

# SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



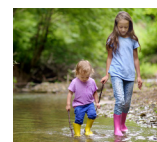
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This publication was created and sent  
to you by EBMS on behalf of the  
Public Education Health Trust.

## SMART LIVING July / August | 2025

### "Smart Living" Survey Winner

Thank you to everyone who took  
the survey on our recent "Smart  
Living" newsletter changes.  
We greatly appreciate your  
feedback. Congratulations to  
Jennifer Cottle for winning the  
random drawing for a \$100  
Amazon gift card!



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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

Public Education  
HEALTH TRUST

# SMART LIVING

JULY / AUGUST 2025 ISSUE

## How to Save on Healthcare

Making smart healthcare choices can mean better health at a more affordable cost. Consider these tips:

- **Choose in-network providers.** When you see a provider from the Aetna Signature network, you can't be charged more for care than the negotiated prices. Or pick from PEHT Direct Contract providers, which are also considered in-network. Visit [pehtak.com/preferred-providers](https://pehtak.com/preferred-providers).
- **Consider virtual care.** Telehealth often has lower out-of-pocket costs than in-person care. Through Teladoc, you have phone and video access to board-certified medical professionals for 24/7 non-emergency care. You can also schedule primary care - including your annual physical - and mental health visits. Call **800-835-2362** or visit [teladochealth.com](https://teladochealth.com).
- **Don't pay upfront for care.** If a provider asks you to pay in advance, call the member number **(866-247-1443)** on your Benefits ID card. EBMS will work with the provider to confirm applicable copay or deductible amounts so you don't overpay.
- **Save on surgery.** With your Transcarent Surgery Care benefits you pay \$0. If you're enrolled in a high-deductible plan, you pay \$0 after your deductible has been met. A Care Coordinator manages the entire surgery process for you. Learn more at [pehtak.com/forms/transcarent-surgery](https://pehtak.com/forms/transcarent-surgery).

### News to Know



Get the very latest in Trust  
news. Scan here or go to  
[pehtak.com](https://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).**





## Summer Self-Care With Vitality

Summer break is the perfect time to recharge your wellbeing. With a shift in routine, it's easy to lose momentum. But small, intentional habits can help you stay grounded and energized.

The Vitality program is here to help you achieve your wellness goals or keep you on the right path with goal check-ins. Whether it's taking meditation breaks, gardening or drinking plenty of water, members can earn 5-15 daily Vitality Points.

Plan on adding movement into your day? Be sure you have a compatible app or device linked to your Vitality account to earn daily workout points. Remember, Vitality points turn into Vitality Bucks you can redeem for gift cards or fitness devices.



Scan here or visit [powerofvitality.com](https://powerofvitality.com) to learn how Vitality can help you return to the new school year refreshed. Or download the **"Power of Vitality" app**.



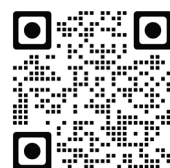
## Non-Emergency Medical Travel Benefits

As Alaskans, we know how important medical transportation can be. Did you know that benefits may be available for non-emergency travel when services for an illness or injury aren't available locally?

You may be eligible for a coach class airline ticket, with at least a 14-day advanced fare purchase, or a passenger ferry ticket. Transportation should start from the place where the illness or injury occurred to the nearest place where treatment can be provided.

All non-emergency travel **must be pre-approved by PEHT**. Use the "PEHT Non-Emergency Medical Travel Request" form found at [pehtak.com/forms/travel-request-form](https://pehtak.com/forms/travel-request-form). On the form, a local provider must certify that the services needed aren't available locally.

Transportation benefits are limited to two round trips, per calendar year, per covered person. These benefits don't apply to dental benefits, vision services, routine exams or preventive exams. If your request is approved, the reimbursement amount is subject to your applicable deductible and coinsurance.



To learn more about your medical transportation benefits, scan here to review the "Transportation Benefits Plan Language" document. Or go to [pehtak.com/forms/travel-request-form](https://pehtak.com/forms/travel-request-form).

## All the Support You Need

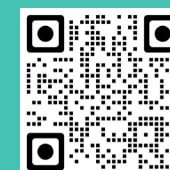
"I just wanted to say thank you to EBMS for helping resolve the conflict between my doctor's office (struggled to provide correct billing information) and Quest Diagnostics (wanted me to pay \$400!) from a service stretching back to Sept. 2022. It all worked out within two weeks. Next time I am calling EBMS much sooner! *Muchas gracias*, EBMS customer service!" — PEHT Member

## Rightway: Your New Pharmacy Benefits Provider

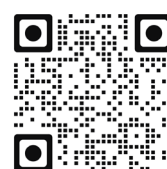
On July 1, 2025, Rightway replaced Optum Rx for pharmacy services. Look for a new Benefits ID card with Rightway information on it in your mailbox. Rightway helps you get the right medication at the lowest cost. They also provide:

- **An easy-to-use app.** Download the **"Rightway Healthcare" app**. You can see if a medication is covered, access important forms, manage specialty medications and more.
- **One-on-one support.** The Rightway pharmacy team can help with coverage questions, prior authorizations, refills and more. Call **888-665-1678** or chat with them on the app.
- **Convenient home delivery.** Rightway's trusted mail-order pharmacy partners can deliver your medication directly to you.

If you have a prescription refill at an in-network pharmacy, you don't need a new prescription from your provider. Just give the pharmacy the Rightway information on your ID card. If your pharmacy is out-of-network, Rightway can help you find a new one.



Scan the QR code to download the **"Rightway Healthcare" app**. Or visit [joinrightway.com/rx](https://joinrightway.com/rx).



Scan here for more information on virtual physical therapy. Or visit [pehtak.com/forms/sword-health](https://pehtak.com/forms/sword-health).

## Virtual Physical Therapy

Relieve back, joint and muscle pain from the comfort of your own home with the Transcarent Virtual Physical Therapy program, powered by Sword. The program can reduce pain by as much as 70% in just eight weeks.

There are no out-of-pocket costs or copayments — just relief when you need it.

### Here's how it works:

1. **Enroll in the Program**  
Go to [experience.transcarent.com/peht/vpt](https://experience.transcarent.com/peht/vpt) and click **"Enroll."**
2. **Get Matched With Your Physical Therapist**  
You'll meet them on a video call and they'll design a custom program for you.
3. **Get Your Kit**  
You'll be sent a tablet and motion sensors to track your exercises.
4. **Get Better**  
Stay connected with your physical therapist as your needs change. They provide coaching check-in and advice when you need it.