

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



pehtak.com



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

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Here's to You!

Warmest holiday wishes from
PEHT and EBMS! We hope you
and your family have a joyful
season and a healthy, happy New
Year. We're so thankful for the
opportunity to support you and
your family – and we'll always be
here when you need us.



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Public Education
HEALTH TRUST

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Plan Resources to Support Your Health

Your health plan goes beyond basic insurance – it's a toolkit to help you get healthy, stay healthy and access the care you need. Explore these built-in benefits so you can make the most of them:

- **Rightway:** Get the medication you need at the lowest cost, with home delivery available. The pharmacy team can help with coverage questions, refills and more. Call **833-419-6546** or go to joinrightway.com/rx.
- **Teladoc:** Get virtual non-emergency care from board-certified medical professionals, 24/7. Or schedule virtual primary care or mental health care appointments. Go to teladochealth.com or call **800-835-2362**.
- **Transcarent Surgery Care:** Surgery costs \$0 and comes with top surgeons and full support from Care Coordinators throughout the process. (High-deductible plans pay \$0 after the deductible.) Call **855-265-2874**.
- **Transcarent Virtual Physical Therapy:** Get a free, custom program from a physical therapist to ease back, joint and muscle pain at home, plus ongoing advice and check-ins. Go to experience.transcarent.com/peht/vpt.
- **SupportLinc:** Your SupportLinc Member Assistance Program provides free and confidential emotional well-being resources, including short-term counseling, coaching, online tools and more. Go to supportlinc.com or call **888-881-5462**.

For more information about these and other important resources your plan offers, go to pehtak.com/forms.

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. **Call the member number on your Benefits ID card (866-247-1443).**

Questions about your health plan benefits? EBMS is here to help.

866-247-1443 | Mon - Fri: 6 a.m. - 6 p.m. AKST



'Tis the Season for Self-Care

The holidays are often a time for celebration and connection. But they can also bring busy schedules, long to-do lists and added stress. That's why it's important to remember that your well-being matters too. With the free Vitality wellness program, you can make self-care part of the season — and earn points and rewards along the way.

Focusing on self-care doesn't mean stepping away from traditions. It means showing up as your best self for the moments that matter most. Simple practices like getting enough rest, moving your body, eating mindfully and carving out quiet moments can help restore balance during the hustle and bustle.

Setting boundaries around your time and energy is another powerful way to protect your mental and emotional health. By saying "yes" to what feels meaningful and "no" to what drains you, you create space for joy and peace.



Scan here or visit powerofvitality.com to track your wellness efforts and redeem points for gift cards or fitness devices. Or download the "Power of Vitality" app.



Getting Care Over the Holidays

Health problems during the holiday season happen. If your primary care provider isn't available, here are other options.

\$ Telehealth from Teladoc

Get 24/7 phone or video access to board-certified medical professionals for non-emergency care, such as cold/flu, eye/ear infections and stomach bugs. Call **800-835-2362**.

\$\$ Urgent Care

In-person urgent care is an option for conditions that aren't life-threatening but need quick attention — like minor injuries or respiratory issues. Most centers are open evenings and weekends, no appointment needed, though wait times can be long.

\$\$\$ Emergency Room (ER)

Use the ER for severe and life-threatening conditions like chest pain, head injuries and deep wounds. They're usually open 24/7, but often have higher costs and, depending on the injury, long waits.



Need help finding care from a preferred provider?

Call EBMS at **866-247-1443**
Mon – Fri: 6 a.m. – 6 p.m. AKST
Or go to pehtak.com/preferred-providers.

Your Benefits, All in One Place

Log in anytime to the **EBMS miBenefits portal** to see your benefits and use smart tools that put you in control of your care. You can easily:

- **Find providers:** Search, compare and choose based on cost, quality and how well they work with your plan.
- **Check claims:** View what your plan covered and what you might owe after a visit.
- **Track your spending:** See what counts toward deductibles and out-of-pocket maximums.
- **Access your Benefits ID card:** Forgot or lost your card? Download it or order a replacement.
- **Explore your plan:** Watch videos or read flyers to understand your benefits and how to use them.
- **Manage your personal information:** Update personal settings, including your email and portal password. You can also manage your family's HIPAA authorizations.



Scan here to visit miBenefits.EBMS.com. Or download the free "miBenefits" app.



Now Open: Providence Primary Care – Eagle River

This year, Providence Medical Group, a preferred provider, opened Providence Primary Care – Eagle River. From regular check-ups to managing ongoing conditions, experienced providers will work with you to create a personalized care plan that fits your life and helps make staying healthy easier.

You can take advantage of a range of services, including annual wellness exams, immunizations, exercise and nutrition guidance, medication management, infection care, screenings and more. Providers can also connect you with specialists, when needed.

Providence focuses on taking the time to understand your unique needs. Reach out to them to find your primary care provider.

Location & Contact:
Eagle River Medical Plaza
12001 Business Blvd.
Open Mon – Fri, 7 a.m. – 6 p.m.
Call **907-212-3420** or visit providence.org.

Feel Better Fast

Need care right away? **Providence ExpressCare – Eagle River** offers same-day care for minor illnesses and injuries seven days a week, 8 a.m. – 8 p.m. Virtual visits available 7 a.m. – 7 p.m. Walk in to **17101 Snowmobile Ln., Suite 114**, or visit providence.org/expresscare to make an appointment.