 125% of Medicare equivalent, which could leave the family with a financial obligation.

The plan also provides benefits for return transportation via air ambulance for a covered person when medically necessary.

More information on the air-ambulance benefit is available in the Medical Benefit Descriptions section on Ambulance and by calling (800) 228-9118 (the U.S. only) or (614) 582-9254. This number is also shown on the PEHT/EBMS identification card.



PROVIDENCE HEALTH & SERVICES AND PEHT CONTINUE TO PROVIDE QUALITY CARE TO MEMBERS

The COVID-19 pandemic required changes of all of us, but especially of Alaskans working in public education. Providence Health & Services Alaska is proud to partner with the Public Education Health Trust to continue to provide the highest quality care to PEHT members. As teachers and public education employees adapted to meet the needs of students and families over the last year, Providence introduced new health solutions to ease access and offer better value to Alaskans through services like Providence ExpressCare and ExpressCare Virtual. Together with PEHT, we commit to

innovative care that benefits members throughout life's unexpected moments – pandemic and beyond.

Visit www.express.care to find a clinic location or make a virtual, same-day appointment to treat your common medical conditions.



MEMBER HIGHLIGHT

Cindy Holderith, librarian at Bartlett High School, has been a PEHT member for 20 years, but this past March she decided to stop by the local office to drop off a basket of treats – and she had a big reason.

Cindy was diagnosed with breast cancer in February 2020 and began aggressive treatment over that spring break; she underwent heavy duty chemo, surgery and then radiation. "In a time that was already uncertain and scary, the people at PEHT took unnecessary stress off me; I knew I had their support."

There were many times she would be in the parking garage for an appointment when she would get a call from the doctor. They would explain that the scan or procedure she was there for had not been approved by insurance yet... that they would need to reschedule.

Cindy would contact the PEHT office directly, and it would always be taken care of in less than five minutes. "I didn't have to call the 1-800 number on the back of my card... it was just incredible knowing that there was always someone who could cut through the red tape for me. And it was critical, so my treatment wasn't delayed."

Cindy has completed her treatment, is cancer-free and has a great prognosis. She is back to kayaking, gardening and enjoying life with her husband, son, mini-husky and pug. She appreciates how PEHT looks out for their members. "It's so nice to be treated like a person, not just a diagnosis. The way they took away so much stress from me at the beginning had an amazing effect. They really are concerned about the whole person."

AN EASY WAY TO BEGIN YOUR EMOTIONAL FITNESS JOURNEY

When you are dealing with a stressful situation or realize you just aren't feeling yourself, receiving guidance for where to turn can be an enormous relief. The SupportLinc Navigator is a fast and easy way to help you eliminate the guesswork.

Visit the SupportLinc web portal or mobile app and click on the Navigator arrow icon in the menu. You'll find Navigator at supportlinc.com or on the eConnect mobile app. Your username is: peht

Start by completing a short survey and sharing about your emotions, your feelings and how they are impacting everyday life.

From there, SupportLinc will provide a personalized report that measures your overall wellbeing and recommends the best care options within the program, based on your results. Your report also provides clickable links you can use to easily connect with a licensed clinician or explore other resources available to help you resolve your concerns and get back to feeling your best.

Please remember, if you need "in-the-moment" assistance, SupportLinc is available 24 hours a day, 365 days a year, by calling 1-888-881-LINC (5462).





THE ULTIMATE PROVIDER PLAYLIST

Enjoy the sweet song of PEHT member satisfaction with true freedom of choice from VSP!

When it comes to choices, VSP has PEHT members and their eyes covered with a huge network of independent doctors, popular retailers and an online option. The right song can set the mood, and the right vision provider can set the tone for a great eye care experience. With VSP, your employees have the freedom to choose a provider they can really groove with.

BUY ONLINE, ANYTIME!

VSP provides a truly personalized network for PEHT members. You can shop the latest designer glasses and name brand contacts online at eyeconic.com with their VSP benefits.

AND IT KEEPS GETTING BETTER!

Walmart Optical has now been added to the VSP network for PEHT members (effective July 1, 2021). When making an appointment, as with all VSP doctors, state you have VSP coverage. They'll confirm eligibility and obtain the authorization just as an in-network doctor will do.

If you have any questions please call VSP's customer service number at (800) 877-7195.

MORE CHOICES MORE FREEDOM

VSP NETWORK
PROVIDERS UP TO
101K
ACCESS POINTS
OTHER RETAIL CHAINS



RELIEVE PAIN FROM THE COMFORT OF YOUR HOME

Get back to feeling like yourself again

Introducing a virtual physical care program for back, joint and muscle pain that you can do from just about anywhere. This program is available to you and your family members at no additional cost* as part of your employer's health insurance.

HOW IT WORKS

- Your physical therapist designs a program for you
- You'll receive a tablet and motion sensors to guide you and track your movement, at no cost to you*
- Complete your exercise sessions at home (or anywhere else!)
- Your therapist is there to support you and is available at anytime

**If you are enrolled in a high deductible plan and are using the program for post-surgical rehab, the only cost to you is the balance of your deductible.*



GET STARTED!

Claim your free kit and start living pain free at: info.bridgehealth.com/peht/sword

Give us a call to learn more at (855) 265-2874



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.

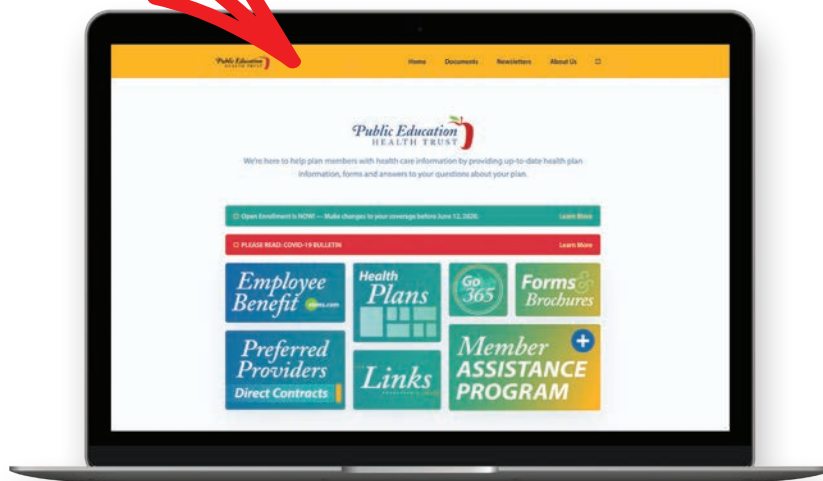
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Visit pehtak.com to access important documents, links and more. While you're there, be on the hunt for the link to be entered to WIN \$50! (Where's that link? Here's a hint: don't miss the important "notices" at pehtak.com.)



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@PEHTAK

MAY / JUNE WINNER:
**HELLENE
POLIS**