

# 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.

## SMART LIVING JANUARY / FEBRUARY 2026

### Save With Direct Contract Providers

In addition to your health plan's preferred AETNA Signature providers, you have access to PEHT's growing list of direct contract providers that work well with your plan.



Scan here or go to [pehtak.com/preferred-providers](https://pehtak.com/preferred-providers) for more information.



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Public Education  
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JANUARY / FEBRUARY 2026 ISSUE



## Welcome New PEHT Board Trustee: Kari Konrath-Bera

*Term: July 1, 2025 - June 30, 2027*

A high school science and biology special education teacher, Kari Konrath-Bera brings 25 years of classroom experience to her new PEHT Trustee role. A proud Chugiak resident, Kari and her husband have called Alaska home for 23 years, raising three children who share their love of the outdoors and local art.

As a Trustee, Kari wants to amplify the voices of families and educators in decisions that affect their health benefits, ensuring their needs and experiences are represented. She's passionate about improving communication and cost transparency.

"It's essential that members receive clear, accurate and accessible information about their benefits," says Kari. "I also want to help them better understand rising costs and the value of our locally controlled Trust, which continues to provide cost-effective coverage compared to larger national insurance companies."

Kari believes PEHT can make the greatest impact by continuing to be innovative in its plan structure and by negotiating effectively with local healthcare providers, which members know, use and trust. "Strengthening these partnerships helps maintain quality care while managing cost," she adds.

Becoming a Trustee, Kari says she realizes that "there are many valuable benefits within our plan that I, and others, may not have fully utilized. I'm eager to learn, grow and help others make the most of what PEHT offers."

### News to Know



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

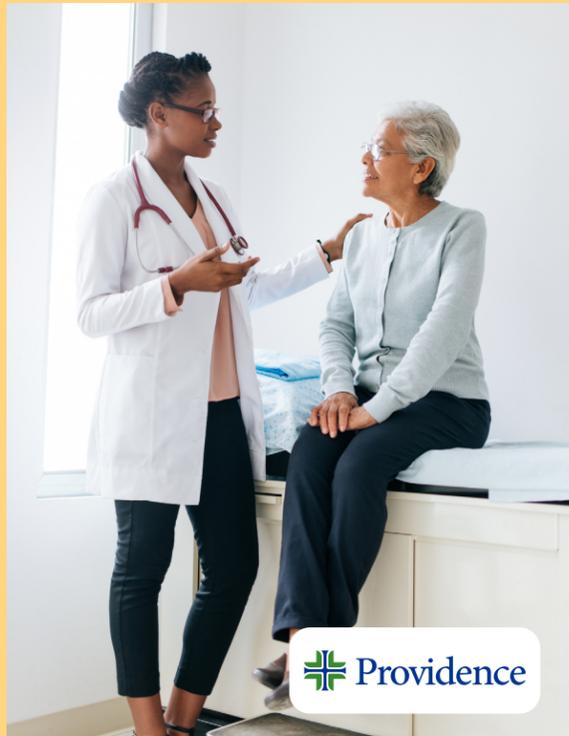


### Health Plan Questions?

EBMS, your expert claims administrator, can help you find providers and answer benefits and billing questions. **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



## Providence for Full-Service Care

Healthcare that's expert, close and designed with you in mind – Providence is a preferred PEHT provider. Choosing Providence means you'll pay lower out-of-pocket costs compared to non-preferred providers.

As Alaska's largest hospital and a nationally recognized trauma center, Providence Alaska Medical Center offers a wide range of comprehensive and specialty care. From heart and vascular services to cancer treatment, orthopedics, spine and stroke programs, maternity and pediatrics, behavioral health, rehabilitation and more, their caring team is here to support you every step of the way.

Providence also has six primary care locations in Anchorage and Eagle River, focused on prevention and keeping you well. You'll have access to a full care team and extensive services - including physical therapy, pharmacy and behavioral health - all with Providence.

Find services, doctors and locations at [providence.org](http://providence.org).



## New Benefit! VirtualCheckup for Preventive Care

Stay healthier with VirtualCheckup from Catapult Health – a new free plan benefit that lets you complete a preventive checkup at home. There's no deductible, copay or other out-of-pocket costs.

Get your checkup - which can help catch potential health issues early - in three simple steps:

**Step 1: Order your Home Kit online.** The kit arrives with everything you need to complete your checkup in minutes: a virtually painless device to collect blood for heart and diabetes screening, health questionnaires and, if you don't already have one, a blood pressure monitor you get to keep.

**Step 2: Complete your checkup.** Follow the step-by-step instructions. Then return your blood sample and other requested information in the pre-paid packaging.

**Step 3: Attend your private video consultation.** A nurse practitioner will review results with you. They can also help set up a personalized plan for managing your health.

Results are confidential, but you can easily share them with your primary care provider (PCP). This checkup doesn't replace your annual wellness exam with your PCP, which may include other screenings and tests.



Beginning Jan. 1, 2026, scan here to sign up for your Home Kit, or go to [VirtualCheckup.com/PEHT](http://VirtualCheckup.com/PEHT). Questions? Call or text **855-509-1211**.

## Imaging Associates: A Preferred Provider Breast Imaging Center

Visit Imaging Associates Comprehensive Breast Imaging Centers in Anchorage, Eagle River and the Mat-Su Valley, designated by the American College of Radiology for excellence in breast imaging.

Led by Dr. Brittany O'Steen, a fellowship-trained breast imaging radiologist and medical director, the centers bring together an expert team of technologists and radiologists alongside state-of-the-art imaging technology.

The American College of Radiology recommends annual mammograms starting at age 40, or earlier if you're at higher risk. Imaging Associates Breast Care Coordinators - PAs and RNs - offer free consultations, working closely with your provider to evaluate your risk factors. This includes genetic testing and counseling.



Scan here for more information or visit [imagingak.com/breast-imaging](http://imagingak.com/breast-imaging).

## Mammography Parties: Screening Made Easy and Enjoyable

Held in the evening for you and your friends, these events feature food, drinks, your screening mammogram and a Breast Care Coordinator to answer questions. Call **907-615-9592** for more information.



## Kickstart a Year of Wellness With Vitality

Looking for extra motivation to stay healthy? Vitality - an interactive wellness program free through your health plan - helps you set and achieve your goals. Join today or sign back in to explore new 2026 features like priority actions and the physical activity wheel.

Earn Vitality Points for activities like exercising, learning online or keeping up with preventive care - then redeem them as Vitality Bucks for gift cards or fitness devices.

### Don't miss these point-earning activities on the Vitality website:

- Complete your Vitality health assessment - 500 points, plus 250 extra if done by **March 31, 2026**.
- Join PEHT-sponsored challenges - a different one each month.
- Complete prevention activities - including new ones from PEHT.

### Renewal reminders:

- Track your status progress from Bronze through Platinum - all members reset to Bronze each new year.
- 10% of Vitality Points roll over as a kick-start bonus.
- Unspent Vitality Bucks carry over to the new year.



Scan the QR code to register/sign in or go to [powerofvitality.com](http://powerofvitality.com). Or download the "Power of Vitality" app.