

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



pehtak.com



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This publication was created and sent to you by EBMS on behalf of the Public Education Health Trust.

SMART LIVING March / April | 2025

Mobile Mammography Through Providence Alaska

Call 907-212-3151, Opt. 1, to schedule an appointment.

- **Cordova:** May 2 - 4
- **Glennallen:** May 9
- **Kenai Peninsula:** May 28 - 31
- **Valdez:** May 6 - 7, May 8 (Half-day)



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Questions about your health plan benefits? EBMS is here to help.

866-247-1443 | M - F: 6:00 a.m. - 6:00 p.m. AKST



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MARCH / APRIL 2025 ISSUE



Meet Your PEHT Board of Trustees

Each dedicated member brings a wealth of experience to the table.

- **Kathy Bell (Chair):** Kathy is a nurse at the Providence Hospital Pediatric Intensive Care Unit, a former school nurse and Director of Healthcare Services for the Anchorage School District. Term: 1/1/24 - 6/30/25*
- **Shelby Beck (Secretary):** Shelby has a background in emergency medical services and is a social studies and foreign language teacher for the Craig City School District. Term: 1/1/24 - 6/30/27*
- **Jessica Cook:** Jessica has 23+ years of experience as a middle school social studies teacher in the Anchorage School District. Term: 1/1/25 - 6/30/28*
- **Tom Klaameyer:** Tom is a high school social studies teacher with 27+ years of experience in the Anchorage School District. Term: 1/1/24 - 6/30/27*
- **Laura Mulgrew:** Laura is a K-12 special education teacher with 20+ years of experience in the Juneau School District. Term: 1/1/23 - 12/31/25
- **Dan Polta:** Dan is superintendent of the Denali Borough School District, with 30+ years of education experience. Term: 1/1/23 - 12/31/25
- **Monica Southworth:** Monica is a UniServ research specialist with NEA-Alaska, specializing in health insurance. Term: 1/1/25 - 6/30/28*

***Note:** In June 2023, the PEHT Board of Trustees began a three-year transition program to adjust seat terms from a calendar year to a fiscal year basis.



Health Plan Questions?

EBMS, your expert claims administrator, can help you find providers and answer benefits and billing questions. **Just call the member number on your Benefits ID card (866-247-1443).**

Save With Direct Contract Providers

In addition to your plan's preferred AETNA Signature providers, you have access to PEHT's growing list of direct contract providers that work well with your plan. Visit pehtak.com/preferred-providers for the most recent information.



Virtual Care From Teladoc

When you don't feel well, you want an easy way to get care. Teladoc gives you confidential phone or video access to board-certified medical professionals from anywhere you are.

- **24/7 non-emergency care.** Get help within an hour for health issues like cold/flu, allergies, eye/ear infections and rashes. Prescriptions are sent to your preferred pharmacy.
- **Primary care.** Schedule appointments with a designated provider of your choice for annual checkups and ongoing care. The provider can order lab work, referrals, prescriptions and vaccinations.
- **Mental health care.** From therapy and counseling to psychiatry and medication management, you can schedule consults for concerns such as anxiety, depression, marital issues, stress and more.

Get Care Now

- Scan the QR code or visit teladochealth.com.
- Call **800-835-2362**.
- Download the "Teladoc Health" app.

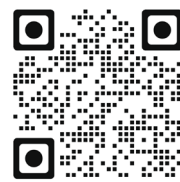


Key Health Terms to Know

Understanding a few key words you'll hear in open enrollment or a provider's office can make choosing and using care options easier.

- **Premium:** The amount you pay for your health insurance each month.
- **Deductible:** The amount you pay out-of-pocket for medical coverage before your health plan starts to pay.
- **Coinsurance:** The percentage you pay for the cost of covered medical services after you meet your deductible.
- **Copay:** The amount you pay for medical visits at the time of your visit.
- **Out-of-pocket maximum:** The most you'll pay for medical services in a year.

Call the member number on your Benefits ID card (866-247-1443) for benefits guidance.



Scan here or go to miBenefits.EBMS.com to see your deductibles and copayments.

Benefits Open Enrollment Coming Soon: May 5 - 30

Open enrollment is around the corner. This is your opportunity to make changes to your health plan. Whether you want to add or remove dependents or switch plans, all changes will take effect on **July 1, 2025**.

Keep an eye out for upcoming mailings from PEHT with important information and instructions on how to make changes.



Your Prescription Plan

Optum Rx - your pharmacy benefits manager - helps you get the medications you need, when you need them. Visit optumrx.com or use the "Optum Rx" app to manage your medications.

- **Need a non-specialty medication?** View a list of network pharmacies on the app or your Optum Rx online account. To save you time and money, **Optum Home Delivery** allows you to order up to a 90-day supply of some medications - and have them delivered straight to your door.
- **Need a specialty medication?** Specialty prescriptions must be filled through **Optum Specialty Pharmacy**. For more information, call **855-427-4682** or visit specialty.optumrx.com. Optum will contact your doctor and safely ship your medication wherever you need it.
- **Have prescription questions?** Talk with an Optum Rx pharmacist at **855-395-2022**, 24 hours a day, 7 days a week.



Looking for information on plan coverage for weight loss medications? Scan here or go to the **Helpful Information** section on miBenefits.EBMS.com.



It's Never Too Late to Get Started With Vitality

Earn Vitality Points and Bucks for health-related activities! Climb to a higher Vitality status as you accumulate points and unlock Bonus Bucks at each higher status. Vitality Bucks can be redeemed for gift cards or fitness devices.

Register or log in at powerofvitality.com.

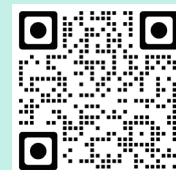
- **Join PEHT-sponsored challenges and reap the rewards.** Registration for the PEHT "Walking on Sunshine" step challenge opens on **May 1**. This is an individual challenge. Aim to capture a **minimum of 400,000 total steps** and **earn 350 bonus points**. Log in to Vitality for more challenge details.



Registration Dates: May 1 - 31

Challenge Dates: June 1 - July 31

- **Participate in activities on the go through the Vitality mobile app.** Make sure to turn on push notifications to stay informed of upcoming PEHT challenges and point-earning activities.



Scan here to download the free "Power of Vitality" app today. Or visit your app store.