

SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST

OPEN ENROLLMENT HAS ARRIVED!

For the upcoming plan year, many Associations/Districts have added new benefit plan offerings. Please contact the Trust office or your Human Resources Department for a new enrollment.

HOW TO ENROLL

Open Enrollment runs from May 3 - June 11, 2021.

If you are enrolled and want to change the plan selection offered by your Association/Employer, you will need to complete an enrollment and submit it no later than June 11, 2021.

In completing your enrollment, list the dependents for whom you wish to provide coverage. If they are enrolled, you do not have to provide additional documentation, however, you will need to place their names on the enrollment form, which confirms that you want to continue providing them coverage.

If you are adding dependents who are not now enrolled, you must include verification that they are an eligible dependent (i.e., marriage or birth certificate, etc.). Please contact either the Trust or your Human Resources Department to learn your options.

If you are currently waived and want to enroll, you must submit your enrollment along with required documents to the Trust no later than June 11, 2021.

If you are currently enrolled and want to waive coverage, you must submit your waiver form to the Trust office

no later than June 11, 2021. Please note: Some school districts require proof of other coverage to be eligible to waive coverage from this plan. Please contact your Human Resources Department for their criteria.

CHANGES EFFECTIVE JULY 1

- SWORD Health is an added benefit at no cost to PEHT members. This will offer a virtual therapy delivered on your terms with a licensed physical therapist. More information will be provided soon.
- VSP
 - Contact lens allowance has increased from \$130 to \$170
 - Standard Progressive lenses are covered in full
- HDHP – now access the same VSP benefits as all other PEHT plans

The Trust recommends that you review the list of your dependents to ensure accuracy. With appropriate documentation the Trust will provide coverage for spouses, qualified domestic partners, children up to the age of 26 and individuals for whom you are the legal guardian up to the age of 18. A complete listing of your dependents can be found on your miBenefits secured portal at miBenefits.ebms.com.

KICK OFF SUMMER WITH GO365!

Let Go365 help you step into a healthier you this summer! Take steps and get to a higher status in Go365 and get more Bucks to spend in the Go365 Mall. As many of us are still trying to socially distance, you can still earn many Go365 Points in the comfort of your own home.

GO365 ACTIVITY OPTIONS FOR THESE SOCIAL DISTANCING TIMES:

- Health assessment
- Daily fitness
 - At home workouts – just take a picture!
 - Fitness devices or apps
- Challenges
- Weekly logs – app
- Sleep – app
- Fitness habits – app
- Daily health quiz – app
- Virtual 5K
- Online first aid/CPR certification
- Recommended activities
 - Courses
 - Campaigns
 - Calculators
- Health Coaching
- **Now available! At home biometric screening kits!**

COMPLETE YOUR BIOMETRIC SCREENING FOR UP TO 4,000 POINTS!

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 earn Go365 Points for completing your screening. To make completing your screening easier, we are offering at home biometric testing kits that you can order to have shipped directly to your house. Once the test is completed you will return in the mail for results to be processed and automatically loaded to Go365.

To order these kits, you will go to Health and Wellness Professionals website at <https://participant.solutionsforyourwellness.com/product/peht/> and complete the request form. When you order the kit, 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.

You may also complete a biometric screening with your primary care physician. For more information, log into your Go365 account and click on 'Activities' -> 'Prevention' -> 'Biometric Screening.'

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

PARTICIPATE IN GO365 TO EARN GREAT REWARDS!

Making healthier choices is more fun with Go365! As a Go365 member, you earn Points for completing healthy activities. You get one Buck for each Point you earn, plus Bonus Bucks when you reach a higher status levels. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the App to see all the great products, deals and offers Go365 has to offer.

WHAT KIND OF REWARDS CAN I EARN?

The Go365 mall has lots of options!

- Gift cards from places such as Amazon, Target and Lowes
- Fitness devices, equipment and apparel
- Donate your Bucks as cash to many charity options

These are just some of the great options for you to use your earned Bucks in the Go365 program! In addition you can receive deals and discounts from places like Priceline, The Biggest Loser Resort, Rock n' Roll Marathon series, and more, just by being a Go365 member.

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



"They sent me home from school for three months, but don't worry. They sent everyone home."

CartoonStock.com



PROVIDENCE PRIMARY CARE AND LAB SERVICES CENTERS OPEN

Providence Medical Group Primary Care has added new providers to its team and are currently accepting new patients. Call (907) 212-3420 to schedule an appointment.

Conveniently located in Anchorage:

- 1389 Huffman Park Dr., Suite 202; Monday – Saturday, 7 a.m. to 7 p.m.
- 3260 Providence Dr., C Tower, Suite 436; Monday – Friday, 7:30 a.m. to 5 p.m.
- 3300 Providence Dr., B. Tower, Suite 314; Monday – Friday, 7:30 a.m. to 5 p.m.

The Providence Family Medicine Center is located at 1201 E. 36th Ave. in Anchorage. Open Monday – Friday, 8 a.m. to 6:30 p.m. Call (907) 562-9229 to schedule an appointment.

PROVIDENCE ALASKA MEDICAL CENTER LABORATORY

Anchorage Patient Service Centers

- Health Park (STU Towers)
 - 3841 Piper St., Suite #T211; Monday – Friday, 6 a.m. to 6 p.m. and Saturday – Sunday, 7 a.m. to 3 p.m.
- Southside Anchorage – *NEW location opening April 1!*
 - 345 W. 104th Ave. Suite #300; Monday – Friday, 6 a.m. to 4:30 p.m.
- Tudor Square:
 - 3425 Tudor Road; Monday – Friday, 6 a.m. to 4:30 p.m.

All Providence ExpressCare clinics continue to serve your healthcare needs. The following clinics are open 7 a.m. to 7 p.m. seven days a week:

- Huffman Clinic: 1389 Huffman Park Drive, Suite 110, Anchorage
- Tikahtnu Clinic: 1118 N. Muldoon Road, Anchorage
- Eagle River Clinic: 17101 Snowmobile Lane, Suite 114, Eagle River
- Midtown Mall: 2900 New Seward Hwy, Anchorage

Coming in fall/winter of 2021: ExpressCare in Wasilla, AK!

TELADOC: THE RIGHT CARE WHEN YOU NEED IT MOST

Teladoc offers a national network of experienced doctors providing convenient, high-quality healthcare to its members with an average callback time of 10 minutes. Teladoc doctors can diagnose and treat many medical conditions, including:

1. Cold and flu symptoms
2. Allergies
3. Bronchitis
4. Skin problems
5. Respiratory infections
6. Sinus problems
7. And more!

Below are two great ways to take advantage of the Teladoc service:

AVOID E.R. AND URGENT CARE VISITS

The doctor can see you, now. Teladoc service allows patients to skip costly and time-consuming E.R. & urgent care visits. Why wait for the healthcare you need now? Use your Teladoc membership to speak with a licensed doctor 24/7/365 via phone or video and avoid the hassles of the hospital waiting room.

BRING TELADOC ON VACATION

Going on vacation is fun. Getting sick on vacation isn't. Here are three tips to help you and your family have a happy, healthy vacation:

1. Don't forget to pack your medications, and bring a little extra should your travel plans change
2. Prevent mosquito and bug bites by applying sunscreen first and then bug repellent with 2% or more DEET protection
3. Avoid summer colds by washing your hands in warm water frequently and using hand sanitizer

If you do get sick on vacation, don't forget to use your Teladoc membership.

Register now for your Teladoc account! And if you've already registered, download the mobile app from the App Store or get it on Google Play for added convenience the next time you need to connect with a doctor.



PHARMACY BENEFITS UPDATES

WHAT IS A FORMULARY?

A formulary is a list of medications covered by your plan. The list includes both generic and brand name drugs approved by the Food and Drug Administration (FDA). Drugs are listed by common categories or classes and then placed into tiers that represent the cost you pay out-of-pocket. The formulary also identifies certain drugs that have special rules and requirements. These rules include prior authorization, quantity limits and step therapy.

FORMULARY HIGHLIGHTS STARTING JULY 1, 2021

1. Brand-name drugs listed below will no longer be covered. Their generic alternatives will be covered.
 - Truvada
 - Tecfidera
 - Ciprodex otic suspension
2. The drug *Pimecrolimus* will be added to a step therapy program. Step therapy helps lower costs through safe, less expensive drugs. Starting July 1, 2021, members must try tacrolimus ointment (step 1 drug) before stepping up to Pimecrolimus (step 2 drug).

WHAT TO DO NEXT

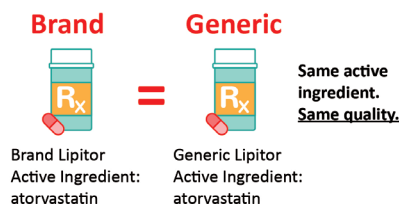
- You will receive a letter by early May if you are impacted by any formulary changes.
- Talk to your doctor about the upcoming changes.
- Your doctor may ask for a formulary exception. If your doctor feels that the brand-name medicine is best for you, they can submit a request for an exception.

PAY FOR THE DRUGS, NOT THE NAME

Generic drugs are safe and effective. Plus, they cost less than their brand-name counterparts. When you need a prescription, ask your doctor or pharmacist if a generic is available.

WHAT IS A GENERIC DRUG?

A generic drug contains the same active ingredient(s) as a brand-name drug. An active ingredient is what makes the drugs work.



Brand-drug makers manufacture about half of all generic drugs.

WHY SWITCH TO GENERIC DRUGS?

- Generic drugs are approved by the FDA to be safe and work as well as brand-name drugs.
- Generic drugs provide the same clinical benefit as brand-name drugs.
- Switching to generic drugs may save you money.

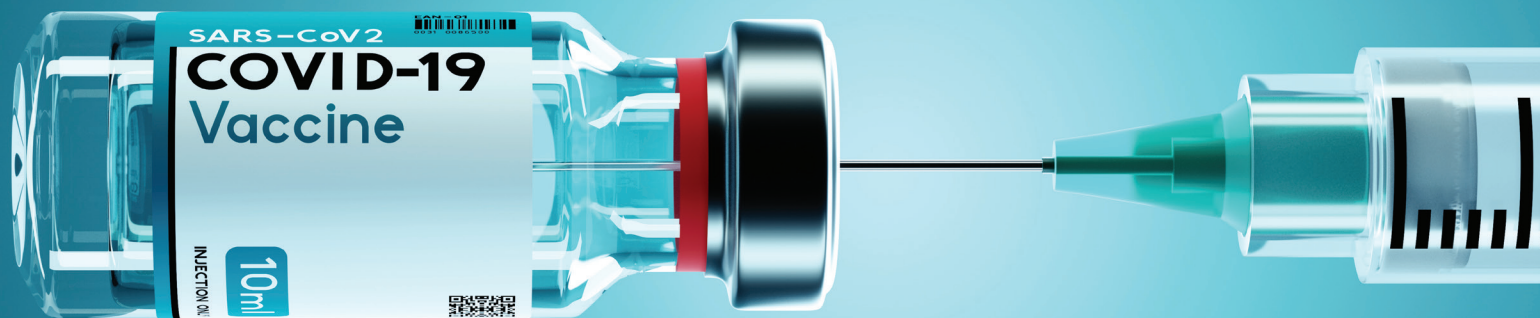
CAN I SAVE MONEY BY USING A GENERIC?

Most of the time, a generic drug costs less than the brand because makers of generic drugs don't have the high up-front costs of new drug development. You may also save through a lower copay. But there may be times when the cost for a generic is higher than the brand name drug. The easiest way to compare brand and generic drugs prices is to use the 'Drug pricing tool' at [optumrx.com](https://www.optumrx.com).

STAY SAFE AND STAY HOME WITH OPTUMRX® HOME DELIVERY

REASONS TO USE OPTUMRX HOME DELIVERY

1. Savings
You may pay less for your medication with a 3-month supply.
2. Convenience
Your prescription(s) are delivered to your mailbox—with free standard shipping. Or, you can schedule delivery to another location.
3. 24/7 support
Talk to a pharmacist anytime in the privacy of your home.
4. Safety
Prescriptions are mailed in safe unmarked packages. Eco-friendly packing materials keep your drugs at the right temperature for 60+ hours.



ALASKANS HAVE REASONS TO CELEBRATE!

In March, Alaska cleared a huge benchmark becoming the first state in the nation to make COVID-19 vaccinations available to anyone over the age of 16 who lives or works here.

Additionally, just as Alaska Gov. Mike Dunleavy dropped eligibility requirements for the vaccinations, thousands of doses of a new, single-dose COVID-19 vaccine developed by Johnson & Johnson arrived. These vaccines can be stored (and transported) in a standard refrigerator and only require one dose, offering Alaskans more flexibility and convenience.

Adding this third vaccine to the two-dose Moderna and Pfizer vaccines means that Alaska leads the country in vaccinations. All three shots have proven to be effective at preventing severe illness, hospitalization and death due to COVID-19. While the single dose option may sound more appealing to many, leading state health experts and the CDC recommend that Alaskans should get the first of the three vaccines available to them, whichever it may be.

Alaska's groundbreaking progress comes as other states are also working to vaccinate a wider portion of the most vulnerable residents, such as front-line workers, seniors and people with underlying health conditions.

The end of social distancing? Not so fast.

While the vaccines authorized by the FDA for COVID-19 are safe and proven to be highly effective, they have been tested only for protecting those receiving the vaccine from getting seriously sick. It remains unknown whether they prevent vaccine recipients from getting infected with the virus and passing it on.

If you have gotten the vaccine, you are much less likely to get very ill or require hospitalization, but you may still be able to carry the virus and pass it on to others. However, the CDC recently released guidance stating those who are fully vaccinated may congregate with others who have completed their vaccinations in private setting without socially distancing or wearing masks. Even if it has been two weeks since your final COVID-19 vaccination, you should still take steps to protect yourself and others in many situations by wearing your mask, staying six feet apart and avoiding crowds whenever possible.

You are considered fully vaccinated two weeks after your second dose of the Pfizer or Moderna vaccines, or two weeks after your dose of the Johnson & Johnson vaccine.



STAY IN-NETWORK WHEN TRAVELING

We hope you never need medical attention when you are on the road for vacation or traveling on a business trip. But, when you are traveling and require medical attention, remember that you can find options for in-network providers so that your expenses don't pile up.

Through our partnership with Aetna, PEHT members can search for in-network options in an online directory found at aetna.com/asa. You will find a list of in-network providers who can meet your medical-care needs when you are out of town.





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Public Education
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KAMMERER**