



LEGISLATORS OK HEALTHCARE PRICE TRANSPARENCY BILL

A BILL PASSED ON THE LAST DAY OF THE ALASKA LEGISLATURE REQUIRES HEALTHCARE PROVIDERS AND FACILITIES TO POST HEALTHCARE PRICE INFORMATION ONLINE AND IN THEIR PUBLIC RECEPTION AREAS.

These providers will also be required to provide that healthcare information to the state, which will post it on the Alaska Department of Health and Social Services' website.

The bill, passed on May 12 as a compromise between members of the state House and Senate, also gives patients the option of receiving a good-faith estimate of nonemergency procedures and services upon request from healthcare insurers, providers, or facilities. The good-faith estimate provision was modeled on an ordinance adopted in Anchorage in 2017.

"Health care is one of the only services where consumers have almost no idea how much it will cost before committing to payment," said Rep. Ivy Spohnholz, an original sponsor of the measure. "In Alaska, we have some of the highest healthcare costs in the nation. I hope this measure can give consumers the price information they need to be informed consumers. This won't solve all of our healthcare cost challenges in Alaska, but it's a good first step," Spohnholz said.

The bill was amended to require healthcare providers and facilities to post the undiscounted price with the procedure code of the 10 healthcare services most commonly performed from each of the six sections of Category I, Current Procedural Terminology, adopted by the American Medical Association.

The bill was to be sent to Alaska Governor Bill Walker for his signature.



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, and earn 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 to offer.

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
- 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.

What other incentives do I have for getting to higher status levels?

In addition to the Bonus Bucks you receive for getting to silver, gold, and platinum status levels, reaching these levels allows you to win larger prizes in the jackpot giveaway!

What is the jackpot giveaway?

Just by being a Go365 member you are automatically entered into the Go365 jackpot giveaway!

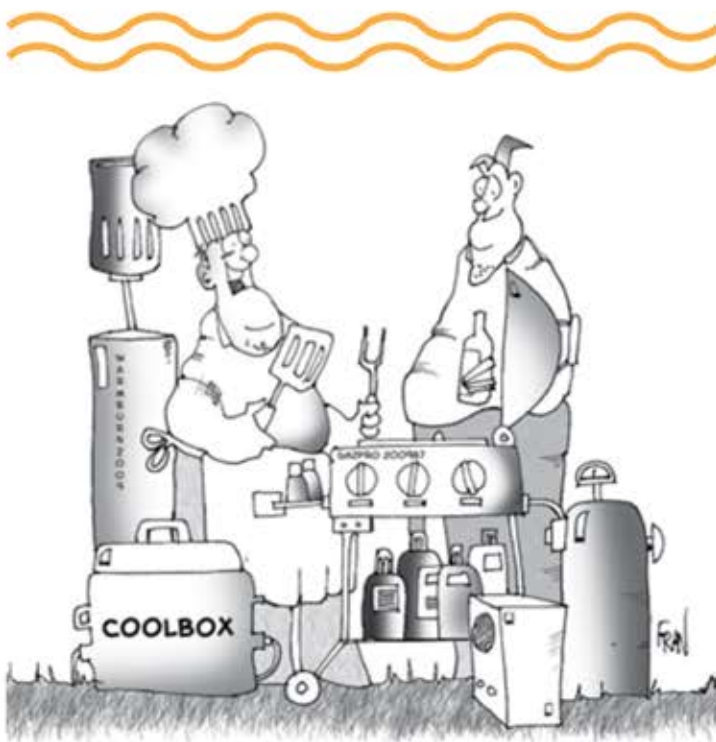
Each month, thousands of Go365 members across the country are drawn at random to win Go365 jackpot prizes. The higher status level you achieve, the larger the prize! For instance, being at bronze status when you win the jackpot will get you a prize, such as a movie ticket. If you are at platinum status, you could win something much larger, such as a Trek Bicycle! The jackpot gives you even more incentive on top of the Go365 Mall to continue working to increase your status level!

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 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.



I LOVE THE WAY BARBECUES TAKE YOU BACK TO NATURE

COME BACK TO SCHOOL STEPPING!

HAVE FUN WITH COWORKERS BY STARTING THE SCHOOL YEAR OFF WITH A STEP CHALLENGE!



Challenge Name: Step Back to School

Registration Dates: 8/1/18 – 8/31/18

Challenge Dates: 9/1/18 – 9/30/18

Sync Your Device By: 10/15/18

Daily Step Maximum: 40,000

Team Size: 2 - 50



In addition to the points you automatically get for participating in this PEHT walking challenge, we will also be providing bonus points to team winners!

1st place 1,000 bonus bucks per person

2nd place 500 bonus bucks per person

3rd place 250 bonus bucks per person

We will also give you bonus points for continued participation in the 'High Step into Summer' PEHT walking challenge:

Anyone who averages over 10,000 steps will get 1,000 bonus bucks

Anyone who averages over 7,500 steps will get 750 bonus bucks

Anyone who averages over 5,000 steps will get 500 bonus bucks

BONUS: In addition to the points you earn for joining and participating in a challenge, you will also be earning points for daily fitness! Remember you can earn up to 50 points a day for daily fitness by tracking steps, heart rate, or calories.

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.

WINNERS!!!

PEHT members were challenged to register for Go365 and obtain bronze status by 5/31. Each member was entered into a drawing for a fitness device. Here are the winners:

Theresa Moore
Anchorage Education Association

Candy Thurneau
Alaska Gateway School District

Andrew Johnson
Bristol Bay School District

Crystal Perkins
Classified Employee Association

Christopher Can Whye
Copper River School District

Hans Werner
Cardova School District

Joshua Andrews
Craig School District

Heather Stossmeyer
Delta Greely School District

Craig Kasemodel
Denali Borough School District

Gray Stigen
Haines School District

Eli Derenoff
Hoanah School District

Kara Lockheart
Juneau Education Association

Eva Wortman
Kashunamiut School Dist

Yodean Armour
Klawock School District

Charity Phillips Little
Matanuska SB School District

Agnes Bowers
Matanuska Sustina Ed Association

Tamara Monroe
NEA Alaska

Corryne Sharpolee
Nenana School District

Daniel Van Swearingen
Petersburg School District

Marie Ashton
Tanana School District

Johnathan Fitzpatrick
Southeast Island School District

William Schwan
Wrangell School District

Jorge Cordero
Juneau School District

Don't see your school district? Sign up!

The Step into Summer Walking Challenge is currently in progress. How is your team doing?

WRAPPED ALASKA DENALI STYLE & SPINACH SMOOTHIE

Recipe from Alaska's Denali Schijvens of Juneau, who at age 9 won the state's 2016 Healthy Lunchtime Challenge.

INGREDIENTS

FOR THE WHOLE-WHEAT CREPES:

- 1 1/4 cups low-fat milk
- 2 tablespoons unsalted melted butter
- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- Butter, oil, or nonstick cooking spray
- 3 eggs
- 1 dash sea salt

FOR THE BLUEBERRY SAUCE:

- 1 pound blueberries
- 1 dash sea salt
- 1/4 fresh lemon, juiced

FOR THE HALIBUT:

- 1 tablespoon butter
- 24 ounces halibut fillets (12 2-ounce fillets; you can substitute with cod)
- 1 tablespoon low-sodium soy sauce
- 1/2 lemon, juiced
- Sea salt

GARNISH:

- 3 tablespoons low-fat sour cream
- 6 lettuce leaves

FOR A SPINACH SMOOTHIE:

- 3/4 peeled banana
- 15 pieces diced fresh or frozen mango
- 6 pineapple chunks
- 5 peach slices
- 1/2 cup orange juice
- 3/4 cup low-fat plain yogurt
- 1 1/2 cups fresh spinach

DIRECTIONS

1. For the whole-wheat crepes: In a medium bowl, beat together milk, eggs, and butter. Add the flours and salt and whisk until smooth. In a nonstick pan over medium heat, melt a small amount of butter, oil, or nonstick cooking spray. Pour approximately 1/4 cup batter into pan. Cook for 1 to 2 minutes, gently flip over with a spatula and cook for 1 more minute. Transfer to plate and continue making the rest of the crepes.

2. For the blueberry sauce: In a small saucepan, warm the blueberries, covered, over medium heat until the berries are boiling. Remove the cover, reduce the heat to low, add sea salt to taste and lemon juice, and stir. Let blueberries slowly reduce until the rest of the meal is ready, stirring occasionally.

3. For the halibut: In a large nonstick pan, melt the butter over medium heat. Cook the halibut for 2 minutes, sprinkle with sea salt, soy sauce, and lemon juice, and cook for 4 more minutes, or until golden brown.

4. To assemble the crepes: Put a crepe on each plate, smear 1/2 tablespoon of low-fat sour cream on top, add lettuce, 2 halibut pieces, and top with a generous spoonful of blueberry sauce. Eat unwrapped, with a fork, or wrap up and eat with your hands.

5. For the smoothie: Combine all ingredients in a blender. Blend together until smooth.

Nutrition Facts

Amount per serving

Calories

404

Grams

Total Fat 12g

Saturated Fat 6g

Cholesterol 163 mg

Sodium 335 mg

Total Carbohydrate 46g

Dietary Fiber 5g

Total Sugars 23g

Added Sugars 0g

Protein 31g

Vitamin D 2 mcg

Calcium 188 mg

Iron 3 mg

Potassium 781 mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/wrapped-alaska-denali-style-and-spinach-smoothie>



BOARD OF TRUSTEES ELECTIONS

Public Education Health Trust is asking for your nominations for a Board of Trustee to serve in Seat B from **January 1, 2019 to December 31, 2021**. 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 of 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 Trustees meet 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 September 15, 2018 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.

**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.

MINDFULNESS 101 DEALING WITH STRESS

Stress is an unavoidable part of life. From time to time, everyone experiences increased levels of stress. However, if left unaddressed, stress can continue to build and affect your health and ability to cope with life.

This process can occur with chronic stress that builds gradually over time, or with acute stress, that suddenly overwhelms your ability to cope. Studies show that mindfulness can be an effective way to manage stress.

Mindfulness is the state of active, open attention to the present. It is achieved by purposefully focusing your attention to the unfolding of your experience in the present moment, with a gentle and open mind. When you're mindful, you are living fully in the present moment, instead of letting life pass you by.

The regular practice of mindfulness meditation has benefits for your physical health, as well as your emotional health. Exercises that help people achieve a state of mindfulness keep people from dwelling on negative thoughts and decrease anxiety over the future.

By providing a temporary break from stressful thoughts, mindfulness allows you to pause and gain a wider perspective before reacting automatically.

The Mindfulness Toolkit (<http://www.mindfulness.tools>), also available on the SupportLinc MAP website, has practical tools, including tipsheets and audio lessons, to help you incorporate mindfulness into your everyday life.

SUPPORT LINC
EMPLOYEE ASSISTANCE PROGRAMS

www.supportlincmap.com

Username: peht
Password: member

For more information, or to talk with a licensed counselor about your personal concerns, contact SupportLinc Member Assistance Program at 1-888-881-LINC (5462).



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.



MAY/JUNE QUIZ WINNER:
TABITHA SHERMAN

HOW MUCH DO YOU KNOW?
COMPLETE THE QUIZ AND WIN \$50!



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Like us on Facebook at **Public
Education Health Trust**

Follow us on Twitter and like us on Facebook to take a short quiz about this edition of **smart living** for your chance to be entered into a drawing for a \$50 Visa Gift Card!