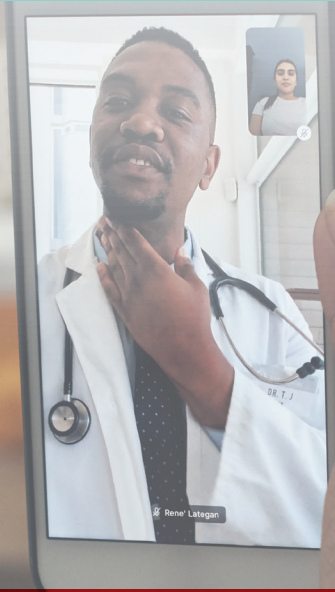


SMART LIVING



A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



WHEN YOU NEED A DOCTOR, CALL ONE ANYTIME, ANYWHERE

Skip the trip to the waiting room. With Teladoc, you can talk with a doctor within an hour by phone or app from wherever you are.

KNOW YOUR CARE OPTIONS



Teladoc

For non-emergency conditions like the flu, allergies, infections and much more. Our doctors can also prescribe medicine, if needed.



General practitioner

For annual exams and ongoing medical conditions needing regular monitoring.



Urgent care/ER

For severe conditions like chest pain, sprains, cuts, burns, or broken bones.

FEEL BETTER WHEN YOU NEED TO WITH TELADOC. VISIT TELADOC.COM, CALL (800) 835-2362 OR DOWNLOAD THE APP.



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!

GO365 ACTIVITY OPTIONS:

- Health assessment
- Daily fitness (earn up to 50 Points daily)
 - At home workouts – just take a picture! (10 Points)
 - Fitness devices or apps
- Challenges (Up to 200 Points per month)
- Weekly logs – App (10 Points per week)
- Sleep diary – App (25 Points per week)
- Fitness habits – App (25 Points per month)
- Daily health quiz – App (2 Points daily)
- Virtual 5K (250 Points)
- Online first aid/CPR certification (150 Points)
- Recommended activities (400-1200 Points)
 - Courses
 - Campaigns
 - Calculators
- Health coaching

Now available! Biometric screening at home kits! (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 [participant.solutionsforyourwellness.com/product/peht/](https://www.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.

Reminder that completing the biometric screening can earn you up to 4,000 Go365 Points!

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

LOG A VERIFIED WORKOUT – IT'S AS EASY AS WALKING 1,000 STEPS!

Want an easy way to rack up Points in Go365®? Log a verified workout. Whether you walk around your neighborhood, dance, bike or rake leaves, members can track their steps, heart rate, calories burned and more!

- Earn up to 50 Points in fitness each day.
- Earn 500 Points the first time you log a workout in Go365.
- Earn 50 bonus Points when you earn more than 50 workout Points in a week and an additional 50 when you earn more than 100 workout Points in a week (week is defined as Sunday through Saturday).

Plus, logging a workout can get you out of Blue Status. Just make sure you've connected a Go365-compatible device, linked your account to a participating fitness facility or digital connection or submitted photo proof. For helpful resources, visit our YouTube page at [youtube.com/Go365Now](https://www.youtube.com/Go365Now) and search for these videos:

- How to choose the right fitness device for you
- How to log a verified workout

WHAT KIND OF REWARDS CAN I EARN?

The Go365 Mall has lots of options!

- E-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!



OPEN ENROLLMENT HAS ARRIVED!

OPEN ENROLLMENT RUNS FROM MAY 9 - JUNE 17, 2022.

If you are enrolled and want to change the plan selection offered by your Association/Employer, you should receive an invitation for open enrollment in early May. You will need to complete the online enrollment (or a paper enrollment form) and submit it no later than June 17, 2022.

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 (e.g., 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 17, 2022.

If you are currently enrolled and want to waive coverage, you must submit your waiver through the online portal, or submit a paper form to the Trust office, no later than June 17, 2022. 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

- Your BridgeHealth Surgery Benefit and Sword Health Virtual Physical Therapy Benefit are now both known as BridgeHealth Surgery Care. You still receive the same quality care, and the benefits remain the same (no cost share to participants under the Traditional Plans, and no coinsurance for HDHP Plan participants).
- There is no longer a separate deductible applied to inpatient hospital stays.
- There is no longer a separate Emergency Room deductible.

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.

ID CARD CHANGES

All members will receive a new card this year.

Your Group and Member ID numbers.

Information for your providers on submitting claims and contacting customer service.

Member www.pehtak.com 907.274.7526 Group #: 00350 Employee: JOHN SAMPLE ID Number: 000000001 Healthcare Provider: This card in no way guarantees benefits.	Medical and Dental Network To Find a Participating Provider: Aetna Signature Administrators® PPO aetna.com/asa Aetna Dental® Administrators For questions regarding your patient's plan, please call (866) 462-9051 Aetna participating doctors, dentists and hospitals are independent providers and are neither agents nor employees of Aetna
Provider Contact Information/Claims Submission Submit claims electronically with payer ID #81039 at ebms.com/services/providers Mail: EBMS P.O. Box 21367 Billings, MT 59104 For questions regarding your patient's plan, please call (866) 462-9051 	Member Applicable Ded./OOP Amounts Plan A Deductible: \$100 Ind / \$300 Fam In Network Coinsurance Max: \$1,000 Ind / 3,000 Fam Out of Network Coinsurance Max: Unlimited Rx Out of Pocket Max: \$2,500 Ind / \$5,000 Fam

Information regarding your provider network.

NEW! Information regarding your Medical Benefit Plan.

VSP information for your VSP providers.

Information for your pharmacy providers.

Information on how you can access Teladoc services.

Vision Plan Information Vision Service Plan PO Box 385018 Birmingham, AL 35238-5018 VSP Customer Service: (800) 877-7195 www.vsp.com 	Member Contact Information Claims and Benefit Information: Online: Log in to miHealth manager at miBenefits.ebms.com On the phone: For knowledgeable, friendly service call (866) 247-1443
Pharmacy Plan Rx BIN: 005947 Rx PCN: CLAIMCR Rx GRP: NEAAKHP For Pharmacy Plan Questions: (855) 395-2022 www.optumrx.com/mycatamaranrx	SupportLinc MAP: (888) 881-5462 Please contact prior to all mental health & substance abuse claims
24/7 Physician Consultations Teladoc: (800) 835-2362 MyDConsult.com Teladoc.com/mobile (phone app)	Pre-Notification CareLink Pre-Notification: (866) 894-1505 Hospital Pre-Notification: CareLink must be notified of all hospital admissions. Non-emergent Travel Pre-Notification is MANDATORY Please contact the PEHT office or visit www.pehtak.com .

Information on how you can access customer service and your Member Assistance Program.

Information on how to notify the plan of your planned care – check your benefit booklet for when this is required.

TOP 5 MYTHS OF HEART HEALTH

Heart disease is common, but it is not inevitable. There are lifestyle changes that we can all implement to reduce the risk of developing cardiovascular problems, whatever our age.

But did you know that globally, heart health is the number one cause of death. It is responsible for nearly 20 million deaths each year. According to the Centers for Disease Control and Prevention (CDC), in the United States, one person dies every 36 seconds from cardiovascular disease and accounts for 1 in 4 deaths nationally.

Check out these five commonly held but mistaken beliefs. Replacing these myths with truths will give you the information you need so you and your doctor can plan the best path to a healthy heart.

1. Heart disease only affects men

Heart disease is the leading cause of death in both men and women. It is a common misconception that only men are affected by heart disease. It is true that men tend to develop cardiovascular disease at an earlier age than women and have a greater risk of coronary heart disease. However, women have a higher risk of stroke.

2. Cardiac arrest and heart attack are the same

Heart attacks and cardiac arrests are actually quite different. A heart attack is a circulation problem. It occurs when the coronary artery, which carries oxygenated blood to the muscles of the heart, becomes blocked.

A cardiac arrest is an “electrical problem,” where the heart stops pumping blood around the body effectively. Cardiac arrests are often caused by a heart attack and both are serious medical emergencies.

3. Heart disease runs in my family, so there is nothing I can really do about it

If close family members have experienced heart disease, it could certainly mean that you have an increased risk, however, there are a number of ways to reduce the risk, even for people with a genetic susceptibility, such as:

- Eating a healthful diet
- Managing blood pressure
- Exercising regularly

It is also worth noting that if heart disease runs in the family, it may not be a sign of genetic susceptibility. Families tend to share lifestyle factors, such as diet and exercise habits, both of which can impact the risk of heart disease.

4. I don't need to have my cholesterol checked until I'm middle-aged

Actually, the American Heart Association recommends that people should start getting their cholesterol every 5 years starting at age 20. It's a good idea to start having a cholesterol test even earlier if your family has a history of heart disease. Children in these families can have high cholesterol levels, putting them at increased risk for developing heart disease as adults.

5. I am not super overweight or obese, so I don't need to watch what I eat or be concerned about my cholesterol

Regardless of your body weight, what you eat makes a big difference for your health and high cholesterol doesn't discriminate. To stay healthy and prevent heart disease, you want to eat a diet that emphasizes fruits and vegetables, whole grains and good sources of protein, such as nuts and legumes, eggs and poultry.

Additionally, cold-water fish, such as salmon, mackerel and herring are packed with Omega-3 fatty acids, which can lower blood fats. Try to limit saturated fat, trans fat, sodium, red meat, sweets and sugary beverages.

THE TAKE-AWAY

Relying on false assumptions can be dangerous to your heart. Cardiovascular disease kills more Americans each year than any other disease. But you can boost your heart smarts by separating fact from fiction. And remember, though heart disease is common, it is not inevitable. There are lifestyle changes that we can all implement to reduce the risk of developing cardiovascular problems, whatever our age.

YOU'VE GOT THIS

Your online provider directory makes healthy simpler

Finding a doctor or other health care professional is an important part of staying healthy. Our 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 our online directory, simply go to 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 that can include: participation information*, other office locations, whether they're accepting new patients, maps, driving directions and more.

ADDITIONAL FEATURES

You'll be able to find specialty care, too. Like a list of transplant facilities or pediatric congenital heart surgery facilities that are part of our 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).

Aetna Signature Administrators®

**The Plan does not consider the Alaska Native Medical Center or its providers, Alaska Regional Hospital or its providers or the Sutter Health Network facilities and providers a Preferred Provider. 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, obstetrics and gynecology, orthopedics, otolaryngology, plastic surgery, urology and vascular surgery.*

Aetna Signature Administrators is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna). Information is believed to be accurate as of the production date; however, it is subject to change. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services.

PROVIDENCE

WHAT SERVICES ARE AVAILABLE THROUGH THE EXPRESSCARE CLINICS?

ExpressCare providers treat common conditions and offer convenient exams and lab tests. All exams are conducted in private rooms. If it turns out you need more than what is available at an ExpressCare clinic, Providence Alaska has a network of providers, clinics and hospitals to help you feel better.

Providence ExpressCare accepts patients 18 months of age and older.

ExpressCare Common Conditions

- Cold, flu and allergies
- Cough, congestion and asthma
- Ear, nose and throat issues
- Eye irritations
- Urinary tract infections
- Skin conditions
- Sprains and strains
- Cuts and scrapes
- Stitches

ExpressCare Screenings and Tests

- Strep test
- Mono test
- Urinalysis
- Pregnancy test
- Sports and school physicals
- Flu test

ExpressCare Locations

- **Huffman:** 1389 Huffman Park Drive, Suite 110, Anchorage
- **Midtown Mall:** 2900 Seward Hwy., Suite D, Anchorage
- **Tikahnu:** 1118 N. Muldoon Road, Anchorage
- **Eagle River:** 17101 Snowmobile Lane, Suite 114
- **Wasilla:** 1861 E. Parks Hwy.

Providence Alaska opens new Midtown primary care, urgent care clinics

Providence Medical Group has opened a new primary care clinic in Midtown Anchorage to better serve the community's health care needs. The clinic is co-located with Providence's first urgent care clinic in Alaska and a rehabilitative therapy gym.

The clinics offer same-day, high-quality care to patients of all ages. Primary care appointments are available 7 a.m.-6 p.m., Monday-Friday, and 8 a.m.-4:30 p.m. on Saturdays, and urgent care appointments are available 7 a.m.-7 p.m., Monday-Saturday.

The Providence Midtown clinics are located at 1200 W. Northern Lights Blvd. in the space previously occupied by REI.

Visit blog.providence.org/regional-blog-news/providence-alaska-opens-new-midtown-primary-care-urgent-care-clinics to learn about services offered at both clinics and how to schedule an appointment.

ExpressCare Virtual: Patients can receive care without leaving the comfort of their home or office. ExpressCare Virtual provides online appointments with a provider via computer or mobile device with most insurance accepted. Providers can diagnose and treat minor medical concerns, and prescribe medication or lab work, as needed. For mobile use, download the Providence Health Connect app.

If a higher level of care or follow-up is needed, ExpressCare clinicians can help patients navigate to primary care based on patient convenience. If patients are unable to be treated during a visit to an ExpressCare location and must be referred elsewhere, they are not charged for their visit.

For more information and the full list of clinic locations, visit providenceexpresscare.org. For more information about ExpressCare Virtual, including conditions we treat, visit virtual.providence.org/.

SPECIALTY PHARMACY NETWORK CHANGE JULY 1, 2022

The Public Education Health Trust (PEHT) plan regularly reviews its pharmacy programs for effectiveness and value including evaluating ways to improve the member experience. We would like to share a change in the plan's specialty pharmacy network.

WHAT IS CHANGING?

Starting July 1, 2022, Optum® Specialty Pharmacy will be the exclusive specialty pharmacy for PEHT.

WHO IS OPTUM SPECIALTY PHARMACY?

Optum Specialty Pharmacy does more than just fill prescriptions for specialty medications. They give resources and one-on-one support such as:

- Virtual visits let you connect face-to-face with our care team. You can even ask for a real-time video chat with an expert in your condition
- Pharmacists answer questions about your specialty medication 24/7
- A clinical care team to help you understand your specialty medication
- Nurses available to discuss infusion services
- Access to supplies you may need to take your medication at no extra cost
- Refill reminders

HOW WILL IMPACTED MEMBERS BE NOTIFIED OF THIS CHANGE?

If you currently fill specialty medications at a different specialty pharmacy, you will be sent a letter prior to the July 1, 2022 effective date. The letter will explain how to start the transfer process.

READY TO GET STARTED?

Please call (855) 427-4682 to start using Optum Specialty Pharmacy. You can also visit specialty.optumrx.com.

LET OPTUMRX® BRING YOUR MEDICATIONS TO YOU

1. **Easy** Get three-month supplies of your maintenance medications
2. **Convenient** Get medications delivered to your door with free standard shipping
3. **24/7 support** Speak to a pharmacist at any time
4. **Simple** Find lower-cost options with the easy-to-use drug pricing tool on optumrx.com

Ready for home delivery? Start today!

Go to optumrx.com or use the OptumRx app to sign up, track orders, price your meds and more.



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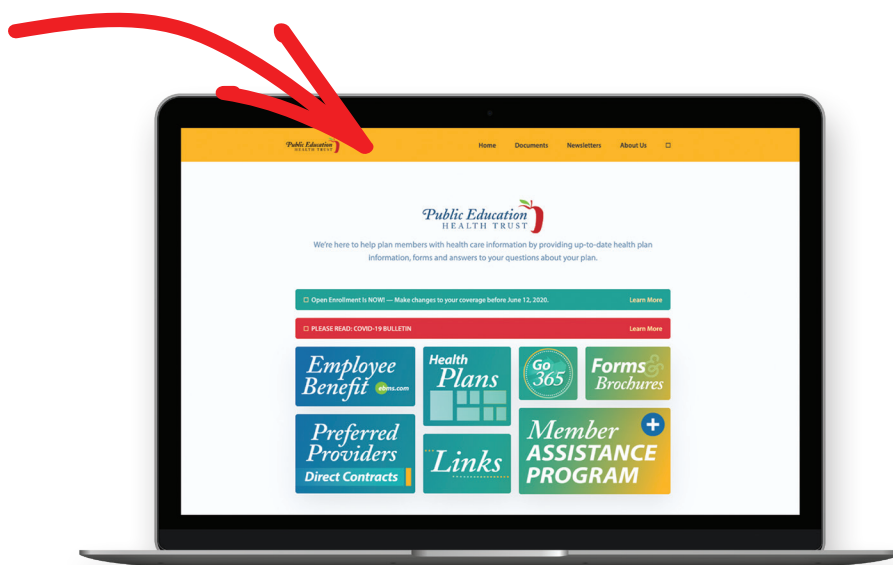


WANT TO WIN \$50?

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**.)

 Like us on Facebook
Public Education Health Trust

 Follow us on Twitter
@PEHTAK



MARCH/APRIL WINNER:
**TERESA
RICHARDSON**