



EBMS SECURES DIRECT CONTRACT FOR MEDEVAC ALASKA AND PEHT

GETTING THE EMERGENCY CARE YOU NEED
WITHOUT FINANCIAL SURPRISES

PEHT is thrilled to announce a new direct contract available to health plan members. Medevac Alaska, an Alaskan-based emergency transportation provider, offers air emergency medical services to all Alaskan hospitals. With bases in Alaska, as well as in Arizona and Texas, Medevac Alaska can relocate patients to and from Alaska or any location within the U.S., Canada, and Mexico.

The new direct contract with Medevac Alaska will save both health plan members *and* the PEHT health plan thousands of dollars. For instance, throughout the past three years, the average cost per mile for this type of service in Alaska cost \$132. Now, the contract is set at \$74 per mile. This saves an average of about \$14,000 per case. In addition, the average take-off rate in Alaska is \$15,131. Yet, PEHT's contract with Medevac Alaska is \$8,000. Plus, this contract leverages a 25 percent discount on all medical supplies and services for PEHT health plan members. And, since Medevac Alaska is in-network, members won't receive balance bills!

Call Medevac Alaska 24/7 at 1-877-985-5022. Learn more at www.medevacalaska.com.

Aircraft Type	Base Destination	Flight Time
Light Jet	Anchorage - Seattle	180 minutes
Light Jet	Klawock - Anchorage	90 minutes
Light Jet	Yakutat - Anchorage	50 minutes
Turboprop	Dillingham - Anchorage	60 minutes
Turboprop	Dutch Harbor - Anchorage	150 minutes
Turboprop	Glennallen - Anchorage	40 minutes
Turboprop	Klawock - Anchorage	150 minutes
Turboprop	McGrath - Anchorage	50 minutes
Turboprop	Seward - Anchorage	25 minutes
Turboprop	Yakutat - Sitka	50 minutes

STAYING ON TRACK

BUDGETING AND PERSONAL FINANCES

**CATCH "YOUR
ROUTINE FINANCIAL
CHECKUP" SEMINAR
ON MARCH 20!**

[HTTPS://GOO.GL/2SQM8K](https://goo.gl/2SQM8K)

Did you set some financial management goals in the New Year, but need a bit of help staying on track? SupportLinc, your free, confidential member assistance program, can help. In fact, they're offering a seminar to give you some tips in March! If you can't make it, don't sweat it. All seminars are archived.

During the session, you can examine your finances from a variety of perspectives. You can also review and prioritize your debts, as you explore your assets. Visit <https://goo.gl/2SQm8K> to view the seminar starting March 20.

www.supportlincmap.com

USERNAME: peht

PASSWORD: member

1-888-881-LINC (5462)

**SUPPORT
LINC**



CartoonStock.com

PEHT NOTICES

All PEHT Legal Notices are available to you on the PEHT website. Go to www.pehtak.com and hover over the Forms tab and select "Notices." Scroll down the page and you will find the Public Education Health Trust Notices. Here you will find Medicare Part D Disclosure, Notice of Privacy Practices, Medicare Drug Coverage, Woman's Health and Cancer Rights Act 1998 and COBRA Continuation Coverage.

[Home](#) [Plans](#) [Forms](#) [Links](#) [About Us](#) [Trustees](#) [Contact](#)

Public Education Health Trust Forms

We've assembled all the latest documents covering a variety of situations and needs related to managing your plan or benefits. If you believe a document is in error or missing, please [contact us](#).

Public Education Health Trust Forms

[Authorization for Medical Record Release](#)

[EBMS Claim](#)

[Travel Request Form](#)

[Domestic Partnership Enroll/Dissolve](#)

[Address Change](#)

[Coverage Waiver](#)

[Add / Change Dependents](#)

[VSP Claim Form](#)

[Claim Appeal Form](#)

[Enrollment Form](#)

Public Education Health Trust Prescription Forms

[Formulary Drug List](#)

[Mail Order Enrollment](#)

Public Education Health Trust Notices

[COBRA Continuation Coverage](#)

[Notice of Privacy Practices](#)

[Women's Health and Cancer Rights Act 1998](#)

[Medicare Drug Coverage](#)

WORKPLACE WORKOUT: MARCH MADNESS



Whether you like basketball or not, you can get into the spirit of the season and do some moves that are good for you! So, get your office buddies together for a night of tourney watching... and take that time to work on your fitness together. You'll be winners, no matter which teams win or lose.

During the game, jump up and do these exercises when any of the following occur:

- Three Point Shot Attempt: Three alternating lunges
- Three-Point Shot Made: Three pushups
- Missed Free Throw: 30-second plank
- Missed Lay Up: 10 high knees
- Turnover: 10 mountain climbers
- Slam Dunk: Five burpees
- Player Fouls Out: 10 bicycle crunches
- Jump Ball: Three jump squats
- Technical Foul: 10 tricep dips
- Timeout: Crunches until they're back in the game

If a game goes into overtime, double the amount of reps or time for each exercise!



With Fitness Habits on **Go365**, members can earn 25 points per month for engaging in a healthy activity, such as going to park or parking further away at work.

FOCUSING ON FITNESS THIS SPRING?

Have you set a goal for yourself to get more active in 2018? Keep those resolutions going into the spring! Let Go365 keep you motivated by earning points for that activity! Points = Bucks = Great prizes in the Go365 Mall!

Take a Step: Fitness point opportunities 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. Learn how to connect a fitness device or app by visiting <https://goo.gl/yQBmww>.

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 1 point for every 1,000 steps that you take, 5 points for every 15 minutes above 60 percent of your maximum heart rate, or 5 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.*



HEALTHY RECIPE

Makes: 4 servings

CHICKEN SAUSAGE CAULIFLOWER CRUST PIZZA

DIRECTIONS

To make the crust: Preheat the oven to 375°F. In a food processor, add the cauliflower in sections and pulse 10 times until it has a rice-like consistency. Place into a dry dishcloth, squeeze and wring out any water into the sink. Pour out on a parchment-lined baking sheet and drizzle with olive oil. Bake for 25 minutes, or until dry and lightly golden. Remove and cool. In a large mixing bowl, add cauliflower and remaining crust ingredients. Mix together until dough forms, then press mixture into two 8-inch circles on the parchment-lined baking sheet. Drizzle with olive oil if desired. Turn oven up to 450°F and bake for 20 minutes.

To make the sauce: In a large stockpot, combine all ingredients, stir, and cook over medium heat for 20 minutes.

To make the sausage: In a large mixing bowl, combine all of the ingredients except the olive oil. In a large nonstick skillet, warm the olive oil over medium heat. Add the chicken mixture and cook, stirring, for 10 minutes, or until cooked through and starting to brown.

To assemble: To each crust, add 3 tablespoons sauce, any toppings, sausage, and ¼ cup mozzarella cheese. Return to oven and bake 8 minutes, or until cheese is melted and toppings warm. Cut into 4 slices and enjoy.

INGREDIENTS

For the Crust:

- 1 cauliflower, stemmed and roughly chopped
- 1 tablespoon olive oil, plus more for drizzling
- 1 tablespoon minced onion
- 2 garlic cloves, peeled and minced
- 1 teaspoon dried oregano
- 2 tablespoons Parmesan cheese
- 1/4 cup shredded low-fat mozzarella cheese
- 2 egg whites

For the Sauce:

- One 15-ounce can tomato sauce
- 2 garlic cloves, peeled and minced
- 2 tablespoons minced fresh onion
- 1 teaspoon dried parsley
- 1 1/2 teaspoons dried oregano
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried basil
-

For the Sausage:

- 1 pound ground chicken
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried parsley
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon fennel seed
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1 teaspoon sea salt
- 1 tablespoon olive oil

Toppings:

- 1/2 cup shredded low-fat mozzarella cheese

Optional Toppings:

- Green pepper slices, mushrooms, olives, onions, tomatoes, spinach

Nutrition Facts

Amount per serving	
Calories	398
Grams	
Total Fat	22g
Saturated Fat	7 g
Cholesterol	100 mg
Sodium	752 mg
Total Carbohydrate	20g
Dietary Fiber	6 g
Total Sugars	10 g
Includes 7 g Added Sugars	
Protein	32 g
Vitamin D	0 mcg
Calcium	308 mg
Iron	3 mg
Potassium	1428 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.

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/chicken-sausage-cauliflower-crust-pizza>



Feel like some Go365 points?
Sync your Go365 and MyFitness Pal apps and use the Go365 Weekly Log feature to earn 10 points weekly!



NUTRITION: READING THOSE LABELS

EDUCATING YOURSELF TO REACH YOUR HEALTH GOALS

Americans consume about a third of daily calories away from home. So, be in-the-know on-the-go! Read those labels to ensure you're making smart decisions about what you're putting into your body.

Note the Serving Size

Check the serving size at the top of the label. Pay attention to how many servings there are in the food package. One container of food may contain more than one serving.

Check the Calories per Serving

Calories measure the amount of energy you get from a serving of the food. Consider the following recommendations from the U.S. Food and Drug Administration, based on a 2,000-calorie diet:

- 40 calories is low
- 100 calories is moderate
- 400 calories or more is high

Compare Choices!

If you're deciding between two products on the shelf, consider more than just the cost. Don't forget the nutritional value of the foods. For instance, you may find a product that has the same amount of calories per serving, but less sodium. The product with less sodium would be a healthier choice, as long as the serving sizes are similar.

Take Away Some Pointers

Buying canned? If you're shopping for canned fruit, select options with 100 percent fruit juice or "low sodium" or "no salt added" on the label. Sometimes, these products actually cost less.

Looking for ground beef? Go lean! Check that the label says it's at least 93 percent lean.

Shopping for cheese? Check the label for "reduced fat" or "low-fat" options.

Look for positive facts in the labeling in order to make healthy decisions for yourself and your family. Visit www.fda.gov for more information about nutrition and food labels.

Sources:

<https://www.choosemyplate.gov/budget-food-label>

www.fda.gov

<http://www.heart.org/>

Nutrition Facts

Amount per serving	
Calories	398
	Grams
Total Fat	22g
Saturated Fat 7 g	
Cholesterol	100 mg
Sodium	752 mg
Total Carbohydrate	20g
Dietary Fiber 6 g	
Total Sugars 10 g	
Includes 7 g Added Sugars	
Protein	32 g
Vitamin D 0 mcg	
Calcium 308 mg	
Iron 3 mg	
Potassium 1428 mg	
<small>* 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.</small>	

Trans Fat: The Truth

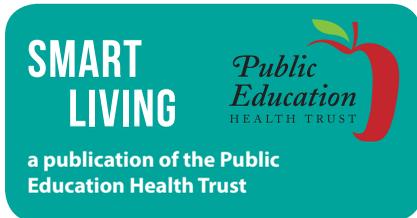
Trans fat can increase the amount of LDL, or "bad", cholesterol in your blood.

- Trans fat leads to a higher risk for developing heart disease.
- Even if a food label says there are zero grams of trans fat, if a product contains partially hydrogenated oils, it may contain small amounts of trans fat.
- The label can say there are zero grams of trans fat, if the food has less than a half of a gram of trans fat per serving.



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.



**JANUARY/FEBRUARY QUIZ WINNER:
PRUDENCE MCKENNEY**

HOW MUCH DO YOU KNOW?

COMPLETE THE QUIZ AND WIN A \$50 GIFT CARD!



Follow us on Twitter
@PEHTAK



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!