



## CONNECT WITH TELADOC FOR QUALITY HEALTHCARE AND BIG SAVINGS

### WHY WAIT WHEN YOU NEED TO TALK TO A DOCTOR RIGHT NOW?

Connect with Teladoc and save the time and expense of a trip to the doctor's office or emergency room.

Teladoc is telemedicine at its finest, with physicians who are board-certified, state-licensed, and ready to talk with you within minutes by phone or video. They offer treatment for:

- *Cold and flu symptoms*
- *Allergies*
- *Bronchitis*
- *Skin problems*
- *Respiratory infections*
- *Sore throat*
- *Sinus problems*
- *And more!*

PEHT members have taken advantage of Teladoc for thousands of calls and have saved more than a half-million dollars by avoiding costly trips to the emergency room or urgent care center.

To get started, visit [member.teladoc.com/registrations](http://member.teladoc.com/registrations), or, to talk to a doctor, visit [teladoc.com/start](http://teladoc.com/start)



800-TELADOC | [teladoc.com](http://teladoc.com)

# STEP INTO SUMMER WITH THE PEHT WALKING CHALLENGE!

PEHT WILL HOST ITS FIRST WALKING CHALLENGE  
FOR YOU TO JOIN IN MAY!

This is a fun way to start or continue being active, while competing against your friends and coworkers. Walking challenges also help you earn more in the Go365 program. Earn up to 100 points per month for challenges. **Points = Bucks = Great prizes in the Go365 Mall!**

## How do I participate in a challenge?

To participate in a walking challenge, make sure you have a connected fitness device or app that tracks steps. After your fitness device or app is connected to Go365 and tracking steps, go to the Go365 website or mobile app and click on the Challenges tab. From there you can click the PEHT challenge to join, and either create a team or join an existing team. You also have the option to join or create a challenge any month for up to 100 points per month for challenges!

## How do I connect a fitness device?

You can connect a fitness device on the Go365 mobile app or the Go365 website. On the Go365 mobile app, click on More, click on Account and Settings, and then click on App & Device Settings. Find the device or app that you would like to connect and click. To connect on the Go365 website, click on the "Watch" icon in the upper right-hand corner of the site. Click on Manage Devices, and then scroll down to find the device you would like to connect. Once a device or app is connected once, it should always track your fitness!

DON'T MISS OUT ON  
THIS OPPORTUNITY TO  
ENGAGE IN YOUR WELL-  
BEING THROUGH THE  
GO365 PROGRAM!



## Have fun competing with coworkers!

**Challenge Name:** High Step Into Summer

**Registration Dates:** 5/18/18 – 5/31/18

**Challenge Dates:** 6/1/18 – 7/31/18

**Sync Your Device By:** 8/10/18

**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.

**DOUBLE BONUS:** Get to Bronze Go365 status by 6/30/18 to be entered for a chance to win an Apple Watch!

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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.

# WORKPLACE WORKOUT: 3 MINUTES TO BETTER HEALTH



There's a misconception that daily exercise, to be beneficial, has to last for a long time. In our busy lives, few people have time every morning before work or after a long day on the job to devote the 30-60 minutes or more suggested for a good workout.

So, some days we simply do nothing and promise ourselves we'll do better the next day – going for a long walk, a brisk run, lifting some weights, taking a swim in the pool or playing a game of basketball at the gym.

We put off the workout for tomorrow. But can you find three minutes today? In just three minutes before or after work on a super busy day, you can get your heart rate up, reduce stress and burn off some calories – and feel like the fitness day isn't a total loss. And there's no gym required.



## Cardio

- 1 minute** – Do jumping jacks at a leisurely pace.
- 1 minute** – Standing in place, alternate raising your knees high at a quick pace.
- 1 minute** – Do a series of burpees at an intense pace – squat, thrust legs behind you, stand up and jump in place. Repeat.

## Core

- 30 seconds** – Sitting on the floor, knees raised slightly, do Russian twists at an intense pace. Left to right, left to right.
- 30 seconds** – Lying on your back, do flutter kicks. Focus on keeping your legs high.
- 1 minute** – Bicycle kicks. Lie on your back and cycle your legs in the air.
- 1 minute** – Planks or bridges. Raise yourself off the floor, at arm's length or resting on your elbows. A plank from the toes is best, but knee planks are great for starters.

## Strength

- 30 seconds** – From a plank position, run in place at a quick pace. When doing these "mountain climbers," you alternate your strides with knees pulled into your chest.
- 30 seconds** – Push-ups. Be sure to go all the way down.
- 1 minute** – Do squats with your knees at a 90-degree angle.
- 30 seconds** – Hold a right-side plank.
- 30 seconds** – Hold a left-side plank.

**After just three minutes, with a few seconds between bursts, you'll feel better about yourself, and be ready for what the day or night will bring!**



Earn some more **Go365** points! Sync your **Go365** and MyFitness Pal apps and use the **Go365** Weekly Log feature to earn 10 points weekly!

# HEALTHY RECIPE

Makes: 6 servings

## PORCUPINE SLIDERS (TURKEY BURGERS)

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Combine brown rice and 1/2 cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into six patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

### INGREDIENTS

- 1/8 cup brown rice, long-grain, regular, dry
- 1 teaspoon canola oil
- 1 1/2 tablespoon fresh onion, peeled, diced
- 1/4 cup fresh celery, diced
- 1 1/2 teaspoon fresh garlic, minced
- 1 pound raw ground turkey, lean
- 1 egg, beaten
- 5 tablespoons dried cranberries, chopped
- 3/4 cup fresh baby spinach, chopped
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 dash ground white pepper
- 6 (1 ounce each) mini whole-wheat rolls (small dinner roll size)

**Preparation Time:** 30 minutes

**Cooking Time:** 1 hour 20 minutes

**Makes six sliders**

1 slider provides 1 3/4-ounce equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 ounce equivalent grains.

### Nutrition Facts

Amount per serving	
<b>Calories</b>	<b>247</b>
Grams	
<b>Total Fat</b>	<b>9g</b>
Saturated Fat 2 g	
<b>Cholesterol</b>	85 mg
<b>Sodium</b>	366 mg
<b>Total Carbohydrate</b>	<b>26g</b>
Dietary Fiber 3 g	
<b>Protein</b>	16 g
Vitamin A 540 IU (41 RAE)	
Calcium 65 mg	
Iron 2 mg	
Vitamin C 2 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/sites/default/files/featuredlinks/cookbook-homes.pdf>



# CHANGES TO YOUR PHARMACY PLAN

## DRUG BENEFIT CHANGE

Preventive medications can be life savers, and your pharmacy benefit plan now includes special coverage for these drugs.

For PEHT members on an HDHP benefit plan, your pharmacy coverage now includes enhanced preventive medications benefits. Drugs on the preventive medications list are not subject to a deductible and are paid at 80%.

Preventive medications are a subset of products included within our formulary, the list of prescriptions drugs covered by our plan. Most drugs on the formulary are subject to a deductible, but preventive medications are an exception.

To check the cost of any medication, review the preventive medication list and formulary or contact customer service at 855-395-2022 or go to [www.optumrx.com/myoptumrx](http://www.optumrx.com/myoptumrx).

Remember to ask your doctor if a generic medication is available to meet your needs. Generic drugs usually cost less than brand medications. The Food and Drug Administration requires generics to be as safe and effective as brand-name drugs.

### MedSync Program For All PEHT Members

We are always working to simplify your pharmacy experience, and now you can save time and trips through our Medication Synchronization Program.

This program lets you coordinate refills and pick up your chronic and maintenance medications on the same day. During your next trip to the pharmacy, talk to your pharmacist about coordinating your prescription fills through this program.



## WHEN ON A TRIP, STAY IN-NETWORK

When you are out of the area on vacation or a business trip, we sure hope you don't need medical attention. But if you do, remember that you can find in-network provider options to control your healthcare costs.

PEHT members can look for in-network options through our partnership with Aetna. Just go to **ASALookup**, **AetnaSignatureAdministrators.com** and search the online directory for providers who can meet your needs when you are away from home.

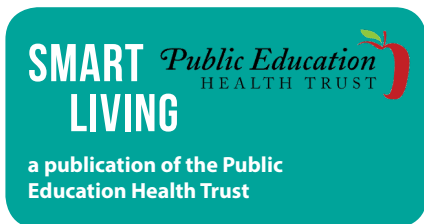
**aetna**<sup>SM</sup>





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MOLLY DEMING**

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