

# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



Public Education  
HEALTH TRUST

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## SIMPLIFY THE PRESCRIPTION PROCESS WITH PRECHECK MYSCRIPT

An empowered consumer has access to all of the information needed to make an informed decision. But the member experience—like what drugs are covered and what they will pay—depends on a few variables: their benefit plan, their pharmacy network and any discounts their plan has set up with the pharmacy.

These variables are often hidden to both doctors and patients. Doctors may not know if a drug is covered or if it may need special permissions. Also, members may not know if the prescription will be accepted when they get to the pharmacy or how much it will cost.

PreCheck MyScript from OptumRx removes the unknown from the process. PreCheck MyScript shows

covered medications and any lower cost options, and calculates how much the patient will pay.

The technology is embedded within the doctor's existing health records, so it works with their normal workflow. It also includes a trial claims function to help users make decisions in real time.

OptumRx has completed a series of studies designed to measure how PreCheck MyScript is able to improve the prescribing process and lower costs for members, doctors and pharmacies.



## OUTCOMES HIGHLIGHTS

Members	✓	\$135 savings per Rx fill
	✓	Up to 4% improved medication adherence for three chronic conditions: (diabetes, statins, hypertension) <sup>3</sup>
Clients	✓	\$415 savings per prescription filled <sup>2</sup>
Physicians	✓	Up to 50 minutes and \$41 saved per prescription per patient by avoiding prior authorization <sup>1</sup>
Pharmacies	✓	14% lower administrative cost per claim <sup>2</sup>

<sup>1</sup> Third party analysis of OptumRx claims data. September 2018 – August 2019 based on 4.6 million members, >180,000 providers, and 28.2 million transactions using PreCheck MyScript.

<sup>2</sup> Third-party analysis of OptumRx claims data. July 2017 – November 2018 based on 2.6 million members, >110,000 providers, and 13.3 million transactions using PreCheck MyScript.

<sup>3</sup> OptumRx data. Measurement of PreCheck MyScript impacted scripts within the diabetes and hypertension therapeutic classes. Savings represents a pre/post methodology. Pre period is October 2016 – September 2016



## PARTICIPATE IN GO365 TO EARN GREAT REWARDS!

**Making healthier choices is more fun with Go365!**

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 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 for you.

### WHAT KIND OF REWARDS CAN I EARN?

The Go365 Mall has lots of options!

- Gift cards from Amazon, Target, Lowe's, Best Buy, and Macy's
- Amazon Prime or Audible membership
- Movie tickets
- Fitness devices and equipment
- 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.

### SO WHERE DO I START?

If you have not done so already, make sure you register in the Go365 program by logging into the Go365 mobile app or website. You should have received your Go365 card in the mail, and you can use the member number on the card to register an account at [www.Go365.com](http://www.Go365.com) or on the Go365 app after downloading it from the Apple Store or Google Play. Once you have created an account, you can begin your journey to improve your health and earn exciting rewards along the way.

### DON'T FORGET TO GET TO BRONZE AND THEN SILVER STATUS!

You can reach bronze status by completing your health assessment, logging a verified workout or completing your biometric screening. Reach silver Status by continuing to engage in the Go365 program with activities such as dental or vision exams, flu shots, fitness habits, athletic events and much, much more!

**Questions?** For more information check out the Go365 community page at <https://community.go365.com> or call the Go365 customer-service team at (800) 708-1105.

## PROVIDING SUPPORT FOR A HEALTHY AND HAPPY PREGNANCY

**Maternity Management is a free program offered by CareLink to help ensure you have a healthy pregnancy and a healthy newborn.**

During this exciting time, there are many things to think about, including the health of you and your baby. Through the Maternity Management program, you can work with a registered nurse who will help you understand the phases of your pregnancy and any issues, if they occur. The Maternity Management program is available at no cost to you as part of your health benefits.

The Maternity Management program's nurses are specialists in maternity and neonatal fields and have extensive hands-on experience caring for pregnant women. Your maternity nurse specialist will contact you every three-to-six weeks to see how you and your baby are progressing. This usually only takes 10 minutes, because we know that you are busy preparing for your new arrival.

Your maternity nurse specialist is here to support you in some of the following ways:

- Provides advice based on your health history and addresses any special needs or health concerns you may have
- Offers advice on safe diet and exercise routines
- Identifies potential pregnancy-risk factors and how to minimize them
- Works with your doctor to coordinate care if any issues occur
- Guides you to available community resources for additional information

### FREE RESOURCES FOR YOU AND YOUR BABY

In addition to one-to-one support from your maternity nurse specialist, you will receive – at no cost to you – an educational book with detailed information on pregnancy and caring for an infant. Your nurse may also send additional educational information as needed throughout your pregnancy.

Your maternity nurse specialist can also help you access the StrongMoms® online program for more educational information and a free baby care item that comes with samples and offers.

Maternity Management provides quality care during your pregnancy to help you have a happy and healthy baby.

To start speaking with a maternity nurse specialist today, call (866) 894-1505.

## AIR-AMBULANCE SERVICE AVAILABLE TO ASSIST MEMBERS IN NEED

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.

## WALTERS NAMED PEHT CHAIRMAN



Tim Walters is a teacher in the Mat-Su School District. Tim's interest in healthcare and commitment to the Public Health Education Trust stems from his work in his local association.

Over the years he's seen the importance of healthcare grow to be one of the most important concerns for educators and their families. He's committed to serving

the Trust and offering the best healthcare coverage at the lowest cost. Tim has served as a trustee since 2013.

## KLAAMEYER JOINS PEHT BOARD

Tom Klaameyer became an Alaskan resident in 1989, stationed at Elmendorf Air Force Base. After separating from the Air Force, Tom stayed in the state to raise a family, attend the University of Alaska Anchorage and enjoy the Alaskan outdoors.



For the last 24 years, Tom has served as a dedicated high school social studies teacher in the Anchorage School District, teaching at both Bartlett and Eagle River high schools. Tom believes that, despite the challenges Alaska's public education system continues to face, our students provide hope for Alaska's future. Tom has been a member of the Trust since its inception and will continue to be a tireless advocate for all members as a trustee.

## WE'RE LISTENING! THANK YOU FOR YOUR FEEDBACK!

In this time when we're facing a global pandemic, public education professionals like you are navigating significant changes in how you do your job. At Public Education Health Trust (PEHT), we hope to be the least of the challenges you face as we continue to assure your access to quality care options at low prices. We appreciate all you do to support our state and our young people as they grow and learn in a new environment.

PEHT appreciates your participation in our recent member survey conducted earlier this year. Our priorities are listening to what you say and acting to maintain your trust, and we welcome your feedback on where we're doing well and where we have opportunities to improve.

Our bylaws require that we conduct membership surveys to gauge how we're serving members through benefits and procedures and ask how we can improve our services. This year, we included some new questions about communication, asking how you'd like to receive messages and important updates from PEHT.

We learned some important insights from your responses. A few highlights are below:

81% of members told us that PEHT is easy to communicate with and answers questions thoroughly. Our staff takes our responsibility to serve our members seriously and we'll continue to prioritize customer service.

Members told us that we could do a better job of communicating who we are as an organization. We hear you! PEHT is an independent, nonprofit trust governed by seven trustees who represent our membership.

Around 50% of members use the miBenefits Portal and PEHT's website when looking for information about coverage and benefits. We recently redesigned our website and will continue to update the site, and miBenefits Portal, with relevant information and updates.

We also learned that members are strongly opposed to legislative action that would jeopardize your privacy and PEHT. In fact, the survey findings have already helped PEHT kill ill-conceived legislation that would have mandated that PEHT share your data and claims cost-sharing information. Your voice matters.

PEHT will continue to provide local **choice** and local **control** while ensuring **low-cost** health insurance options for our members. As we navigate the way forward in the midst of COVID-19, we remain committed to providing excellent service, listening to your feedback and learning how we can better serve you.

PEHT knows the work you put into all aspects of Alaska's education system. We want you to know we appreciate it.



# PRE-APPROVAL REQUIRED FOR NON-EMERGENCY TRAVEL

Benefits for non-emergency medical travel may be payable for transportation by commercial airline (coach class only, with at least a 14-day advanced fare) or ferry from the place where the illness or injury occurred to the nearest area where necessary professional treatment can be obtained, 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: <http://www.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 in any one calendar year will be limited to two round trips.

Transportation benefits 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. Transportation benefits for any foreign healthcare will not be covered, including Canadian healthcare.

Transportation benefits will not be given for diagnostic or second-opinion diagnosis unless diagnostic services cannot be provided locally and are deemed medically necessary by the plan administrator. 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 patient who is a covered person, 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. All information must be sent to EBMS.

## PREVENTIVE CARE CAN PAY OFF

During this pandemic, it is even more important to maintain a focus on regular preventive care that can help you stay healthy. Eat a balanced diet. Exercise. Don't smoke or use tobacco. Drink in moderation.

Preventive care for adults also includes routine exams, immunizations and screenings. They help individuals avoid potentially serious health conditions and/or obtain early diagnosis and treatment.

Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome. Here are some reminders:

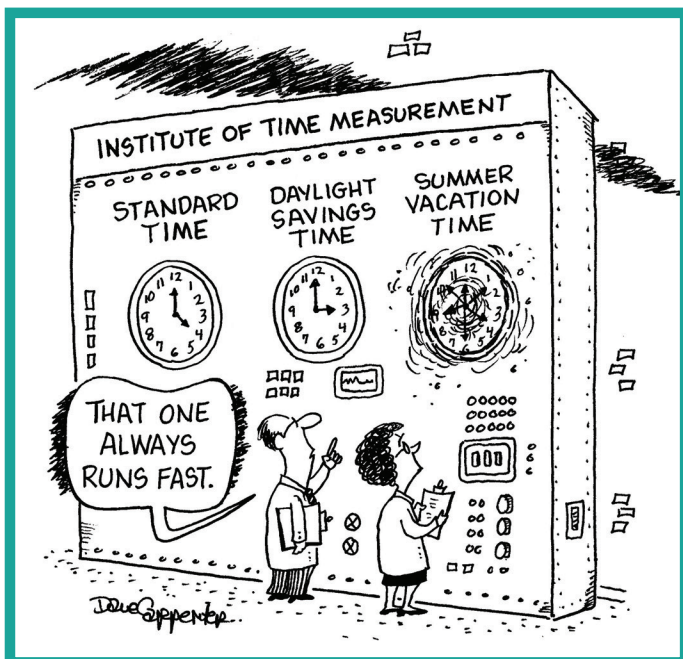
### For all adults

- Vaccine needs such flu shot, HPV, pneumonia, Tdap, shingles
- Screenings for blood pressure, blood sugar, body mass index, cholesterol, colon cancer, depression, hepatitis B, hepatitis C, HIV, tobacco and alcohol use, tuberculosis

### Additionally for women

- Screenings for breast cancer, cervical cancer (pap smear), STDs, osteoporosis

These are just a few of the issues to talk about with your doctor. Staying healthy should be a priority for all of us. Periodic checkups are essential to minimizing health problems.



# BOARD OF TRUSTEES ELECTIONS

Public Education Health Trust is asking for your nominations for Board of Trustees representatives to serve in Seat C from Jan.1, 2021 to Dec. 31, 2023. This is an excellent opportunity to participate on a progressive board that represents the collective interests of the 17,000 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, must be either an active member of NEA Alaska and an active member of the local association if one exists, or must be an active employee of NEA-Alaska.

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 and affiliation.

**Please send biographies no later than Sept. 15, 2020, to the following:**

**Public Education Health Trust**

**Attention: Rhonda Prowell-Kitter, Chief Financial Officer**

**4003 Iowa Drive**

**Anchorage, AK 99517**

Or, email the biography directly to [rpk@pehtak.com](mailto:rpk@pehtak.com).

**NOMINATIONS FOR  
TRUSTEE ELECTIONS ARE  
OPEN AUGUST 1 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.**

## TIPS TO STAY POSITIVE DURING THESE UNCERTAIN TIMES

By now, everyone is familiar with the recommendations to wash our hands frequently (singing Happy Birthday twice!) and practice social distancing. That and much more is life with the novel coronavirus.

Healthcare authorities also stress the importance of staying positive as you stay safe. The pandemic can weigh heavy on the mind, causing mental health issues for many people as they and their loved ones deal with the fear and uncertainty brought on by COVID-19.

It is normal to feel stress and anxiety during this time. You may have difficulty concentrating as your mind is distracted by worries about your health and health of those close to you.

You may notice changes in your sleep patterns or your eating or drinking habits. You may become more irritable. Some may increase their use of tobacco or drugs.

Remember this: It is understandable that you may feel stress. To help keep the blues at bay, here are some actions that you might take:

- Get your exercise. Walk. Run. Bike. Hike. Enjoy the warm sunshine or a stroll through refreshing rain shower.
- Can't get out? Do some stretches at your desk or on the living room floor. Do some pushups or planks for just a few minutes. Stairs vs. elevator? Take the stairs! Find ways to keep moving.
- Get lots of sleep. Sneak in some naps. Try to keep a consistent schedule for bedtime.

- Stay up on the news, but don't overdue it. The depressing drumbeat of death and illness may sap your energy and weigh heavy on you.
- Seek out local sources of news you trust for community updates.
- This is not time for junk food! Eat healthy meals and drink plenty of water.
- Intentionally keep positive thoughts in mind. Look for the good in each day.
- Stay in touch with family members and talk frequently.
- Reach out to current and old friends near and far to say you're thinking of them.
- Don't turn to alcohol or drugs to cope with the stress you are feeling.
- If you are working from home, adopt an "office routine," keep a schedule and dress the part.

When you are feeling helpless, reach out for help. Call a family member or your health care provider and seek guidance. Or call 911 or the federal Disaster Distress Helpline at 800-985-5990. There is help available.



P.O. Box 21367 • Billings, MT 59104-1367

This publication was created and sent to you  
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