

# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



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2020 ISSUE

## OPEN ENROLLMENT HAS ARRIVED!

**It is time for Open Enrollment! Every year, you have the opportunity to carefully review your benefits and make the changes you'd like to see for the coming plan year (July 1, 2020 - June 30, 2021).**

**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 form.**

### HOW TO ENROLL

Open Enrollment runs from **May 1-June 12, 2020.**

If you are enrolled and want to change the plan selection offered by your Association/Employer, you will need to complete an enrollment form and submit it no later than **June 12, 2020.**

If you are in the Anchorage Education Association, enrolled in the Public Education Health Trust and want to keep your current coverage, or if you are currently waived and want to remain waived from the Trust, you must complete a new enrollment form and submit it by **June 12, 2020.**

For all other districts, if you are enrolled in the Public Education Health Trust and want to keep your current coverage, or if you are currently waived and want to remain waived, you **DO NOT** have to complete a new enrollment form.

In completing your enrollment form, 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 learn your options.

If you are currently waived and want to enroll, you must submit your enrollment form along with required documents to the Trust no later than **June 12, 2020.**

If you are currently enrolled and want to waive coverage, you must submit your waiver form to the Trust office no later than **June 12, 2020.** 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.

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](https://miBenefits.ebms.com).



# YOU'VE GOT THIS! GET TO BRONZE!

Let Go365 help you take steps to becoming a healthier you this spring! Take these first steps and get to Bronze status! There are three ways to kick-start your journey and get to Bronze status in the Go365 program.

## GET STARTED BY TRACKING FITNESS IN GO365

There are a multitude of fitness options that you can take advantage of with Go365, and many will earn you easy points – fast. To take advantage of these point opportunities, you will need to connect some sort of fitness device or app. To learn how to connect a fitness device or app, visit: <http://apps.humana.com/marketing/documents.asp?file=3075527>.

If you've never connected a device before, you'll get 500 points for the first lifetime verified workout logged. You'll also earn 750 points for logging a verified workout in Go365 for the first time in a program year. That can start you off with 1,250 points!

Now that your device is linked with Go365, you can complete verified workouts to earn points. Depending on what your device or app tracks, you can receive one point for every 1,000 steps that you take, five points for every 15 minutes above 60 percent of your maximum heart rate, or five points per 100 calories you burn, if the burn rate exceeds 200 calories per hour (Go365 will automatically determine the highest value – that's what it will record in your points value).\*

**BONUS:** If you exceed 50 workout points in a week, Go365 will give you an additional 50 points that week. Or if you exceed 100 weekly workout points, you'll receive an additional 100 points!

If you have a gym membership, you can also check to see if you can earn points by connecting with that gym. Once you log in to your Go365 account, click "Quick Links" at the top of the screen and then "Participating fitness facilities." From there, you can search for participating gyms in your area and learn how they can help track and send points straight to Go365. You will earn 10 points for each daily visit once you are connected.\*

*\*You will be awarded for one workout across workout types per day – whichever workout you do in a day that will award you the most points*

## OTHER WAYS TO KICK-START YOUR PROGRAM AND GET TO BRONZE:

- Complete the Go365 Health Assessment on the dashboard page of the Go365 website ([www.go365.com](http://www.go365.com)) or the Go365 mobile app\*\*
- Complete a biometric screening with your primary-care physician. To find more information on completing this, log into your Go365 website page and click on 'Activities' -> 'Prevention' -> 'Biometric Screening.'

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

*\*\*Adult children are not eligible to earn points or bonus points for health assessment completion.*

## EMBRACE A PLAN FOR HEALTHY EATING

Many of our New Year resolutions (remember those?) involve health and fitness. Get to the gym. Get outside. Work out more often. Run, swim, bike, lift, dance and walk. Keep moving!

**They are excellent resolutions to keep! But they are only part of the equation. Living a healthy lifestyle is much more than regular exercise. Choosing a healthy eating plan built around a balanced diet is another huge key to good health.**

### WHAT ACTUALLY IS A HEALTHY EATING PLAN?

In its current Dietary Guidelines for Americans, the National Center for Chronic Disease Prevention and Health Promotion sets forth its version of a healthy eating plan:

- Place an emphasis on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Consume food that is low in saturated fats, trans fats, cholesterol, salt and added sugars
- Follow a diet that stays within your daily calorie needs

A healthy eating plan may include foods that you are not familiar with. If a new diet makes you aware of the foods you shouldn't have, try refocusing on all the new foods you can try.

**FRESH FRUIT:** Don't think just apples or bananas. All fresh, frozen, or canned fruits are great choices. Be sure to try some "exotic" fruits, too, like pineapples or mangos. Dried fruit is a great snack, too!

Remember, canned fruits may contain added sugars. Be sure and choose canned varieties of fruit packed in water or in their own juice.

**VEGETABLES:** Fresh, frozen or canned. You can't go wrong. You can panfry vegetables with a small amount of cooking spray. Frozen or canned vegetables are great for a tasty side dish – just microwave and serve. Look for canned vegetables that don't have added salt, butter, or cream sauces. Make it an adventure: Try a new vegetable each week.

**DAIRY PRODUCTS:** A glass of low-fat or fat-free milk is healthy. So are the many flavors of low-fat and fat-free yogurts that don't have added sugars.

**BAKE OR GRILLE:** For chicken or fish, why not try baking or grilling? It is healthier! Try a recipe that uses dry beans in place of higher-fat meats. Search the internet for recipes with fewer calories – you might be surprised to find you have a new favorite dish!

**COMFORT FOOD:** Can you still eat your favorite comfort food? Of course, the short answer is "yes" – if you don't eat them all the time. Have those treats once in a while, and balance that special delight with healthier foods.

The federal guidelines offer some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month.
- Eat smaller portions. If your favorite higher-calorie food is a cherry pie or thick brownie cake, cut and enjoy smaller pieces.
- Try a lighter versions of your treat. Use lower-calorie ingredients or prepare food differently. For example, if your favorite macaroni and cheese recipe calls for whole milk, butter, and full-fat cheese, try it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes.

Good luck in building a new eating plan that is full of good tastes and good health!

# GETTING THE BEST SURGICAL CARE

Employees facing surgery, no matter how simple or complex a procedure, want to know one thing: that they'll be in the best surgical hands.

PEHT wants that as well. That is why, in addition to our already strong healthcare benefits, we've made it a priority to offer you and your family access to the best surgical care through the BridgeHealth surgery program.\*

## BETTER AND SAFER WITH BRIDGEHEALTH.

BridgeHealth ensures you're in the best hands for surgery by connecting you to surgeons and surgical facilities with the highest quality scores in the nation – based on independent, third-party sources.

- **BridgeHealth surgical facilities**

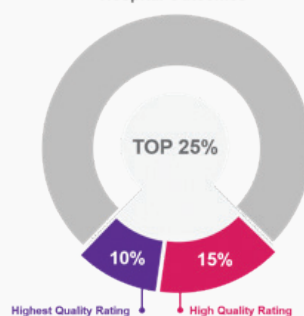
For inpatient surgeries, BridgeHealth requires hospitals to rank in the top 25% nationally for a surgical specialty (for example, orthopedic surgery or heart surgery) based on the CareChex® rating system — the most comprehensive third-party resource for ranking hospital quality.

BridgeHealth also has stringent requirements for ambulatory surgery centers performing outpatient surgeries. All must meet Medicare's high standards for quality of services in a surgical specialty and consistently maintain high scores for patient satisfaction, procedure volume and in-house quality management programs.

- **Requirements for BridgeHealth surgeons**

Becoming a qualified BridgeHealth surgeon isn't easy either. For inpatient procedures, surgeons must be among the top half of quality performers in their

Hospital Outcomes



All BridgeHealth facilities are accredited by a Medicare-approved national organization, and all surgeons are licensed and board certified.



Ranked in the top 25% nationally for surgical specialty, based on

- Outcomes of care
- Mortality, complications, readmissions, and patient safety
- Process of care – core measures
- Patient satisfaction

surgical specialty at BridgeHealth's top-ranked hospitals – making them the “best of the best.”

Surgeons performing BridgeHealth's outpatient surgeries need to rank in the top 25% for their specialty, based on CareChex's Physician Quality Rating Analysis. They're also required to consistently maintain high scores for patient satisfaction, as well as have the highest quality rankings when performing hospital-based surgeries.

**Considering surgery? Be committed to receiving the best surgical care by taking advantage of your BridgeHealth benefit! Call BridgeHealth at (855) 265-2874 and ask about your BridgeHealth benefit.**

*\*BridgeHealth is a supplementary surgery benefit for planned, non-emergency surgeries available to PEHT members and covered dependents enrolled in the PEHT health plan. To learn more, call BridgeHealth at (855) 265-2874.*



If your elective surgery is not eligible through the BridgeHealth Surgery Option, you can use the EBMS miChoice program.

A friendly and knowledgeable miChoice concierge will help find a provider who can perform a high-quality, low-cost procedure.

The concierge will explore options across your area and the U.S. to ensure you receive the high-quality healthcare you deserve.

This means you could receive compensation for you and your companion, if travel is required for your procedure.

In addition, our team will coordinate with your providers' offices for you.

Your health plan may also have financial incentives within your

benefits to reward you for being an informed healthcare consumer.

The miChoice concierge team has resources to analyze both cost and quality data to ensure a member has access to the best medical provider possible while taking into consideration prices and success rates locally and nationally.

If you would like more information on miChoice and what it can do, call a miChoice advocate toll-free at (866) 677-8745

# SAVE TIME AND MONEY WITH OPTUMRX HOME DELIVERY

Public Education Health Trust allows for a 3-month supply of your maintenance medications through OptumRx® home delivery. Home delivery is a convenient and reliable way to get your medication delivered right to your home with free standard shipping.

By using home delivery from OptumRx, you may pay less for your medication, and the Trust may be able to offer lower premiums which are charged to you.

Signing up for home delivery is easy. Enroll by using any of the following options:

- ePrescribe: Your doctor can send an electronic prescription to OptumRx
- Online: Register at [optumrx.com](http://optumrx.com)

- By mobile app: Open the OptumRx app, which you can download from the Apple App Store or Google Play
- By phone: Call the toll-free number on your member ID card

## ONCE I PLACE A HOME DELIVERY ORDER, HOW QUICKLY WILL I GET MY MEDICATION?

New and refill prescription orders will arrive within 5 days from the date OptumRx receives the completed order.

## WILL I BE ABLE TO MANAGE MY HOME DELIVERY PRESCRIPTIONS ONLINE?

Yes. You will be able to access your prescription and home delivery information online or through the mobile app. You will also be able to check order status, place prescription orders and set up convenient automatic refills.

# LIST OF DIRECT CONTRACTS GROWS FOR MEMBERS

**You asked and we listened! When a national PPO contract does not meet the needs of providers, they have the option of negotiating a direct contract with the Trust for the benefit of its members.**

PEHT now has direct contracts with 61 providers to ensure you have access to high-quality, low-cost providers in network. The list includes Providence, which has been in the network and now has a new rate that benefits you and the Trust.

The following providers have responded to their patients' requests and have completed an in-network contract negotiation directly with the Trust for the benefit of you and your family.

- Alaska Family Health Center
- Alaska Natural Health Solutions
- Alaska Oncology and Hematology
- Alaska Surgery Center
- Alpine Chiropractic (Dr. Fuller)
- Alyeska Vascular Surgery
- Amy Smith, LCSW, CDCI
- Anchorage Neurosurgical Associates, Inc.
- Arctic Chiropractic at Eagle River
- Arctic Chiropractic East
- Arctic Chiropractic East Anchorage
- Arctic Chiropractic Huffman
- Arctic Chiropractic South
- Arctic Chiropractic West Mat-Su
- Arctic Rehabilitation & Physical Therapy
- Back in Action Physical Therapy
- Birds & Bees Midwifery
- Brian Yelverton-Interactive Health
- Dimond Chiropractic
- Dr. Brendan Kiernan
- Dr. Brent Taylor
- Dr. Harbir S. Makin
- Dr. Laurence Wickler
- Dr. Leslie Morris
- Dr. Madeline Morrison
- Dr. Sharon Schaefer
- Dr. Thomas Desalvo/Dr. Konstantine Bunde
- Dr. Weston Hopkins
- Fireweed Counseling and Wellness
- Free By The Sea
- Gagnon Plastic & Reconstructive Surgery
- Healing Therapeutics-Mark Stiubhard
- Ideal Family Medicine
- Jaded Body Wellness and Spine Institute
- Larson Chiropractic
- Logan Larson, Professional Counselor
- Luminary Chiropractic Care
- Medevac Alaska
- Midnight Sun Oncology
- Natural Family Health
- New Bridge Therapy Services
- Northstar Chiropractic
- Pemberton & Young Counseling
- Pioneer Peak Orthopedics
- Providence Alaska Medical Center
- Ramirez Chiropractic
- Restoration Wellness
- Rhyneer Caylor Clinic
- Silver Moon Acupuncture
- Snow Blossom Acupuncture
- Solomon's Porch
- Soma Wellness
- Spine and Joint Rehabilitation Specialists
- True North TMS
- Turnagain Functional Therapy
- Valley Allergy
- Valley Medical Care
- Wild Iris Integrative Massage (Lawton)
- Willow Medical and Wellness
- Wisdom Traditions Counseling Services
- Wolf Eye Center

You can view your health plan's direct contract listings at the following link, which shows providers that have completed an in-network contract negotiation directly with PEHT to benefit you and your family.

<http://pehtak.com/direct-contracts>

## DID YOU KNOW?

Imaging Associates is in the Aetna network and able to provide therapeutic injections along with other specialized services. For more information or to schedule an appointment, please call:

Anchorage Office: 907-222-4624

Valley Office: 907-746-4646

<https://www.imagingak.com/>



# MEDEVAC

Providing worldwide transportation  
for members in need

PEHT and EBMS want to ensure the quality of care for members who have a medical emergency while traveling within the U.S. That's why you have access to a medical-evacuation program through EBMS' Carelink.

MedEvac provides comprehensive management of domestic air-ambulance services, when required medical care is not available at the member's current location. This specialized, one-stop shop becomes the member's advocate, expediting transport to a location where the member can receive appropriate care.

#### MedEvac offers the following:

- Medical transport via medically equipped aircraft
- 24/7 live telephone availability by dedicated staff
- Dedicated Medical Evacuation Care Coordinators
- Verification of benefits and eligibility coverage
- Identification of the destination facility for treatment
- Selection and coordination with the air ambulance carrier
- Negotiations with non-participating providers to minimize claims cost
- Medical escort for members stable enough to fly commercial.

#### MedEvac coordinates the following types of transportation:

- Emergency air ambulance
- Complex ground transport
- Medical escort
- Commercial travel assistance
- Transplant patient transport
- Bariatric coach transport

#### Contact our 24/7 on-call Medical Evacuation team.

- U.S. only: 800-228-9118



## MEMBERSHIPS AVAILABLE TO CONTAIN AIR-AMBULANCE COSTS

PEHT knows that every year, many Alaskans find themselves in critical situations that require emergency medical transportation. PEHT wants its members to know of three membership opportunities that can protect them against huge expenses for air-ambulance service. The coverage provides air-ambulance service for members and dependents.

**Guardian Flight:** \$125/year membership covers all out-of-pocket costs for air-ambulance service in 320 locations across 38 states. <http://alaska.guardianflight.com/membership/>

**LifeMed Alaska:** \$49/year membership covers all out-of-pocket costs for air-ambulance service. LifeMed Alaska currently flies out of Alaska or Northwest Canada. <https://www.lifemedalaska.com/membership>

**Airlift Northwest:** \$99/year membership covers all out-of-pocket costs for air-ambulance service. Airlift Northwest covers Southeast Alaska. <https://www.uwmedicine.org/airliftnw/aircare>

The coverage provides air-ambulance service for members and dependents.





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Follow us on Twitter and  
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a short quiz about this  
edition of SMART LIVING  
for your chance to be  
entered into a drawing for  
a \$50 Visa Gift Card!

# HOW MUCH DO YOU KNOW?

COMPLETE THE QUIZ  
AND WIN \$50!

JANUARY / FEBRUARY  
QUIZ WINNER:

**JOCELYN  
HEMENWAY**