

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



pehtak.com



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.

SMART LIVING
May / June | 2025

Win a \$100 Gift Card!

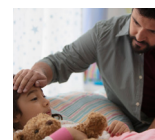


We want to hear from you!
Scan the QR code or visit

www.surveymonkey.com/r/WWT5XHB
to take a short survey on the recent changes to the "Smart Living" newsletter.
You'll be entered into a raffle for a \$100 Amazon gift card!
Survey closes **May 31, 2025.**



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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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MAY / JUNE 2025 ISSUE



Open Enrollment Is Here: May 5 - 30, 2025

Now's the time to make decisions about the health plan coverage offered by your association/employer. Follow the applicable steps below. Visit pehtak.com for more information.

Submission Options

Use miBenefits.EBMS.com or fax paper forms (request from the Trust) and documents to the Trust at **907-222-2556**.

- **You're enrolled in a plan and want to change your selection:** Submit online or paper enrollment forms **no later than May 30, 2025.**
- **You previously waived plan coverage and want to enroll:** Submit online or paper enrollment forms, along with the required documents, **no later than May 30, 2025.**
- **You're enrolled in a plan and want to waive coverage:** Submit your online or paper waiver **no later than May 30, 2025.**

Dependents Enrollment

While completing enrollment, list the dependents for whom you want to provide coverage.

- **They're already enrolled:** You don't have to provide additional documentation. But you must include their names on your enrollment submission to confirm that you want to continue their coverage.
- **You want to add dependents who aren't enrolled:** You must include eligibility verification, such as a marriage or birth certificate. Contact the Trust at **907-274-7526** or info@pehtak.com for verification options.

News to Know



Get the very latest in Trust news. Scan here or go to pehtak.com.



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).**



Schedule Your Preventive Screenings

Your health is your most valuable asset. Don't wait until something feels wrong to act. Preventive screenings are powerful tools that help you stay ahead of potential health issues, giving you peace of mind and the opportunity to live life to the fullest.

Examples of preventive screenings include mammograms, colorectal cancer screening and cholesterol tests. By taking a proactive approach, you're not just investing in your well-being today but helping protect your future. Prioritize yourself by scheduling your screenings. Ask your primary care provider which ones you need.

Earn points for prevention activities on Vitality! Upload your proof to earn points, achieve a higher status and get rewards.



Scan the QR code or visit powerofvitality.com. Or download the "Power of Vitality" app.



Smart Tips for Provider Visits

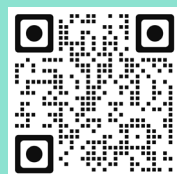
Need to visit a healthcare provider? These three tips can make your experience easier:

- **Bring your Benefits ID card to every appointment.** Your card has all the plan details you and your provider's office need. You can go to miBenefits.EBMS.com to view your card online, print a copy or order a replacement.
- **Ask the staff to call the provider number on your card if they have plan questions.** EBMS will quickly explain your benefits coverage.
- **If you're asked to pay upfront for care, call the member number on your card (866-247-1443).** The only expense you should pay at the time of service is a copay or deductible, if you have one. EBMS will work with the provider to confirm amounts and your benefits.



Reminder: The Use of In-Network Facilities Is Critical!

When in Anchorage and in need of hospital services, **it's critical to use your plan-preferred hospital – Providence Alaska Medical Center.** Choosing to receive hospital services at Alaska Regional Hospital, which is out-of-network, could leave you responsible for hundreds of thousands of dollars in costs.



For a list of preferred and direct contract providers, scan the QR code or go to pehtak.com/preferred-providers.

Options for Care

When you need healthcare, understanding your options can help you make an informed decision.

- **Primary care provider.** Your main, long-term healthcare provider for non-emergency situations. For treatment of common medical conditions, preventive care and chronic condition care. Appointments required.
- **Telehealth.** A convenient, virtual option that includes 24/7 non-emergency care for health issues like flu, eye/ear infections and rashes. Also schedule primary care visits and consults for mental health care. **Call Teladoc at 800-835-2362.**
- **In-person urgent care.** For non-life-threatening conditions that need care quickly, such as severe scrapes, minor injuries and high fever. Appointments not required, but there may be a wait.
- **Emergency room (ER).** For severe and life-threatening conditions, such as chest pain, head injuries and broken bones. May be a long wait, depending on the emergency.

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Providence: Care When You Need It

Providence ExpressCare and Urgent Care clinics provide same-day, high-quality and affordable care for non-life-threatening illnesses and injuries, seven days a week. Common conditions treated include:

- Cold, flu and cough
- Urinary concerns
- Allergies
- Asthma
- Minor burns or injuries
- Ear and eye issues
- Skin conditions
- Sprains and strains

Providence ExpressCare Clinics – Anchorage and Eagle River
Open daily 8 a.m. - 8 p.m. Virtual visits 7 a.m. - 7 p.m.

Providence Urgent Care – Midtown Anchorage
A convenient location open daily 7 a.m. - 7 p.m.

Walk in when you need care. Or visit providence.org/expresscare to make an ExpressCare or Urgent Care appointment.

Providence Medical Group Expands Primary Care Services

Providence Primary Care - DeBarr Now Open! | 6307 DeBarr Rd., Suite C

This new East Anchorage clinic offers you access to the Providence network of services and providers, with coordinated referrals for pharmacy, behavioral health and specialty care.

Providence Primary Care - Eagle River Opening May 5! | 12001 Business Blvd., Suite 3A

From regular check-ups and screenings to managing ongoing conditions, Providence will create a care plan that fits your life and makes it easier to manage your health.