

SMART LIVING

A PUBLICATION OF THE PUBLIC EDUCATION HEALTH TRUST



pehtak.com

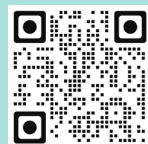


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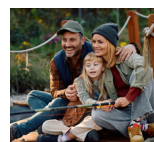
SMART LIVING
Sept / Oct | 2025

Stay In-Network to Save



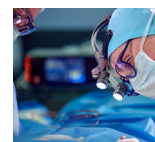
For a list of preferred Aetna Signature and direct
contract providers, scan the QR code or go to
pehtak.com/preferred-providers.

Need help finding a provider? Call the member
number on your Benefits ID card (866-247-1443).



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Benefits

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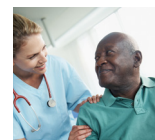
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Public Education
HEALTH TRUST

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Understanding Your Explanation of Benefits

After you receive care, your provider sends EBMS a request for payment. This is called a claim. After EBMS processes the claim, they send you an Explanation of Benefits (EOB). Always review EOBs because they provide important information, including:

- **A service overview.** You can see what services you received and when. You'll also see what your provider charged and what your plan paid.
- **Amount you owe.** This is the amount you owe a provider after plan benefits are applied. An EOB is not a bill. If you receive a bill from your provider, the amount owed should match what's on your EOB. If you have questions about your EOB, call the member number on your Benefits ID card (866-247-1443).
- **Reason codes and additional information.** You'll see the codes used when applying benefits. You may also see comments regarding your claim and if there's any action you need to take.
- **Accumulators.** You'll get an overview of the amount of money you paid toward your plan's out-of-pocket expenses, such as your annual deductibles and out-of-pocket maximum, in the calendar year.

Check your claims and EOB information anytime by going to
miBenefits.EBMS.com.

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 | M - F: 6:00 a.m. - 6:00 p.m. AKST



Fall Into Healthy Habits With Vitality

A busy schedule makes it easy to put your wellness on the back burner. Vitality – a personalized wellness program offered free through your plan – is here to help you live healthier one choice at a time.

Wellness doesn't have to be time-consuming. Small, consistent choices can add up over time: nourishing meals, short walks, deep breaths or setting boundaries around your time and energy.

Vitality helps get or keep you on the right path with goal check-ins. Whether you take meditation breaks, garden or drink plenty of water, you can earn 5-15 Vitality points each day. Those points equate to Vitality Bucks that you can redeem for gift cards or fitness devices.



Scan the QR code to get started or visit powerofvitality.com. You can also download the "Power of Vitality" app.



SupportLinc to Help You Thrive

Managing work and home can be challenging, but you don't have to do it alone. Your SupportLinc Member Assistance Program provides emotional well-being and life balance resources to keep you at your best.

Take advantage of:

- **In-the-moment support 24/7/365** from licensed clinicians for stress, anxiety, grief and other emotional health concerns.
- **Short-term counseling**, available in-person and virtually, at a time and place most convenient for you.
- **Coaching** to boost resilience, build healthy habits and reach personal goals.
- **Work-life referrals** for financial and legal help, child care, elder care, pet care and other everyday needs.
- **Digital tools**, including Mental Health Navigator, text therapy, self-guided resources and group support sessions.
- **Mindstream™**, a fitness studio for your mind with on-demand sessions to help strengthen your life skills.

All requests for information or assistance are free and completely confidential. To get support, call **888-881-5462**.



Scan here to explore the supportlinc.com website. Or download the free SupportLinc "eConnect" app.

Surgery Benefits Made Simple

When you need surgery, make the most of your benefits with Transcarent Surgery Care. When you use the program, your surgery costs are \$0! If you have a high-deductible health plan, you also pay \$0 after your deductible is met.

With Transcarent, you can expect:

- **Access to high-quality surgeons:** Receive care from top surgeons at facilities specializing in your condition.
- **Exceptional support:** From paperwork to appointments, a dedicated Transcarent care coordinator manages the entire surgery process for you. They're there to answer all your questions.
- **Travel aid:** If a local surgeon isn't an option and travel over 100 miles (one way) from your primary residence is needed, Transcarent will pay certain travel expenses for you and a companion.



Scan here to learn more about your Transcarent Surgery Care benefits and covered costs. Or go to pehtak.com/forms/transcarent-surgery. You can also call Transcarent at **855-265-2874**.



Scan here to see all PAMC resources. Or visit providence.org/locations/ak/alaska-medical-center.

Providence Is No. 1 in Alaska Stroke Care

When a stroke happens, every minute counts. Providence Alaska Medical Center (PAMC) – a preferred PEHT provider – treats more stroke patients than any other hospital in Alaska.

PAMC's certification as a Comprehensive Stroke Center means that the hospital meets rigorous standards to deliver the highest quality care to the most complex stroke patients. From diagnosis and treatment to rehabilitation and education, PAMC can help with all stroke-related needs.

During a stroke, blood flow to the brain is blocked, often by a blood clot (ischemic stroke). Or there is bleeding in the brain (hemorrhagic stroke), leading to a lack of oxygen to the brain. If you suspect a stroke, call 911 immediately.

Remember these signs and symptoms:

- **Balance:** Loss of balance and coordination, dizziness
- **Eyes:** Vision changes, difficulty seeing in one or both eyes
- **Face:** Facial drooping, numbness, weakness or paralysis, especially on one side of the body, sudden and severe headache
- **Arms:** Weakness, numbness
- **Speech:** Trouble speaking, confusion
- **Time to call 911**

BE FAST, because it can save a life and provide the best chance for recovery.